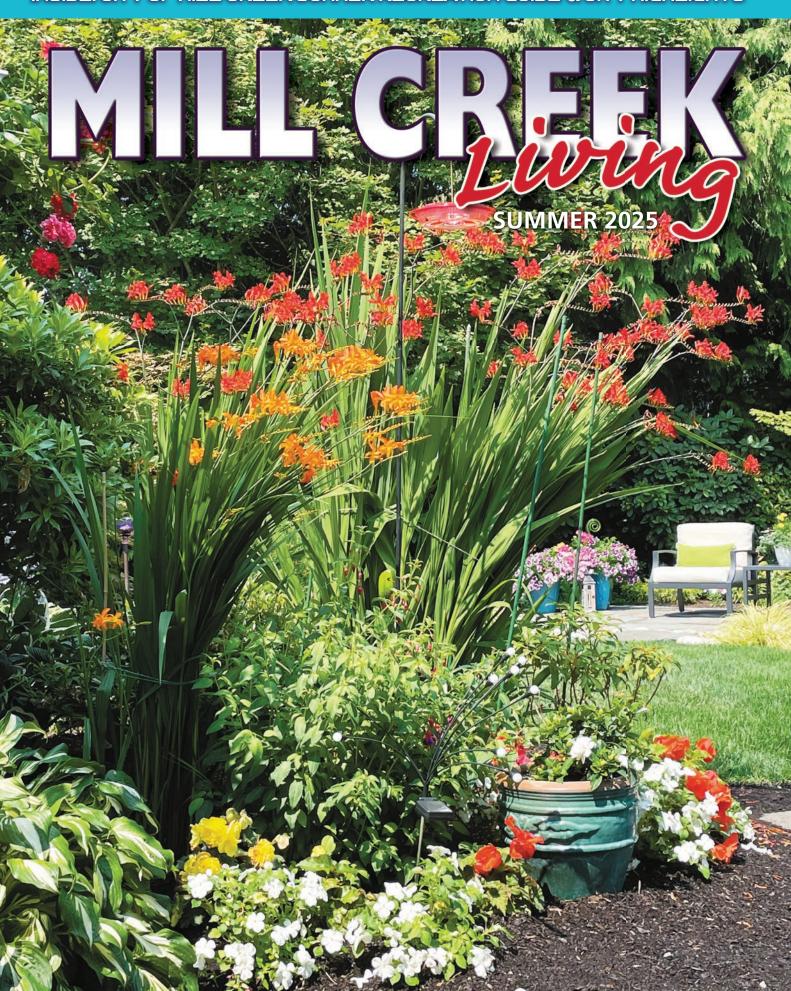
INSIDE: CITY OF MILL CREEK SUMMER RECREATION GUIDE & CITY HIGHLIGHTS



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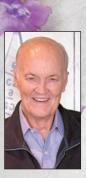


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FEATURE..... Bruce McCann

Bruce McCann is a decorated Korean War veteran, a visionary real estate developer, and a devoted family man whose life has been shaped by courage, purpose, and heart. He now begins a new

chapter in the warm and welcoming community of Cogir in Mill Creek.

AROUND THE MILL 14

Events and happenings around Mill Creek Mill Creek Garden Club Kiwanis Club of Mill Creek Mill Creek Women's Club Mill Creek Little League Hope Creek Charitable Foundation Mill Creek Festival and Street Fair North Sound Police Foundation Summer Fun at the Town Center

For over four decades, Fischer has grown from a family-run plumbing business into a trusted network of home service companies, rooted in community, driven by quality, and united by a commitment to customer care across the greater Seattle area.

Ten-year-old Bothell author Abdullah Farrukh reached a lifelong dream before age eleven - publishing his first novel, *Jacob Kostrale*, a thrilling sci-fi adventure for kids.

Dream Dresses collects and donates traditional Indian festival clothing to help children in India celebrate their culture with pride.

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City of Mill Creek Summer 2025 Recreation Guide & City Highlights

Kashvi Khanna

Kashvi Khanna, a junior and strong leader, had a transformative experience as a U.S. Senate Page that deepened her passion for public service and reshaped her view of politics and herself.

Mill Creek is proud to have a dedicated police team

led by Chief Stan White, committed to keeping the community safe through professionalism, trust, and strong community partnership.

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SENIOR PROGRAM NEWS 41

Sports news from Archbishop Murphy and Jackson High Schools

Cover photo: Utilizing knowledge from the Mill Creek Garden Club, Lila and Dave Johnson enjoy their beautiful backyard.

PUBLISHER'S LETTER





elcome to the Summer Edition of Mill Creek Living Magazine! We're excited to bring you another vibrant issue, full of inspiring personal stories, local business highlights, and community happenings that showcase what makes Mill Creek such a wonderful place to live.

This edition features some remarkable

individuals. We begin with Bruce McCann, a senior resident whose life journey includes distinguished military service and a successful career in real estate development. Discover more about Bruce's fascinating story on page 7.

Our local youth continue to impress with their talent and drive. Ten-year-old Abdullah Farrukh has achieved the extraordinary by becoming a published author. Don't miss his story on page 30. Meanwhile, Archbishop Murphy High School student Kashvi Khanna recently completed a transformative experience as a participant in the U.S. Senate Page Program in Washington, D.C. Read about her journey on page 34.

We also shine a light on Dream Dresses, a youth-led nonprofit founded by then-14-year-old Avani Bansal. Her organization collects and donates gently used Indian festive wear to underprivileged children in India. Learn more about this inspiring mission on page 32.

You'll also meet Mill Creek resident Ben Miller, who introduces us to the family-owned Fischer Companies. With more than 40 years of service in Plumbing, Electric, Heating & Air, Restoration, and Construction, they're a cornerstone of our local business community. Explore their story on page 27.

Finally, we had the privilege of speaking with Police Chief Stan White and members of the Mill Creek Police Department. Their dedication to safety and community service is truly commendable. Get to know the team and pick up some valuable safety tips starting on page 36.

Summertime offers a wealth of exciting activities and this year is no exception! We kick things off with the Town Center Summer Concert Series and Art Walk, two community favorites that bring music, creativity, and connection to the heart of Mill Creek. You'll find more details on both events on page 24.

July is packed with can't-miss celebrations, starting with the highly anticipated Mill Creek Festival. Mark your calendar and check out page 22 for all the festival highlights. Also in July, Kids Fest promises a day full of fun for families and little ones. Find out more on page 25.

Our community organizations are as active as ever. The Kiwanis Club continues to make a big impact around town. Learn what they've been up to on page 16. The North Sound Police Foundation is working on several important projects and is always looking for extra hands. Discover how you can get involved on page 23.

Meanwhile, the Hope Creek Charitable Foundation is expanding its programs and outreach. They're always in need of volunteers, donors, and local partners to help them fulfill their mission. See page 20 to learn how you can support their efforts.

Be sure to check out the Table of Contents for even more highlights including local sports teams and programs, library events, and senior activities happening throughout the community.

We hope you enjoy this issue and all the exciting events planned for the season. As always, we encourage you to support the outstanding local advertisers who make Mill Creek Living Magazine possible. Their continued partnership helps us share the stories that matter most to our community.

-Sue Ramback



Layout: Katy Clark

Contributing Writers: Barbara Sleeper, Amuktha Nayudu

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Mill Creek Living is published four times a year and mailed to homes in the greater Mill Creek area.

Mill Creek Living focuses on local events, lifestyles and personalities of interest to the community.

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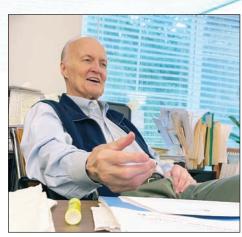
Mill Creek Living welcomes any and all editorial submissions. Please mail or e-mail any stories or ideas to the following addresses; please make sure to include your contact information:

Mailing Address: 914-164th Street SE, #1694 Mill Creek, WA 98012

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FEATURE



As always, Bruce engages in lively conversation from his home office at Cogir.

"He's in his early 90's, is always welldressed and impeccably groomed, and he has a wonderful presence about him.

"When he was 17 years old, he enlisted with the U.S. Marine Corps, and like his brother, he was wounded

during the Korean War.

"Later, Bruce became a real estate developer living on the waterfront in Hunts Point, raising four amazing daughters. You can tell what a great guy he is by how loyal and protective they are of him now.

"Last April, he flew back to Washington DC on an Honor Flight for veterans to thank him for his service during the Korean War.

"Bruce is one of those guys that every time you interact with him you feel better afterwards," adds

Kevin. "It is an honor to know him." So, who is this intriguing Mill Creek

senior who moved to Cogir in 2022? He is a seasoned businessman and high-energy



entrepreneur named Bruce McCann, and does he have a story to tell.

"I was born in Seattle in 1932, so that makes me about 93 years old,"

Bruce McCann Created a Legacy of Successful Property Development

by Barbara Sleeper

"We have a wonderful *GENTLEMAN* named Bruce McCann living at Cogir," says Cogir Community Relations Director, Kevin Kuhlman.

he grins. "My parents were Bert Parker McCann and Laura Rose (Bitzan) McCann, and my older brother was Marshall.

"I had several aunts and uncles living in the area, with two aunts who lived as neighbors on Bainbridge Island.

"My mother was born in Wisconsin, my father in Kansas. My father's lifework

as a contractor laid the groundwork for my own career.

"My mother did amazing things, including being a teacher and then a school principal before the age of 21. She also served as a surgical nurse for Dr. Charles Mayo, the founder of the *Mayo Clinic Health System*.

"During my childhood, she was always involved in the community, including being part of the team that created the *Seattle Youth Symphony Orchestra*.

"I grew up in northeast Seattle in the Bryant Grade School neighborhood and can best summarize my childhood as Cub Scouts, Boy Scouts, fishing and church.

"Science was always my favorite subject in school. I played soccer in grade school and turned out for track and football at Roosevelt High School in Seattle.

"My family history motivated me to serve in the military. During the WWI era, my father enlisted in the United States

Bruce with his beloved older brother, Marshall, enjoying a day on Bainbridge Island in the 1930's. Army and was sent to fight in France.

"Before my last year in high school, I enlisted in the U.S. Marine Corps Reserves. My brother Marshall enlisted at the same time I did, and we both served in Seattle prior to being transferred to Camp Pendleton, California in August 1950.

"Subsequently, we were both transferred to Korea. My brother transferred ahead of me and entered the war at Seoul, Korea. His Marine Division then moved to North Korea's Chosin Reservoir area.

"By then, I had been shipped to Wonsan, Korea. Several weeks later, I transferred to the First Division, the same Division my brother was in.

"While I was enroute to join my brother at the Chosin Reservoir, Marshall

was severely wounded as a Runner for the Marines delivering messages between fox holes throughout the battlefield.

"He also suffered from frostbite while serving in the extraordinary conditions of that Korean winter.

"Only when I reached the Chosin Reservoir did I learn that Marshall had been airlifted out just *two* days before I arrived. I then applied to replace him as a Runner.

"In December 1950, General McArthur



Laura McCann, Bruce's mother, served as a surgical nurse for Dr. Charles Mayo and helped start the Seattle Youth Symphony Orchestra.

Bruce at age 17 when he

enlisted in the U.S. Ma-

rine Corps Reserves.

FEATURE

ordered our division to head south and relocate to South Korea. A short time later, our division was ordered back into North Korea because the Chinese were moving South.

"I remember being freezing cold, perpetually hungry, and spending a lot of time in fox holes.

"As we moved from South Korea toward North Korea, I was wounded while performing my duties as a Runner. I felt the Lord God physically turn me to avoid being fatally wounded.

"I was airlifted to Japan where I received medical care, then I was flown home to the Bremerton Naval Hospital (that existed at the time).

"Once back in Seattle, I did rehabilitation in Bremerton, commuting across Puget Sound on the ferry every day for treatment. Rehabilitation lasted the better part of the year. "

According to Wikipedia.org, the famous *Battle of Chosin Reservoir* lasted from

November 27 to December 13, 1950. It is regarded by some historians as the most brutal in American history due to the violence, casualty rate, extreme weather conditions, and duration.

The Korean winter was unusually cold that year, and in addition to the rigors of war and battle, many troops suffered from frostbite.

On November 27, the Chinese People's Volunteer Army surprised the U.S. troops in the Chosin Reservoir area. A brutal 17-day battle ensued when 30,000 United Nations Command troops were encircled and attacked by 120,000 Chinese troops. There were terrific casualties on both sides, many caused just by the harsh weather.

Today, American veterans of the Chosin Reservoir Battle are affectionately referred to as the *Chosin Few* and are symbolized by the *Star of Kotori*.

"After being injured in the Korean War, my brother and I each received The Purple



Marshall (L) and Bruce (R) stand next to their father, Bert McCann.

Heart Medal for our service. And in 2010, a Memorial honoring the *Chosin Few* was dedicated at the Marine Corps base at Camp Pendleton in Oceanside, CA where we had both been stationed.

"Following discharge from the Marine Corps, I attended the University of Washington Business School where I majored in Industrial Production Management.

"After graduating in 1955, I became a founding member of *Fiberchem*, a plastic



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materials supply firm.

"My father had received his education as an Engineer at Yale University. When he returned to Seattle after graduating, he founded the AW Johnson Construction Company with two partners, which later became McCann Construction Company, Inc.

"After graduating from college myself, I gained experience in several areas of the real estate development industry and eventually took over my father's company.

"In 1968, I bought McCann Construction Company Inc. and set up our construction office on Boeing Field.

"My father served for a time on the Board of Directors, and my brother Marshall worked for the company, too. Later, I created McCann Resources Co. and its affiliated companies, of which McCann Construction Company Inc., was one.

"McCann Resources Co. and its affiliated companies were actively involved in property development and construction for over 45 years," explains Bruce.

"We performed real estate development and building construction projects that included office buildings, medical clinics, retail and high-tech space, schools, manufacturing plants, warehouses, and hospitality, residential and government facilities.

"From start to finish, we

managed building design oversight and construction, project financing, land development, and the development of turnkey and lease facilities for business parks totaling 375 acres.

"In total, we completed 300 major building and land development projects that included over 100 design/build projects and over 200 competitively bid and negotiated contracts. We operated in nine states, completing construction contracts on 20 million square feet of work.

"Our clients included Fortune 500 companies, private owners, developers,

book gifted to him on his 16th birthday.

tenants and government agencies.

"We built/remodeled two major museums and numerous projects for the U.S. Navy, U.S. Coast Guard, U.S. Air Force, Federal

9 March 1948 to: Bruce on his 16th Birthday It was said by First Seek: Understandin From which springs Wiso Powe Then comes with which to be of Service. with Much Good Wishes Dada



In 1948, Bruce's father inscribed heartfelt advice to his son in a

FEATURE

Aviation Administration, Washington State Utilities and Transportation Commission and the University of Alaska.

"We designed and built several single-family subdivisions in the Puget Sound region, a multi-building townhouse condominium development in Anchorage, Alaska and a U.S. Navy housing project at Oak Harbor, Washington.

"McCann Resources helped move the original Boeing Red Barn built in 1909 (known as Building No. 105, the original manufacturing plant of the Boeing Airplane Company) to its present location where it is currently preserved as part of the Museum of Flight.

"We also built a Boeing office complex consisting of

three, four-story 75,000-squarefoot steel frame and concrete buildings, each constructed from start to finish in just 90 days.

"Also built was a marine industry complex on the shores of Lake Union (a Superfund site) that involved two enclosed 150-foot vessel repair and moorage buildings and required extensive environmental remediation.

"During our 45-year-long run" says Bruce, "McCann Resources companies also operated as a national developer/contractor for various stand-alone retailers of consumer products. This included ten retail/warehouse stores for the Levitz Furniture Corporation, that averaged 160,000 square feet each.



"In addition, one million square feet of buildings, owned by McCann companies, have been built for lease and/or sale."

But according to this extremely humble *nonagenarian* (in his 90s) entrepreneur, it is his family that has always been the most important life force behind his success.

"I met my beautiful wife of 58 years, Shirley Lidstrom, in the 1960's through a mutual friend. I was driving to the airport to take one of my many business trips to Chicago when I realized my friend, Fred Maurer, was driving right behind me.

"He came up alongside my car and asked me to pull over. When he got out of his car, he handed me a camera. He told me that Shirley had left her camera during a recent visit to Seattle and asked if I could return it to her while I was in Chicago.

"Of course, I said yes, and I called her once I arrived, but we couldn't Shir get our schedules to Dec work. So, I told her I was in Chicago on business and that I'd bring her camera around the next time I visited.

"I called again when I returned, and this time she was friendly and seemed more interested in getting her camera back.

"When I did finally meet her, camera in hand, I got the lifechanging surprise of my life. It was '*love at first sight*' for both of us and we got engaged soon after and married in Tacoma in December 1963."

Bruce shared that Shirley was raised in Yakima and

Tacoma, WA. After graduating from Stadium High School in Tacoma, she attended the University of Washington before leaving to pursue an adventurous life as a stewardess for United Airlines.

Shirley loved flying all over the world, even accompanying her father for a visit to his homeland in Sweden. She was then promoted to Stewardess Instructor and based at the



Shirley and Bruce were married in December 1963 in Tacoma.

United Airlines Headquarters in Chicago. It was in the Windy City that she met Bruce, the love of her life.

"After getting married and starting our family," continues Bruce, "we settled in Hunts Point, WA where Shirley served on the Hunts Point Town Council.

"She was a great wife and mother, devoting herself to services for the Lord in the community and as a Deaconess/ Usher at Bellevue Presbyterian Church, the church we attended for decades.

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An avid sportsman, Bruce enjoyed fishing for steelhead in 2011 on the Deschutes River in Oregon.

"Her God-given gift of hospitality and genuine care shined through in every interaction she had with those around her," remembers Bruce.

"We enjoyed attending UW Husky and Seattle Seahawks football games, fishing for salmon in Canada and Alaska, and boating all over Puget Sound, the San Juan Islands, and the Canadian islands," remembers Bruce.

"We also shared a deep love of music, especially the *Brother's Four*, and we had fun traveling to Sun Valley, Idaho for skiing, vacationing in Mexico and on the Hawaiian Island of Maui."

Bruce says that he and Shirley "had six wonderful decades together that ended when Shirley passed away in June 2022, just after they moved to Cogir.

"I really miss her," he says. "Now, it is a blessing to be living at Cogir with its warm community and diverse activities."

Bruce thoroughly enjoys the love and support of his family, all of whom live in the Pacific Northwest.

"I am the proud father of four grown daughters, Deborah, Cindy, Monique and Christa (three live in Washington and one in Oregon).

"I am also blessed with four outstanding sons-in-law, four wonderful grandsons (two with amazing spouses), two wonderful granddaughters, and four terrific great-grandkids ages 5 to10.

"My brother Marshall passed away in 2011, leaving his wife Elena and their adult children and families. I miss him to this day."

Bruce's daughters have many fond memories of growing up with their



On vacation in Sunriver, Oregon, Shirley and Bruce share a relaxed moment together in 2014.



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FEATURE



Encircled by all their grandkids, Bruce and Shirley celebrated their 50th wedding anniversary at the Museum of Flight in 2013.

powerhouse dad.

"He always told us that 'You aren't to get married before the age of 28, and preferably not until after you get a college degree," shares Deborah.

She says another favorite saying of his was "you don't have to have all the skillsets to do everything yourself for every job you build, but you DO have to be smart enough

to hire the best person for the job."

Monique remembers her dad telling her to "Never, never, never, never, never, never ever give up," and to "always have a fallback position."

Daughter Cindy adds that "Dad was

always passionate about our education; it was of the utmost importance to him. He did everything he could to make sure we could pursue continued education."

Their sister, Christa, is currently studying for her master's degree in Clinical Mental Health Counseling. "My father has given me the gift of perseverance, to always keep moving forward," she says. I'm using that gift right now as I work toward another academic goal."

"Dad was also passionate

about our knowing that the 'Holy Spirit is there for us, as a gift from the Lord," continues Cindy.

"And he always reminded us how important it was to *'make a contribution to society.*' He didn't ever say *how* we

should do it, only that it was important to contribute."

Cindy says she was fortunate to accompany her father on his Honor Flight to Washington DC in 2024. "Dad had not spoken much about his time as a Marine in the Korean War until more recent years.

"Being with other veterans on the Honor Flight, he



Bruce's four daughters and their spouses celebrated his 93rd birthday together this past March in Kirkland.

was flooded with memories and began talking about his own war-time experiences as a teenager. In doing so, he revealed his heroic valor without realizing it.

"It was a sacred visit to the many Memorials in D.C. with my Dad, especially the Washington Monument dedicated to first-President, George Washington, and the Marine Corps War Memorial (Iwo Jima Memorial)," says Cindy.

The latter was dedicated in 1954, "In Honor and Memory

of the Men of The United States Marine Corps Who Have Given Their Lives to Their Country Since 10 November 1775."

Another inscription on the Marine Corps War Memorial reads, "Uncommon Valor Was a Common Virtue. Semper Fidelis."

Semper fidelis is a Latin phrase that means "always faithful," or "always loyal," and it is the motto of the U.S. Marine Corps. In sharing Bruce's story, it is apparent that he has lived his entire life with those values. Semper Fi.

Bruce says he is very happy with his decision to move to Cogir. "I enjoy the friendly, caring and engaged management and the positive, active environment they have created for all residents.

"And I like the philosophy and approach of the Mill Creek City management and the dedicated police personnel who have created such a safe and thriving community.

"I credit my belief in Jesus Christ and

the medical philosophy of my doctors for my longevity," he continues. "I don't eat a special diet, but I do eat healthy and take supplements.

"I still attend services at the Bellevue Presbyterian Church, and I enjoy meeting with the Veterans group at Cogir.

"The frequent musical events and special birthday and holiday celebrations at Cogir, that include family members, are my favorite," he says.

Drawing from his many life experiences, I asked Bruce what advice he would offer young people. Without hesitating he replied,

"Number 1: Follow Jesus Christ in the Bible.

Number 2: *Obtain an Education*. Number 3: *Honor your Country, your family and friends*."

This seems like pretty solid advice from a wise *gentleman* who has lived such an extraordinary life.



Bruce (top left) with fellow Marines, stand in front of the Iwo Jima Memorial during their Puget Sound Honor Flight to Washington, DC in 2024.

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Summer 2025 13

AROUND THE MILL Mill Creek Garden Club

By Marilyn-Hanan-hoover, Publicity Chair

Another summer of anticipation is upon us. Which perennials will thrive, what annuals will be repeated, or will you experiment with new plants? And then the thrill of planning visits to the garden tours by local PNW garden clubs. Perhaps you are up for a road trip to yet undiscovered destinations.

Excitement and anticipation permeate our club as we look forward to touring six wonderful gardens, all within the confines of the MCCA! Experience them during the allotted



five hours on a self-guided tour. If you think you are short on time, the close proximity may entice you to spend the \$20 then take a quick spin and return for a second viewing of your favorite.

Oh, since the sponsors' monetary coupons in the entrance ticket/brochure are more than the ticket price, you will come out ahead! An added benefit will be eight artisans, four of which are new to us. I already have my eyes on the creations of a couple of vendors.

Where will you begin the tour? Some like to start with #1, others #6, or the one closest to you. All five gardens are off the Village Green Drive loop and the sixth is off Seattle Hill

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Road. The paper map is easy to follow or use the QR code within the brochure.

Here are a few tidbits on each of the gardens and artisans to be enjoyed at Mill Creek's 9th Annual Garden Tour & Artisan Market, Saturday, July 19, 11 a.m. to 4 p.m.

There's a "Secret Garden" where wildlife are regular visitors, are catered to, and enjoyed from many viewpoints. The once-novice gardeners now have knowledge of PNW plants, promote pollinators, and find gardening a labor of love.

"Turning Chaos into Curb Appeal" describes this year's largest garden. A plumbing issue resulted in complete renovation after 17 years of dwelling there. Think about overgrowth, terrain challenges, expansion, and time-saving additions. Now they enjoy it more

and toil less. A "Sanctuary Garden" fronts the golf course. The current owners consider themselves the caretakers of this colorful creation. The 36-year-old original plan was to have continual March through October blooms.

Whether morning or evening, the ecstasy from textures and blossoms have been enjoyed by those invited to share many special moments and events in this delightful garden.

One couple calls theirs a "Vacation Destination." Is it because of the pool or the proximity to the golf course? Seven years ago, the challenge was



overgrowth. The first step was removal of a couple things which progressed

A peaceful oasis.



Enjoying views of the golf course and more.

to removing everything in the garden. The new design's highlights are sculptures, maple trees, hostas, and privacy.

A light and easy "Hospitality Garden" might remind you of the Carolinas. These hosts are 33-year Mill Creek residents, so their patio and yard have accommodated many varied gathering occasions, from casual to formal. The firepit has hosted many sing-a-longs. Over the years, growth of trees has offered opportunities to rethink

Complete renovation to a relaxing garden.

or reposition plants and to add others that say "Carolina."

The "Victory Garden," the smallest of the tour, started 27 years ago and evolved through activities of sifting dirt, creating rich soil, and extracting

rocks for later relocation. Many more chores were required to convert the blank slate. Today's peaceful oasis of year-round focal points is enjoyed by the owners and two- or four-legged visitors. Those with feathers especially take advantage of the water feature.

This year gardens #1-5 will include artisan booths. Four of the eight artisans are new to our Garden Tour & Artisan Market. See your brochure for the location of their displays.

Glass Roots specialize in glass art and jewelry of fused and flat glass. Creations include bowls, framed art, and yard art. Many incorporate nature, including the sea, mountains, birds, butterflies, and flowers. **Bayview Welding & Art** focuses on

outdoor metal art including garden stakes,

animal post caps, and handcut house numbers.

BB Pottery has one-of-akind pieces. They include handmade and traditional hand-thrown botanical creations.

TLVB Construction produces unique wooden pieces of spinners, planters, birdhouses, wishing wells, charcuterie, and cutting boards.

NightOwl Paper Creations makes mailable 3-D greeting

cards of various papers, colors, and folding techniques. Also available are shadow boxes to accommodate deeper dimensional themes, like dried flowers.

Nina Durfee's medium is watercolors. All her works are original and either matted,

&/or framed, or "naked" for future presentation options. The pieces are primarily floral- or landscape-themed.

Seams Sew Fitting incorporates sea glass



Multiple private seating areas.

and recycled frames to produce calming art. **Wire Art by CC** creates attractive wire cloches/cages. These structures not only protect plants but add visual interest to any garden.

Tickets are available from June 13 through July 18 for \$20 from these businesses: McAuliffe's Valley Nursery, Snohomish; Mukilteo ACE Hardware, Mukilteo; Snohomish Garden Center,

Snohomish; and Town & Country Market, Mill Creek. Day-of-tour tickets are available for \$25 only at Town & Country Market. Cash or checks only are accepted at all locations.

We hope to welcome you and your



Inviting entrance to the largest garden of the tour.

friends very soon to the **9th Annual Garden Tour & Artisan Market**, which is the Club's only fund-raising activity. All net proceeds support our "Grants Through Gardening" program.



"Sunflower Splash" Original artwork courtesy of Nina Durfee

Save the Date Mill Creek 9th Annual Garden Tour & Artisan Market 2025 Saturday, July 19TH 11AM - 4PM <u>Tickets go on sale June 13th</u> Advance Tickets \$20—Day of event \$25 <u>CASH OR CHECK ONLY</u>

> Mukilteo ACE Hardware 2680 Mukilteo Speedway Mukilteo, WA 98275

MCAULIFFE'S VALLEY NURSERY 11910 Springhetti Road Snohomish, WA 98296

SNOHOMISH GARDEN CENTER 11602 92nd Street Southeast Snohomish, WA 98290

*Town & Country Market - MILL CREEK 15605 Main Street Mill Creek, WA 98012 *(Day of event tickets available this location only)

Tour 6 beautiful gardens and shop from Artisans in 5 of the gardens

Embrace the Wonders of Nature!



AROUND THE MILL

Get to know our Kiwanis Club as we spring into the summer fun

If you live in Mill Creek, then you know springtime is one of the most beautiful times of the year! From the cherry

blossoms to the bulbs sprouting all over town, springtime is a reminder that summer is coming and the days are getting longer! This is also the time of year when the Kiwanis Club of Mill Creek kicks into high gear with events and community involve-



Monthly clean-up along Bothell-Everett Hwy.

ment...the time of year that our members love! And our members love our community; a dedicated group of volunteers working to make a lasting impact! The Kiwanis Club of Mill Creek, part of the global Kiwanis International organization, is committed to improving the lives of children and fostering community spirit through service and collaboration.



Kiwanis Garden egg hunt at the Spring Festival Eggstravaganza.

Spring Festival Eggstravaganza: A Blooming Success!

On April 19, 2025, the City of Mill Creek hosted its annual Spring Festival Eggstravaganza at Heatherwood Middle School... drawing over 4,000 attendees! The Kiwanis Club played a pivotal role by sponsoring a garden-themed egg hunt, complete with music, photo opportunities, and bubbles, creating a vibrant and festive atmosphere that delighted families and children of all ages!

In addition, our youth branches—the Key Clubs from Jackson and North Creek High Schools, along with the Builders Club from Gateway Middle School—organized a Candy Land-themed egg hunt. These enthusiastic young volunteers also assisted with event setup and donned bunny and chicken costumes, bringing joy

to children throughout the festival.

Promoting Environmental Stewardship

Demonstrating a commitment to sustainability, the Kiwanis Club partnered with the City of Mill Creek and Living Green Technology to host a free e-waste

recycling event on May 4, 2025. The date was important as always...being the day after the big Mill Creek Community Garage Sale...for all those items that just couldn't find a new home! Community members were encouraged to responsibly dispose of electronic waste, preventing

harmful toxins and metals from entering landfills. Donations collected during the event support the club's various programs and initiatives aimed at benefiting local youth.

Fostering Friendship with the Buddy Bench

In a collaborative effort with the Mill Creek Rotary Club, the Kiwanis Club donated a Buddy Bench to Cedar Wood Elementary School. This initiative promotes kindness and inclusion by providing a designated spot where students can signal their need for companionship. The school's Kindness Ambassadors, along with staff, monitor the bench to ensure that every child feels supported and included. **Keeping Mill Creek Beautiful**

As part of the Adopt-a-Street program, Kiwanis members regularly participate in litter clean-up efforts along southbound Highway 527 between 153rd Street SE and 164th Street SE. The April clean-up coincided with Earth Day, reinforcing the club's dedication to environmental



responsibility. Community members often express appreciation to volunteers during these events, highlighting the shared pride in maintaining a clean and welcoming environment.

Upcoming Community Engagements

The Kiwanis Club of Mill Creek invites residents to join them at upcoming events:
Party in the Parks & Kids Fun Run: June 26, 2025, at Mill Creek Sports Park.
National Night Out: August 5, 2025, at

Pine Meadow Park.



Mill Creek Kiwanians and the Key Clubs from Jackson and North Creek High schools welcomed sunny skies and a steady stream of happy people from the community who came to recycle their electronics on May 4.

These events offer opportunities for families to engage with the community, enjoy recreational activities, and learn more about the club's mission and volunteer opportunities.

Everyone have a wonderful summer and we look forward to seeing you all in

the community. Cheers and much love to you all!

Join the Kiwanis Family

The Kiwanis of Mill Creek meets the first and third Wednesdays of each month at 6:00 PM. We hold our meetings at City Hall North in the Community Room on the 1st Floor, 15720 Main St Suite, Mill Creek, WA 98012. If you are interested in attending a meeting, please email kiwanisofmillcreek@gmail.com.



Kiwanis and Mill Creek Rotary team up to donate a bench for the Buddy Bench program at Cedar Wood Elementary.

Find us everywhere! Instagram @KiwanisofMillCreek Facebook Kiwanis Club of Mill Creek kiwanisclubofmillcreek.org

Mill Creek Women's Club

As our year ends, we would like to share with you the satisfaction that comes with this amazing group of women. Our program committee has provided wonderful speakers for our luncheon meetings. Pennie Whitish, our

member and current treasurer. has climbed several mountain ranges including the Alps, Andes, and Dolomites with her



Pennie Whitish shows us the gold scarf given to the members of her exploration group.

sister. In March she shared her adventure in Nepal, hiking to the Annapurna Base Camp in the Himalayas.

To prepare for the 10-day trip, it was recommended that explorers climb stairs for half

an hour every day. As they climbed 6 to 7 hours every day carrying their backpacks, it was good advice indeed. Their porters carried 50-pound packs with other essentials. Beginning in an area with

tropical weather, then hiking to an altitude of 13,555 feet and subfreezing temperatures they needed to be ready for any



A porter carrying his 50-pound pack.

Himalayan mountain.

conditions. Pennie reported wearing 3 pairs of wool socks, wool long johns and a down coat in her sleeping bag and still being cold after they reached base camp.

The Nepalese people were charming and demonstrated deep respect for nature. Namaste means the light in me sees the light in you. Pennie noted that the population is mostly vegetarian and have the philosophy, "May all sentient beings be happy, healthy, and peaceful." Her slides were both heartwarming and breathtaking.

Our planned speaker for April was ill and another member, Sue Taylor jumped in at the last minute to share her travels with us, having just arrived home from her trip to Vietnam the day before. She shared with us her travels

> to India, Japan, and Vietnam as well as the work she has done as Chief Information Officer for the Bill and Melinda Gates Foundation. It was another wonderful presentation featuring the history, customs, cuisine

and clothing of the regions. The Gates foundation says

they are impatient optimists working to reduce inequity

around the world. They envision a world where every person has the opportunity for a healthy and productive life and making markets for the poor. An African proverb was quoted, "If you want to go fast go alone. If you want to go far go together. Thank you, Sue, for an enjoyable talk!

Our May meeting features Kelli Estes speaking about her new book. Smoke on the Wind, with copies available for purchase. This local best-selling author has also penned The Girl Who Wrote in Silk and Today We Go Home.

Our social committee did a brilliant job plan-

ning events this year. Members experienced candle making, a Schack Art Center tour, a food

social, Clue the Musical and wine tasting at Devine Wines & Wine Bar. Mini clubs within our club are called special interest groups and continue to flourish. Some of these include the quilting, cooking, bunco. mahjong and book clubs.

As a result of our fundraising, in addition to the \$20,000



that speaks to you, email millcreekwomensclub.com for more information and to join.

"We'll get you back on your feet"

Sue Taylor speak-

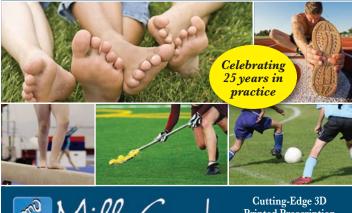
ing about her trips

Foundation.

to India, Japan, and

Vietnam as well as the

Bill and Melinda Gates





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AROUND THE MILL Mill Creek Little League



Mill Creek Little League celebrates another successful season as we round out spring 2025. The weather seemed to work mostly in our favor this year, allowing for more games and more time in the fields! Mill Creek Little League has a passion for developing young athletes and that was demonstrated throughout the season. From graceful wins to humbling losses, the players and coaches reminded us how much we love this game. We hosted another tremendously successful Little League Day, thanks to our events team and all the incredible volunteers. We are honored to 2025 Little League Day. Photo credit: Northwest Electric and Solar for the incredible drone photo.

host the 2nd annual Pink the Creek event this May as an awareness fundraiser in support of so many members in our community who have been affected by cancer.

In exciting news, we are watching for the long-anticipated field lights to be installed at Willis Tucker. The project was spearheaded by the late, great Chris Langsea, who worked diligently with Snohomish County and secured the lighting grant to make it possible. We lovingly refer to this as the "Langsea Lights." Stay tuned for updates as MCLL will be part of the opening ceremony coming soon.

With the regular season wrapping up, we will jump right into All Stars. We are so excited to see what our softball and baseball divisions can do this year. Follow us on Instagram and Facebook for all the updates as our teams make their run through Districts, State and beyond!

Thank you so much to our sponsors, volunteers, umpires, coaches, parents and of course, players! Go Creek!!



Thrive Pet Healthcare • Active Mill Creek • Admiral of the Fleet Cruise Center EcoView Windows & Doors NW • Monte Cain State Farm • NorthLight Custom Builders

Jackson High School 10th-grader earns prestigious Gold Presidential Volunteer Service Award

H.M. Jackson High School 10th-grade student Evie Reid has been recognized with the Gold Presidential Volunteer Service Award for her outstanding commitment to community service through the Mill Creek Food Bank, operated by Hope Creek Charitable Foundation. Evie has dedicated more than 150 volunteer hours, making a significant impact in the fight against food insecurity. Her hard work, compassion, and leadership have set an inspiring example for her peers and the community.

The Presidential Volunteer

Service Award is a nationally recognized honor that celebrates individuals who demonstrate an exceptional commitment to volunteerism and civic engagement. The Gold level represents one of the highest distinctions, requiring a minimum of 100 hours of service for teens aged 11–15 and 250 hours for those 16 and older within a 12-month period.

"We are thrilled to recognize Evie for her incredible dedication and volunteer work with the Mill Creek Food Bank!" said Tom Sweeney, Hope Creek Charitable Foundation executive director. "Evie's hard work, compassion, and commitment to helping others have earned her the prestigious Gold Presidential Volunteer Service Award—a first for our food bank volunteers! Evie is an inspiration to us all, and her efforts have made a significant impact on our community."

The Presidential Volunteer Service Award (PVSA) was established in 2003 by the President's Council on Service and Civic Participation to honor volunteers who inspire others to engage in meaningful service. The program



continues to recognize individuals of all ages who have demonstrated a sustained commitment to helping their communities. For more details on the PVSA, visit https:// presidentialserviceawards.gov/.



AROUND THE MILL

Summer at Hope Creek: Building a Brighter Future for Mill Creek

This summer, the spirit of generosity and community at Hope Creek Charitable Foundation is shining brighter than ever. As the driving force behind the Mill Creek Community Food Bank and the Backpacks of Hope program, Hope Creek continues to expand its impact, thanks to the unwavering support of donors, volunteers, and local partners.

A New Home on the Horizon

After years of operating outdoors, setting up tents in all weather to serve thousands each week, the Mill Creek Food Bank is on the cusp of a major transformation. Hope Creek is in the final stages of planning and permitting for a permanent, 80-foot by 56-foot container building. With the help of generous supporters and the expertise of Richard Loehr from Lion Heart Remodel and Adam Clark at 2812 Architecture, the build of this new facility will offer vital shelter for food storage and distribution, protecting both volunteers and guests from the elements and enabling more efficient service.

The goal is to break ground by late June or early July, marking a new chapter for the food bank and the families it serves. In 2024 alone, the food bank provided assistance to over 80,400 individuals and 20,786 families—a number that continues to grow as community needs increase.



Expanding Services and Partnerships

Hope Creek's commitment extends far beyond food distribution. Under the leadership of Operations Director Katherine Berlier and Director of Community Outreach Corina Wilson, the organization has strengthened its Title V

partnership with AARP, providing training and mentorship for senior volunteers through the Senior Community Service Employment Program. This initiative not only supports adults 55 and older but also enriches the food bank's volunteer base and deepens community ties.

This summer, Hope Creek is piloting a life coaching program, with plans to offer volunteer training in the fall. This innovative approach will empower community members to support guests in ways that go beyond food, helping them build skills, confidence, and hope for the future. Welcoming New Leadership and Investing in Youth

Hope Creek is excited to welcome Stephen Bougher as the new Warehouse Manager and Director of Programming. Stephen works closely with Kendra and partners at Snohomish Connect and workforce development agencies to provide work experience and



internships for local Transition-Age Youth (TAY) youth ages 15-24. These opportunities, both at the food bank and with industry partners, are designed to help young people build meaningful careers, not just jobs.

Meet Our AARP Senior Employment Training Program

At Hope Creek, we are proud to partner with the AARP Senior Employment Program to bring compassionate, skilled individuals into roles that help us better serve the community. Each team member brings a wealth of life experience,



Food bank staff.

dedication, and heart to our mission.

Mitra Mobasher: Originally from Tehran, Iran, Mitra holds a B.A. in English Language Translation and moved to the U.S. at age 40. After a 12year career as a realtor and a personal journey as a cancer survivor, Mitra began volunteering at the food bank and later joined the team through AARP. She now serves as our Volunteer Coordinator. where her warmth, dedication. and lived experience make her an irreplaceable part of our team.

Lee Mattingly: A Lynnwood resident and Kentucky native, Lee is a mother, cancer survivor, and chronic illness warrior. With a background in peer

High school volunteers helping in the produce area. The food bank serves approximately 400 households every Thursday from 4 to 7pm behind Gold Creek Church.

20 Mill Creek Living Magazine

support and recovery coaching through Peer-Seattle, she joined Hope Creek in January as a **Life Coach and Volunteer Coordinator**. Lee finds deep purpose in hearing people's stories and creating connections across all walks of life.

Zenny Lopez: Born in Peru and trained in Social Work, Zenny moved to Seattle at 39 with her three children in search of a better life. Through her son, she learned about AARP and joined Hope Creek as our Spanish-speaking Outreach Coordinator. Her warm smile welcomes clients at the registration table and her dedication helps us bridge language and cultural gaps in the community.

Laurienne Moss: A Seattle native and current Lynnwood resident, Laurienne brings decades of experience in psychology and human resources. She discovered the AARP program while seeking additional income opportunities and now plays a key role managing inventory at the food bank. She is also expanding her computer skills and brings a spirit of professionalism and eagerness to learn.

Backpacks of Hope: Nourishing Kids, Empowering Families

A cornerstone of Hope Creek's outreach, the Backpacks of Hope program delivers weekend meals to students facing food insecurity. Currently operating in 20 schools across two districts, the program provides nutritious food for 500 students each week, ensuring that no child goes hungry over the weekend. This vital service is made possible through the tireless work of volunteers and the generous donations of supporters, including the Mill Creek Rotary, whose recent fundraising efforts have significantly bolstered the program.

How You Can Help

Hope Creek's work is sustained by the community's generosity. Recurring donations are especially valuable, allowing the organization to plan and steward resources effectively. Volunteers are always needed for food distribution, grocery pickups, packing backpacks, and soon, life coaching.

If you're looking for a way to give back this summer, consider joining the Hope Creek family. Whether you can offer time, expertise, or financial support, your contribution will help build a stronger, more compassionate Mill Creek.

A Community Built on Hope

As construction begins on the new food bank building, Hope Creek remains steadfast in its mission: to provide food assistance and holistic support, helping individuals and families achieve selfsufficiency and thrive. With every meal distributed, every backpack packed, and every hand extended in friendship, the foundation is lowing



Volunteer Dylan, Jessica and son Thomas from Project Serve, serving free lemonade to guests on Thursday night distribution.

foundation is laying the groundwork for a brighter, more hopeful future for all.

ing a community where everyone has the chance to flourish.

SAVE with a New Federal Tax Credit on up to \$1,200 Energy-Efficient Hunter Douglas Shades*



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For more information on volunteering, donating, or getting involved, visit the Hope Creek Charitable Foundation's website www. Hopecreekcf.org or stop by the Mill Creek Community Food Bank on market night, Thursdays from 4:00 pm to 7:00 pm. Together, we are building more than a building; we're build-

AROUND THE MILL

Mill Creek Festival 2025 July 12th and 13th



Mill Creek Summer is coming!! That's right, summer in town is going to be awesome, with events and concerts and all kinds of gatherings! But THE anchor of all Mill Creek events is brought to you by YOUR Mill Creek Chamber of Commerce; we present to you the 2025 Mill Creek Festival! (millcreekfestival. com) Let's go!!

This year's Festival will bring back some of the regular faves as well as a bunch of new! The 2025 Mill Creek Festival will take place July 12th and 13th and will be a weekend of family, friends and community. The Festival will occupy its usual spot on Mill Creek Blvd between 164th St SE and the Mill Creek Post Office, including side streets and parking lots full of vendors, activities, food and family fun for all! New this year, the Festival thanks a new Presenting Sponsor; JL Remodeling (jlremodeling.com). JL has stepped up into a role that has been held by North Creek Roofing for years. The Chamber looks forward to working with JL for many years to come while maintaining our Festival relationship with North Creek as well...thank you JL Remodeling and North Creek Roofing!

Anchoring it all will be the Festival tent on the south end of the venue. The Main Stage Sponsor is again our friends at Boeing Employees Credit Union (becu. org) ...mad props to BECU! Inside the big



top will be music and friends gathering to celebrate, while taking a load off between visiting food booths and craft vendors. Live music will be happening all weekend, and the beer and beverage garden will be open 11am -8pm on Saturday and 12pm -7pm on Sunday. The Main Stage schedule will include a wide variety of acts from classic rock to country and many things in between! We'll have great food booths just outside the tent, so come on down for some great food and fantastic music! Returning to the Festival again this year is our Beer Garden Sponsor, Tapped Mill Creek! (tappedpublichouse.com/millcreek) The wonderful folks at Tapped Mill Creek will be bringing you a great variety of beers, ciders and wine as well as alcoholfree choices. It's gonna be awesome! You can read more about the music lineup at millcreekfestival.com.

The fun only begins at the stage! This year's festival is full of things to see and do! We have over a dozen food vendors, more than 60 artists, many community groups and businesses and a few public safety teams ready to feed, entertain, educate and outfit you for your weekend and beyond. That's right...you can sample food from just about every region of the country - nay - the world while seeing some of the most amazing craftwork from artists using just about every type of medium you can imagine! The sights and smells will amaze you and you are sure to find great food to fill your bellies and astounding items to take home or share with family and friends. This year's Community Stage will have a tremendous lineup of family oriented acts and this year's stage is sponsored by Freckle Face Entertainment...check the website for the lineup! Our great friends at Community Transit are sponsoring the Fire Engine presentation and Rolling Suds Powerwashing brings us the Police Car display! Thank you both! And... our neighbors at Cogir Mill Creek are sponsoring the Festival Program. The Festival couldn't happen without your tremendous support...thanks to all of your great organizations!

The Mill Creek Festival brings out the absolute best from our community. There is fun, food, drink, music and great crafts and experiences! This is the preeminent summertime festival in ALL of South Snohomish County and is the Mill Creek community's signature event! From kids to pets to families, you are sure to find something that will entertain everyone! New this year will be a Robotics



Competition hosted by the Jack in the 'Bot Robotics Club from Jackson High School! Come on down and see these brilliant competitors!

You'll be able to easily identify our volunteers by their Festival t-shirts. Again this year, our volunteer shirts are sponsored by Heidi's Place Custom Picture Framing (heidisplaceframes. com), Top Drawer Artwork (topdrawerartwork.com), Nancy's Noah Ark (nancysnoahsark.com) and McLarin Management (mclarinmgmt.com) You all are the best of what Mill Creek is all about – thank you!!

No Festival can happen without a bit of impact – we're closing streets after all. We apologize to our neighbors who are impacted, but we extend a HUGE THANKS for your patience and understanding! Every city also struggles with parking, and we're no different, so we've arranged for shuttles to allow offsite parking at Jackson High School and a quick trip from the school to the Festival. Our shuttles run from 7am – 8:30pm on Saturday and 10am from 7:30pm Sunday.

The 2025 Mill Creek Festival is going to be off-the-hook fun...and we want you all to be there! Come join us – July 12th and 13th 2024 – you won't want to miss it!



It's Not Just Dogs and Drones!

Over recent years, the Foundation has devoted its efforts to meeting the emergency medical needs of Mill Creek's K9, Hondo. When he was up against a life-and-death emergency, we put out the word asking for help and the community came together in an enthusiastic and very powerful way. As his hospital and lab bills started pouring in, they were met with an equal amount coming in from a grateful community.

His needs were met and Hondo's life was saved. Since then he has fully recovered and gone back to work

Lake Forest Park's police department now has a beautiful Belgian Malinois K9

named Bella. The Foundation is prepared to help with any additional training opportunities and equipment she and her handler may need.

In our annual meeting held this spring, we welcomed Lake Stevens PD, elected a wonderful new Board of Directors, updated our bylaws and expanded discussions regarding other cities considering joining the Foundation. Key discussions focused on governance, financial updates, and upcoming events.

Planned events including local festivals and marketing

improvements, with action items assigned to various members to address governance, financial requests, and promotional efforts. Current requests include funding additional practice drones for our pilots currently in training, looking for volunteers who would like to help plan a block party in Mill Creek Town Center, spruce up our tent and join in the fun at the Mill Creek Festival in July, and join in planning a fun

event in Lake Forest Park to welcome Bella. In almost every city, the police department is the largest chunk of the city budget, providing everything from payroll and insurance

to equipment.

vehicles. Where

training and

LFPD K9 with her handler, Officer George Coleman.

> the Foundation comes in is to provide support for things that are not essential, so not covered by the city.

With the Foundation growing and serving more communities, we are in need of someone to help with marketing. That could include working with another volunteer in developing a newsletter and updating the look on our Facebook page and website. Also, we need to have two or three photographers to cover events.

In getting all the big events shared here, the Foundation also helps with the "little things" that officers ask for because they care about the people they serve. A couple of examples are Kleenex and blankets, explaining their concern when responding to challenging situations on winter nights there are sometimes young children shivering in their jammies and socks. When the officers were asked if there was



Lollie Dollies donated by NSPF member Sally Dagna.

anything they needed, they did not ask for anything for themselves, just things they could give away to help the children during difficult times. The Foundation provided five warm blankets each to Lake Forest Park and Mill Creek patrol officers, and Kleenex to hand out. Also, two of

Mill Creek's

Citizen

Patrol



Supportive community member with a Beanie Babies donation!

members who are also part of the Foundation have donated "Beanie Babies and Lollie Dollies" for the patrol officers to have in their vehicles. Helping the officers have these "little things" to give out as acts of kindness is so important.

If you would like to learn more about what the Foundation does, please don't hesitate to contact us through our website at www. northsoundpolicefoundation. org.







MILL CREEK town center

Summer at the Town Center

The Mill Creek Chamber of Commerce would like to say "Thank You" to our amazing community! We appreciate your continued support. We're hosting many great events in Mill Creek this year and look forward to seeing you! We're rebranding our art walk as "Mill Creek Handmade - A Handmade Goods And Art Walk" and it will kick off our Mill Creek Summer on Saturday, June 21st from 1pm to 5pm. Enjoy strolling Main Street and meeting some great local artisans. Items available for purchase will include fine art, photography, fabric artists, soaps, candles, jewelry and much more from our talented artists and crafters.

Wednesday, July 9th starts our Mill Creek Town Center Summer Concert Series every Wednesday night in the covered area of the Forum in the Mill Creek Town Center between Brooklyn Bros. Pizzeria and Blazing Onion Burgers. The concerts run from 6 to 8pm through September 24th. We'll have some of your favorite bands from years past and some new great bands to get you singing and dancing all summer long!

The Summer Concert Series is a free event to attend thanks to our generous sponsors! There are some chairs available and lots of seating in our restaurants surrounding the event but be sure to get there



17624 15th Ave SE Suite 104B • Bothell www.garagetechinc.com • chris@garagetechinc.com early to get a good seat. Be sure to enjoy dinner at one of the restaurants in the Town Center before or after the concert!

Join us at the annual Mill Creek Festival while we welcome upwards of 20,000 people to the Mill Creek community one weekend each summer! July 12 & 13, 2025! Presented by J.L. Remodeling, Inc. and produced by Mill Creek Chamber of Commerce. Calling all Helens! Come and knock on our door Friday, July 25th! Grab your wigs and caftans and join the Mill Creek Town Center for our first ever Roper Romp! This bar crawl will take you through some of your favorite Town Center restaurants, with drink specials, photo opportunities, and more!

Kids Fest is back in the Town Center again this year! Join us for a fun day celebrating kids and all the things they love



on Saturday, July 26th from 1 to 5pm. We will have fun activities, performances by local kid's groups and even a talent show. All events are free for the kids. We hope you will bring the whole family out for a day of fun!

Our restaurants, stores, and service businesses are thankful for the generosity and support of the Mill Creek Community and look forward to celebrating summer with you in the Mill Creek Town Center! For more information about these events and more please visit our websites MillCreekTownCenter.biz, MillCreekChamber.com, and MillCreekFestival.com!

Proud sponsor of Music in Mill Creek & the Mill Creek Festival



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SEATTLE GYMNASTICS ACADEMY

Summer Camp at SGA Mill Creek: THERE'S STILL TIME TO JOIN US!

Summer is upon us - and if you're still looking for an active, engaging and fun place for your child to spend their summer days, it's not too late to enroll for Summer Camp at SGA Mill Creek! Kids will have a blast during fully supervised days of accessible and exciting coach-led gymnastics on SGA's Olympic gymnastics equipment, including trampolines & TumblTrack! Plus games, crafts and more.

No gymnastics experience needed to attend -

Our camps are perfect for beginners, new friends will have a great time!

Ages: 3-10 years Half-day and full-day enrollments are available

Come away from school break with new skills and new friends!

Weekly sessions all through July & August.

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BUSINESS PROFILE

Fischer Companies: A Tradition of Exceptional Customer Service

by Barbara Sleeper

"For over 40 years, our family of companies has proudly served the greater Seattle and Eastside communities in King and Snohomish counties," says Mill Creek



of Mill Creek, sits at his desk helping to coordinate

Fischer's many businesses.

resident, Ben Miller. "While we serve a wide area, we have a special

connection to Mill Creek. It's where I live and raise my kids.

"Fischer is both a family of companies and a

family-run business," he continues. "Daryl Miller, my uncle, has led the company for decades. His son, Brent, joined nearly 20 years ago, and I joined in 2019.

"Over the years, we've had fathers and sons, husbands and wives, best friends, and neighbors all working together. That sense of family helps us maintain a strong, customer-focused culture."

According to Ben, Fischer Plumbing started in 1977, eventually expanding into Restoration, Remodeling, Electrical, and HVAC. While each division has its specialty, they all share a common goal: *delivering an outstanding customer experience*.

"As a locally owned, independent business," he says, "our customers are always at the heart of everything we do."

Customer praise backs that up:

"Fischer always does a great job," says

long-time customer Matthew Huddleston. "They're my goto plumber." "Fischer Plumbing has always exceeded our expectations," adds



The family-owned Fischer company began in 1977 with Fischer Plumbing and has expanded ever since.

Deborah Helm.

Tristen Mickelson, a property manager, notes: "I appreciate their high level of expertise and service."

"They handled a complex condo leak incredibly well," shares Mark Dygert. **Fischer Plumbing**

Founded in Ballard 48 years ago, Fischer Plumbing is now one of the most respected plumbing companies in the Seattle and Eastside area.

Services include re-piping, rough-in, drain cleaning, sewer repair, water heater installation, boilers, and service plumbing, delivered with the *feel of a small business*.

"We take pride in doing the job right the first time, with a smile and a handshake," says Daryl Miller.

Customers agree:

"After a sump pump failure, Fischer replaced it and left my bathroom spotless," says Marcia Binney.

According to General Manager, Garry Baumgartner, water heater issues generate the most service calls.

"Water heaters corrode over time, leading to leaks," he says. "They can be small, or catastrophic, we deal with them all.

"We can help you select the best option for your needs, ensuring safety, efficiency, and compliance with local codes.

"Electric models," Garry explains, "often outperform gas ones; they're cheaper to install, require less space, and last longer.

"We offer expert maintenance, repairs and installations to keep your hot water running all year.

> "We also offer advanced solutions for sewer backups, including Hydro Jetting and other rooter services," he adds. "Don't try to find hidden leaks yourself; leave it to our licensed professionals."

Fischer Electric

Fischer's licensed electricians serve residential, commercial,



Krista Richards (L), Samia Morse and Rob Coulter (R) greet customers at Fischer's front office in Mountlake Terrace.

industrial, and multi-family customers throughout the greater Puget Sound area.

Jared Kunkel, Electrical Administrator, emphasizes Fischer's commitment to safety and quality. "We're fully licensed and have a spotless record with L&I (Labor and Industry).

"We handle everything from home rewiring to commercial installations. We do custom homes, remodels, back-up generators, multi-family construction, and commercial, residential and industrial service.

"We specialize in safe, code-compliant solutions, including upgrades for electrical panels, EV chargers, hot tubs, and



This sign outside their Mountlake Terrace office advertises just a few of the many services their company provides. AC units. From electrical troubleshooting and load calculations to lighting and ceiling fan installations, we do it all. "Circuit break-

ers are the unsung heroes of your electrical system, protecting your home and family from power surges and faults," shares Jared. "Did you

know that there are different types and that each one has unique benefits?

"If your circuit breaker keeps tripping, it's trying to tell you something! Overloads, short circuits, or ground faults could be the culprit, and need to be addressed *sooner*, *not later*.

"And are you using the right light bulbs? It might seem like a small detail, but the wrong wattage isn't just inefficient, it's a safety hazard! Overheating, high-energy costs, and even fires are possible when bulbs don't match the fixture's rating.

"We do our best to avoid making holes in walls," he grins, "but when it's

BUSINESS PROFILE

unavoidable, our in-house repair team restores everything, good as new.

"Our goal isn't just 5-star reviews, we want raving fans."

Customer reviews indicate that Fischer Electric has achieved their goal:

"We hired Fischer Electric for our kitchen remodel, and they exceeded our expectations," says Nate. "The inspector's comments highlighted the high quality of their work."

Fischer Restoration

What started over a decade ago as a carpet cleaning business has grown into a leader in water damage mitigation and reconstruction.

"When I started, I was the one responding to emergencies," recalls Daryl's son,



Brent Miller. "We've come a long way, but our culture hasn't changed: *we still somehow make water damage fun.*"

Customers appreciate Fischer's empathy and professionalism:

"In a stressful moment, they were calm, communicative, and went above and beyond," says Allison Riders.

"We're not the only water damage team in the region," says Brent, "but we aim to be the best."

All technicians are IICRC-certified, ensuring top-tier service in water/fire damage, mold removal, asbestos remediation, and remodeling.

Rob Coulter, who heads up account management and the water response team, adds, "I'm proud to work for a company so focused on customer care."

Fischer Construction

"After years of providing water mitigation services, we realized we had an unmet

Miguel Heurt sorts equipment in the back of one of Fischer's mitigation trucks used to quickly resolve water leaks. need in our customer base," continues Ben. "They needed full repairs and restoration."

"This led to our company's expansion to include both repairs and remodeling.

Many of our customers, who valued the Fischer commitment to quality and service, began hiring us for remodels.

"Over the years, we have developed a dedicated construction business that offers highquality bath-



George Hanson (L), and David Schmidt (R) are two of the many skilled technicians who provide excellent customer service to Fischer's happy customers.

room, kitchen, and whole home remodels and home repairs, in addition to our insurance restoration business."

"I have been in construction my whole life," explains project manager, Rene Tabares. "As a general contractor and remodeler, I love being able to tell customers that my remodel team includes Fischer





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Heating, Fischer Plumbing, and Fischer Electric.

"And I love having meetings every morning across the trades. Among general contractors, I think we provide a unique level of technical expertise to our customers, thanks to Fischer."

Fischer Heating & Air

Seattle's weather extremes make HVAC a must. "HVAC helps regulate indoor comfort and can even improve mental alertness," says Pat Brake, team lead for heating and cooling.

"Air conditioning," he points out, "is vital for vulnerable populations during hot summers. You can always add layers in winter, but there's no escaping the heat without AC."

Fischer offers full HVAC assessments, installations, and maintenance. Their service includes monthly/quarterly filter replacement; seasonal tune-ups; outdoor unit cleaning; and refrigerant insulation monitoring.

"Call us for a free in-home

consultation," says Pat. "We'll recommend the best options for your space and needs."

Fischer Heating and Air is proud to be a Trane comfort specialist. According to Pat, Trane offers some of the best heating and cooling solutions available on the market.

"We do zero high-pressure sales," reassures Pat, "I put myself in the customers' shoes and discuss solutions and options that meet their needs."

"Customer's today are inundated with promotions, discounts, and commission-based sales tactics," adds Ben. "We give our customers the absolute best value we can.

"We don't start high and negotiate, we don't pressure, and what you see is what you get with pricing: That is true transparency.

"We want to be seen, we want to be found, but our focus is on providing such excellent service and solutions that our customers do the marketing for us."



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Community Support

"In the early days, all I had was plumbing," recalls Daryl Miller, "but I always made it a point to support the community. Giving back has been a core part of the Fischer culture."



David Quiroz and David Siefker photographed while working on wiring a new addition for a church in Mukilteo.

Fischer supports local nonprofits, churches, sports teams and clean-up crews. "If you have a project or team in need of support," says Ben, "please reach out, because we're always looking to help." **The Fischer Promise**

"At Fischer, customer service always comes first. We promise expert solutions, quality workmanship, and professional service, every job, every time."

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STUDENT PROFILE

Abdullah Farrukh Publishes His First Book at Ten! by Barbara Sleeper



A published author at 10 years old, Abdullah got dressed up for his author's photo included on the back cover of his book.

"I've dreamed about becoming a published author since kindergarten," enthuses high-energy Bothell resident, Abdullah Farrukh. "I turned 10 last October, so I met my goal during my first decade!"

According to Abdullah's supportive mother, Suha Tirmizi, his self-published novel, *Jacob Kostrale*, is a thrilling adventure for kids ages 8-12, packed with hightech spy gadgets used against a rogue AI villain. There is even a portal to another dimension inhabited by exploding kittens.

This is wildly imaginative stuff coming from the fertile,

uninhibited brain of a creative Fourth grader. For his debut novel, Abdullah has conjured up a 13-year-old CIA spy named Jacob Kostrale with a pair of talking sunglasses as his sidekick to fight evil robots.

According to Suha, the full-length, action-packed book was written entirely by Abdullah, "proving that creativity and big dreams have no age limit."

Abdullah's story-telling journey began early. He sharpened his author's pen by generating comic strips, handmade newspapers and illustrated poems.

Born in Washington State in 2014, his family moved from Pakistan, lived a few years in Redmond before moving to the Bothell/Mill Creek area in 2017. "Basically, Washington has been my home since forever," he says.

"I am blessed with supportive parents and a threeyear-old brother named Qasim Farrukh who acts like he is running his own talk show. He also thinks he is the boss of our house."

Abdullah attends a private school in Bothell called Creator's House that



offers a mixed-age group learning environment. The innovative school adheres to the Acton Academy model that is reshaping education through a focus on real-world skills building and character growth.

"I used to attend Tambark Creek Elementary, which was a good experience," says Abdullah, "but Creator's House feels like a better fit for how I learn.

"I get to work independently, do creative projects, engage in Socratic discussions, and set my own goals."

"Abdullah leads with creativity, curiosity, and a spirit that just doesn't quit," says Creator House Owner/ Guide, Carrie Roberts. "He sets bold goals, lifts up the people around him, and shows that when you take ownership of your journey, amazing things can happen, at any age.

"He reminds us that when young people are trusted to lead their own learning, they can do truly extraordinary things,"

Charley Myers, Abdullah's 3rd grade teacher at Tambark Creek Elementary remembers that "Abdullah always loved to write in my class. He went above and beyond on any creative writing project and spent every free moment coming up with new stories and characters.

"For Market Day at the end of the year, he chose to print one of his books and sell them to his classmates for class cash. They were a huge hit!"



"Right

now, I'm super into making YouTube videos," enthuses Abdullah. "I like creating content, telling stories, or just being silly in front of the camera. (Search: https:// www.youtube.com/@ ItsAbdullahFarrukh/featured).

"My interests change sometimes, but being creative and making stuff has always been my thing.

"I play soccer and love to sing. We have karaoke equipment at home, and most nights, my little brother Qasim runs the show. He sings nursery songs and grabs the mic. I'm usually a backup dancer, backup singer, or both. Sometimes I'm the *crazy fan* who just wants to grab the singer!

"Reading and writing are my favorite subjects in school, especially when I get to write without limits. I like turning random thoughts into fullblown stories."

When asked who inspires his writing, Abdulla replied, "It started with the book *Spider-Man 5-Minute Stories* when I was five. I read a few, grabbed a stapler, made my own book, and just never stopped."

He says his favorite authors are Eoin Colfer, who wrote *Artemis Fowl* and Rick Riordan, author of *Magnus*

Chase and Percy Jackson.

Suha says her son's passion for storytelling exploded after kindergarten when he began creating a combination of comics, illustrations and stories using *kids' spelling*, phonetic spellings that reflect how young children sound out words as they learn to write.

"His ability to channel boredom into storytelling," she says, "has shaped him into the young author he is today.

"One of his unique skills is drawing characters using simple shapes and a trackpad in MS Word. This has enabled him to bring his ideas to life without needing advanced design tools."

According to Suha, Abdullah's love of storytelling eventually led him to explore writing fiction, which resulted in his book, *Jacob Kostrale*. "He finished writing the book when he was just nine years old, but the publishing process took time."

"I wrote the book over the summer of 2024," he explains. "I worked on it bit by bit, and eventually it turned into a full book.



Drawing and writing stories since kindergarten, Abdullah proudly holds his first published book titled Jacob Kostrale.

came to me one day. I didn't plan the whole story out. I just started writing a scene, and it grew from there.

"The idea

just kind of

"As I kept writing, the characters started to show up in

my mind. I thought about who they were, what they cared about, and how they'd handle the challenges in the story.

"I get inspired a lot by the books I read, like Rick Riordan's epic quests and Eoin Colfer's smart, funny characters. I wanted to create something that had action, mystery, and people who felt real, even in a made-up world.

"Every story I've ever written, even the little ones, I stapled together with the hope that someday I'd be a published author.

"So even though *Jacob Kostrale* started as just a fun idea, I was serious about it. I knew from the start I wanted to finish it and share it with the world." Toward that goal, the Mill Creek Library will be hosting an author's book signing event for Abdullah July 28th at 2pm and is making his book available for the public to borrow starting in June.

"I'm now writing the sequel to Jacob Kostrale. It's got even more twists, cooler characters, and possibly dragons? (Maybe, but I'm not telling.)"

Parental investment plays an important role

in helping children set imaginative goals and reach their full potential. Knowing this, I was eager to talk with Abdullah's mom about her own parenting philosophy.

"I grew up in Pakistan and studied Biomedical Engineering" she says. "I began my career working in the nonprofit sector, managing digital health programs in resource-constrained settings. Later, I completed my MBA from the University of Washington and worked as a project manager at T-Mobile.

"After becoming a mother of two, I decided to focus my energy on building a well-being app for moms, something I've felt deeply connected to through my own experiences in motherhood.

"I'm happily married to Farrukh Masud, a software engineer at Microsoft. He's a very present and supportive father and partner, and is deeply engaged in our children's lives, from the daily routines to special moments. Together, we juggle parenting, creative chaos, and the occasional epic family karaoke battle.

"I believe all mothers are *Super Moms*, period, full stop. The journey of bringing a child into the world and raising them, with all the physical, emotional, and mental demands that come with it, is an act of strength.

"My parenting philosophy is rooted in empathy and connection. I want my children to always know they can come to us with anything, no matter how big or small.

The family gathers around Abdullah during Marine Science's Exhibition at Creator's House, where he served as MC and also presented marine life.



Abdullah sells one of his illustrated short stories at the Creator's House Mini Market while sharing playful moments with his energetic brother, Qasim.

"We encourage independence and give them space to explore and grow, while always making sure they know we're here when they need us.

"We don't overschedule or over-entertain. In fact, boredom is something we welcome; it's where creativity begins. That's exactly how Abdullah started writing; less screen time with more time to dream and imagine.

"We limit devices and prioritize meaningful activities, like our Friday

movie nights (yes, even if it's the same movie again), or our beloved karaoke sessions, led by Qasim, our three-year-old frontman.

"Being a fully engaged parent isn't about constant presence, but about purposeful presence. It means supporting your child's growth while also honoring your own.

"That's what led me to start building my well-being app for moms: to support mothers in reconnecting with themselves while navigating the demands of raising children.

"When a mother feels balanced and whole, that sense of well-being naturally extends to her family," says Suha.

This was powerful advice from a fully engaged mom. To learn more about her philosophy, check out her app for mothers (sign up for the waitlist at

www.blissmamacommunity.com). Finally, I asked Abdullah what he would like to do when he grows up.

"It's a long list: author, actor, director, YouTuber, maybe a creative wizard of all trades. I'm still deciding, but it will always involve telling stories and having creative fun."



PROFILE

Teen Entrepreneur Starts Nonprofit Called

Dream Dresses by Amuktha Nayudu

Let's give those beautiful, traditional dresses a second life!

Every year, thousands of children in India celebrate festivals like Diwali and Navratri, but many do so without access to traditional clothing that reflects their cultural pride.

Dream Dresses, a youth-led nonprofit, is working to change that by collecting and donating gently used Indian festive wear for kids ages 3 to 16.

These vibrant outfits, often made from silk, cotton, or



In July 2023, Vaanya, Amuktha and Avani ran a Dream Dresses booth together at Ananda Mela (Joyful Festival of India) at the Redmond Town Center.

chiffon and beautifully embroidered, are worn just a handful of times before being outgrown.

Instead of letting them gather dust or end up in landfills, Dream Dresses gives them a new life, delivering them to kids in India who might not otherwise have access to this kind of celebration wear.

Dream Dresses was founded in March 2021, when 14-yearold Avani Bansal from Overlake High School in Redmond tried to donate her outgrown traditional dresses to Goodwill. She couldn't find any thrift stores that would accept them.

"There just wasn't a market for traditional Indian clothing

Photographed at SAMPARC orphanage in Maharastra, India, a group of children ages 3 -16 model the traditional outfits they received from Dream Dresses.

here," she explains. "I didn't want them to go to waste when I knew underprivileged kids in India would love to wear them.

"I loved wearing the fancy, traditional dresses, but as I grew older, I realized that many kids in India don't have access to such beautiful outfits."

Showing that one person can make a huge difference, Avani took action. This young entrepreneur identified a unique

> problem and came up with a creative solution that would ultimately benefit more than just the kids in India.

With help from her family and friends, Avani began collecting gently used Indian outfits and shipped

them to the Aarna Foundation in Mumbai, where her grandmother helped coordinate the first donations.

"Starting Dream Dresses created a win-win situation for everyone," she says. "As the word spread, we began receiving more and more donated clothing along with offers of generous volunteer support."

From that single shipment to India four years ago, Dream Dresses has grown into a global effort, fueled mostly by high

school-aged volunteers. Today, the organization partners with



Dream Dresses has donated more than 11,000 pieces of clothing to children in India since 2021.

five nonprofits across India, including Goonj, SMILE, and Catalysts for Social Action, to distribute clothing to children who need it most.

I first got involved with Dream Dresses three years ago as an eighth grader at Skyview Middle School in Bothell. I started by donating clothing, then I volunteered to help, becoming the organization's first teen volunteer in Washington State.

Today, I serve as both the Washington State Lead and the News Media Team Lead. As part of the News Media team, I help create our monthly newsletter, which gives supporters a behind-the-scenes look at our initiatives, volunteer highlights, and growing impact.

I also work with my team to brainstorm creative ways to expand our audience beyond the Indian community so more people can get involved. In both roles, I've seen how each volunteer brings something unique to the table.



Dream Dresses is powered by a passionate team of volunteers, organized into five sub-teams: Social Media, News Media, Fundraising, Research, and Marketing.

Each group focuses on a different aspect of our mission while offering students a chance to build real-world skills in areas that interest them. For example, I plan to pursue a career in medicine, and Dream Dresses has given me the skills to lead and work in a team setting.

The most impactful way to support Dream Dresses is by donating gently used traditional Indian clothing for young boys and girls. You can donate at our local collection centers in Bellevue, Sammamish, Bothell, and Redmond, or one of our 14 locations across the U.S. and the U.K.

If there isn't a collection center near you, you can reach out to learn how to start one in your area.

Another meaningful way to help is by participating in our *Carry a Bag* program. If you or someone you know is traveling to India, Dream Dresses can provide a suitcase full of clothing for you to deliver to one of our nonprofit partners.

This is a very personal and

powerful way to make a difference, and it helps us reduce shipping costs significantly.

We also welcome volunteers of all ages to help sort and pack donations, coordinate drop-offs, run events, or take on leadership roles like I did.

For those who want to support us financially, we are proud to be registered on *Benevity*, a platform used by over 900 companies, including Microsoft, Amazon, Starbucks, and Salesforce, for employee donation matching and volunteer hour tracking.

If your employer participates in Benevity, your contributions to Dream Dresses may be matched, doubling your impact with minimal effort.

You can also make cash donations to help cover international shipping and customs costs, which remain one of our biggest expenses.

Since its founding, Dream Dresses has collected and donated over 11,000 garments! And our organization continues to expand.

What started as one teenager's entrepreneurial *ah-ha* moment at a local thrift store

has grown into a global network of student volunteers, donors, and community champions committed to cultural pride and sustainability.

As I've experienced firsthand, Dream Dresses isn't just about giving clothing to children, it's about making each child feel special.



This is an example of the many beautiful outfits being donated to Dream Dresses to bring joy to underprivileged children in India.

It also offers teenagers around the world the opportunity to hone their own social and professional skills while making a meaningful difference in the lives of others.

To learn more, donate, volunteer, or participate in the *Carry a Bag* program, please visit our website.

Whether you give a dress, your time, or a donation, you're helping preserve culture and bring joy to kids who deserve to celebrate in style.

Website: dreamdresses.org GoFundMe Link: gofund.me/d625057c Instagram: @dreamdressesnonprofit Facebook: Dream Dresses

Pacific Northwest Youth Entrepreneur Expo (PNWYEE)

Learn more about our innovative youth and the wonderful ideas they are generating. Bring your entire family so your own children may be inspired.

Hosted by Expressions Arts, this one-day, free-to-the-public event will feature 75+ jury-selected youth entrepreneurs (ages 5-25) showcasing their creations.

The goal of PNWYEE is to "Bring the Joy of Creativity" to the community.

Their mission is to provide a platform for youth entrepreneurs to showcase

and sell their innovative creations while also offering live entertainment, delicious food, and fun children's activities.

PNWYEE promotes cultural experiences and community support, with proceeds benefiting local charities.

Date:	June 22, 2025
Time:	2:00 to 7:00 PM
Location:	Downtown Bellevue Park
Address:	10201 NE 4th St., Bellevue, WA 98003

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PROFILE

From Wildcats to Washington: Kashvi Khanna's Journey as a U.S. Senate Page

Kashvi Khanna, a junior known for her leadership and academic excellence, just com-



Kashvi Khanna's official Page Portrait.

pleted a life-changing term in Washington, D.C. as a United

States Senate Page—an experience that forever shifted her perspective on public service, politics, and personal identity.

Kashvi's path to the nation's capital began with a love for the law cultivated through her involvement in Varsity Mock Trial and other leadership roles at Archbishop Murphy High School. That passion deepened when she attended Harvard Summer School, where a course on Global Governance and International Relations sparked her curiosity about the legislative process. Eager to immerse herself in the workings of American democracy, she applied for the prestigious Senate Page Program—and was accepted.

The transition was dramatic. Gone were the rhythms of high school life; in their place was a grueling daily schedule that began at 5:00 a.m. Pages attended classes starting at 6:15 before donning formal suits and heading to the Capitol via the Senate subway system. Once there, the work began: setting up desks on the Senate floor, delivering correspondence between Senate buildings, and assisting during votes by holding doors, preparing senator materials, and even counting votes alongside the Head Page.

Though the responsibilities were demanding, they were also deeply rewarding. Kashvi was

Kashvi and pages carrying electoral ballots back to the Senate after the Electoral College vote count. selected for one of the program's greatest honors—carrying the official Electoral Ballots for the 2024 election. "Walking those same hallways I had spent months in, only now holding the decisions of the American people—it was surreal," she reflects. In that moment, surrounded by political leaders and fellow pages, she felt the gravity of her role in the democratic process.

Throughout her time in D.C., Kashvi met many influential lawmakers, including Vice President JD Vance, former Vice President Kamala Harris, and her sponsoring senator, Patty Murray of Washington.







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Preventive Care General Medicine & Surgery Dentistry Travel Certificates Discounts on Spay & Neuter But it was Senator Cory Booker of New Jersey who made the greatest impression. Known for his warmth and authenticity, he took time to get to know the pages, offering encouragement, laughter, and mentorship. He and Senator Katie Britt even hosted a special lunch for the group, teaching lessons on bipartisanship and compassion that Kashvi will carry with her for years to come.

Despite the once-in-a-lifetime opportunities, life as a page was far from easy. Kashvi faced the challenge of juggling a full-time job with academic rigor, often returning to her dorm late at night only to begin studying under the covers after lights out. For someone who had always excelled academically, struggling to keep up was disorienting. "I didn't know who I was outside of being a good student," she admits. But that struggle became the catalyst for personal growth. Kashvi emerged with a stronger sense of self—one defined not by grades or titles, but by resilience, integrity, and determination.

The experience also reshaped her understanding of American politics. Before the program, she saw the government through a polarized lens. But working behind the



The Fall 2024 United States Senate Page Class.

scenes revealed a different reality: senators across party lines engaging in genuine friendship, laughter, and collaboration. She saw that the media narrative often misses the nuance—and that underneath political differences are shared values and mutual respect. "Everyone is a human being," she realized, "even our political leaders who we might not agree with."

Returning to AMHS, Kashvi brought with her a renewed sense of purpose. Inspired by the servant leadership she witnessed in Washington, she hopes to lead not by volume or visibility, but through kindness, example, and a commitment to building up her community. The experience solidified her desire to pursue a career in law, where she hopes to shape policy and advocate for justice on a broader scale.

Looking ahead, Kashvi plans to spend her remaining high school years reconnecting with family and friends, possibly taking on a legal internship over the summer and exploring new projects during senior year. Her time in Washington may be over, but its impact continues to ripple through every aspect of her life.

If she had to sum it up in a single word? "Transformative," she says without hesitation. From the Senate floor to her home-

town halls, Kashvi Khanna is a testament to the power of courage, service, and stepping boldly into the unknown.

Kashvi and her sponsor, U.S. Senator Patty Murray of Washington.



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Meet Chief of Police, Stan White, and His Amazing Team

by Barbara Sleeper

"Being a good police officer is one of the most difficult, dangerous, idealistic jobs in the world," wrote renowned nonfiction author, Thomas Hauser.

"Many of the best parts of America's history would have been impossible without police."

Mill Creek is fortunate to have a remarkable team of "*good police officers*" keeping our community safe, and at the top of the leadership tier is Mill Creek Chief of Police, Stan White.

"I have served as a police officer for 30 years," he explains. Starting as a Reserve Officer with the Clyde Hill Police Department.

"My initial training began at the Reserve Police Academy in Monroe, WA. Later, I attended the Basic Law Enforcement Academy in Burien.

"My mentor was a respected Seattle Police Officer and friend of the family. He was a wonderful man who lived the values of what many officers strive to emulate: *Integrity, Respect and Professionalism.*

"A dedicated family man, he was always there for anyone who needed him. He was the best role model possible, the person who inspired me to pursue my own career in law enforcement.

"After working for the Clyde Hill Police Department for eight years as an officer, I decided to look for other opportunities to broaden my experience in police work.

"In October 2003, nearly 22 years ago, I was hired to serve as a patrol officer with the City of Mill Creek, responsible for answering 911 calls for service, traffic enforcement and patrolling the city as I became familiar with our very supportive community.

"Since then, I have held many different positions within the Mill Creek PD, each with its own set of ancillary duty responsibilities.

"I served as a Patrol Officer, Field Training Officer, Detective, and a Patrol Sergeant/Detective Sergeant before being promoted to Chief. "One of the best positions I've ever held was that of a Field Training Officer. I had the opportunity to train officers in the field right after their successful completion of the basic law enforcement academy.

"At one point, I had personally help train over half the officers working for our department, officers that had all proven themselves to be excellent at what they do. These officers are now in supervisory positions working for the Mill Creek PD.

"Being able to help develop the skillset of co-workers was a rewarding experience," shares Stan. "It has been an honor to work with such amazing people.

"In November 2022, I was promoted to Mill Creek Chief of Police. As Chief, my primary responsibility is to provide professional law enforcement services to the City of Mill Creek. The Department accomplishes this by developing an innovative and progressive law enforcement structure.

"We utilize the 6 Pillars of 21st Century Policing to provide a structured environment for our staff, providing the equipment, training, and support they need to be successful in their mission.

"We then work with the community to ensure that we are providing the services they expect, focusing on criminal activity, traffic safety and quality of life services."

According to *blueforcelearning.com*, "as we navigate the complexities of the modern world, the role of law enforcement is rapidly evolving to meet ever-changing societal needs. Central to this evolution is the concept of the 6 *Pillars of 21st Century Policing*, a strategic blueprint designed to guide law enforcement agencies in the 21st century.

"The 6 Pillars include Building Trust and Legitimacy, Policy and Oversight, Technology and Social Media, Community Policing and Crime Reduction, Training and Education, and Officer Wellness and Safety.

"It is a novel approach that empowers law enforcement officers to engage with



Stan White, Mill Creek Chief.

their communities in a more meaningful and dynamic manner. The goal is to enrich the dialogue and mutual understanding between law enforcement agencies and the communities they serve."

"As Chief," continues Stan, "I serve as the conduit between our community and staff, setting the expectations and ensuring that the department is following the vision, mission and values adopted by the City Council and City Manager.

"I enjoy working with the men and women of our department, some of the finest people you will find in this profession.

"I also enjoy working with our community. We are fortunate to have a very supportive relationship, which we will continue to nurture and grow over time.

"It has been a privilege to be a Mill Creek Police Officer," says Stan. "The work is extremely challenging, with no two days alike, but we are fortunate to work in such a beautiful City."

Finally, Chief White reminds us that we all have a role in staying safe. "Be vigilant, have a plan, and respect others," he advises.

"In today's world we never know what to expect, from everyday impositions to natural disasters, and/or acts of violence. Keeping yourself *aware and prepared* puts you in a position of advantage." Now meet a few of the other exceptional members of the Mill Creek Police Department: **Detective Sergeant Rod Flemina**

"I have worked with the Mill Creek Police Department for 14 years and currently serve in the Investigations Unit.

"My duties include supervising Detectives, School Resource Officers, Police Support Officers, and the Citizen's Patrol.

"I oversee investigations of all major crimes that occur in the City of Mill Creek, along with our department community outreach events including Citizen's Academy, Coffee with a Cop, National Night Out, parades and festivals.

"I am also a Field Training Officer, and Emergency Vehicle Operator Course



Members of the Mill Creek Police Department and Citizens Patrol gather for Coffee with a Cop on Thursday, March 6, 2025, at the Field House at Town & Country Markets.

Instructor.

"I like helping victims recover what was taken from them and providing them with justice and closure when they are victimized.

"My position allows me to work with a team of talented people who dig deep into cases and utilize a network of resources to solve them.

"A memorable experience

occurred early in my current position. While investigating a crime against a child, I was able to locate another victim across the country who had tried to report similar crimes





PROFILE

against her years ago.

"Believing her abuser would never face consequences, she had given up hope. I was able to work with an investigator in her state and got the abuser extradited back to Washington to face charges.

"My advice to readers? Be aware of your surroundings and what is going on around you. When out in public, leaving a store, or getting in and out of your car, get off your phone and be aware."

Rory Mundwiler

"I have worked with the City of Mill Creek for 15 years and am currently a School Resource Officer (SRO). My responsibility is to ensure a safe and secure learning environment for the students and staff at Jackson High School.

"I work towards making positive connections and impacts with youth and families through my work on and off campus. I get the most enjoyment working in law enforcement knowing that I am helping to make life better in my small part of the World.

"Occasionally, I run into someone who lets me know that I have positively impacted their life. That welcomed feedback is much appreciated and lifts me up from up from what can sometimes be an emotionally exhausting career.

"My time as a School Resource Officer has been the best. From 2011 to 2015, I served the Mill Creek Police Department in that role, then for nine years I honed my '*patrol officer*' craft. It has been so fulfilling to be back in the schools once again as a SRO.

"My advice to stay safe, is try to prevent crime before it happens.

"Don't leave valuables in your vehicles, do leave your house lights on throughout the night, get to know your neighbors and become an active member in your community." **Corporal Nathan Lerma** "My journey with the Mill Creek Police Department started back in May 2008. I came on board as a Community Service Officer, and I learned a

lot in those early days. "A year later, I moved into a Police Support Officer role, which was a real mix of everything: animal control, prisoner transports, code enforcement, parking enforcement and the opportunity to attend the Washington State Criminal Justice Training Commission Corrections Officer Academy. This experience gave me a great foundation.

"Then, in November 2011, I was hired as a Police Officer. I attended the Washington State Criminal Justice Training Commission Law Enforcement Academy. After graduating, I joined the Patrol Division, where I really got to know the community and the challenges we face here in Mill Creek. "The real turning point for me came in November 2017 when I was accepted as a K9 handler and joined the K9 Unit. I am currently assigned to *K9 Hondo*. He's more than just a partner; he's an incredible asset to our department.

"Hondo's trained in tracking, apprehension, area searches, evidence searches, and narcotics detection (meth, cocaine, heroin, and fentanyl).

"Being a K9 handler gives me the chance to make an immediate impact, especially when we're tracking down dangerous criminals.

"In October 2022, I was promoted to the rank of Corporal, providing supervision to the patrol division when a sergeant is unavailable. I respond to regular calls for service like any other officer, but my primary role is with Hondo.

"I'm a certified canine trainer through the Washington State Police K9 Association and the Washington State Criminal Justice Training Commission.

"In addition to my K9 duties, I'm an unmanned small aircraft pilot for our drone unit, a Taser instructor, a field training officer, and I assist with radio management and peer support. It's a lot, but I love it.

"What I enjoy most about my job, without a doubt, is being a K9 handler. Seeing Hondo work, knowing we're making a real difference in keeping people safe, that's what drives me.

"I have a ton of standout experiences after working for the City of Mill Creek for nearly 17 years. A favorite is when Hondo and I responded to an evidence search for a firearm.

"We were searching an area near a home with two vehicles parked along a busy roadway. As we carefully worked through the scene, Hondo suddenly alerted me to something behind the rear axle of one of the vehicles.

"Impossible to spot and tucked away so discreetly, I never would have found it on my own, but *Hondo's* nose led me right to it. I reached back, and sure enough, there was a hidden gun.

"If Hondo hadn't discovered the weapon the vehicle would likely have been towed, and that firearm could have ended up anywhere, possibly even in the hands of a child.

"That moment truly underscored the immense value of our K9 program and the critical role these dogs play in keeping our community safe.

"Our department would like to thank the residents of Mill Creek for their tremendous kindness and support during Hondo's recent health problems.

"Hondo has returned to service and continues to love his job. Recently, we completed an additional training course, becoming certified as a narcotics detection canine team.

"As for safety advice," says Corporal Lerma, "the biggest thing I tell people is: *If you see something unusual, report it.* Don't hesitate. Call our nonemergency line at 425-745-6175. It's better to be safe than sorry.

"We're always here to help, and we'd rather investigate a potential problem than deal with the aftermath of a preventable incident."

If you have an immediate threat to life or property, call 911.

Citizen Patrol Member Barb Heidel

"I've been employed by the City of Mill Creek Police Department for six years.

"As lead for the Citizen Patrol Unit, I coordinate with Detective Sergeant Rod



Fleming for all PD events. I represent the PD at community engagement meetings, put together the agendas for the monthly CP meetings, write up the notes from the meetings, and run our Dog Walker Watch classes.

"I coordinate our National Night Out event in August, go on foot patrols with a partner throughout Town Center to distribute flyers for future events while adding a bit of friendly PR to our city.

"I help at Coffee with a Cop events, assist with special projects for the Chief or Deputy Chief, help at the PD booth at the annual Mill Creek Festival, and help with traffic control at various events such as the Veterans Day Parade and Santa Parade. I also help with the Kiwanis Recycling and Shredding events, plus other miscellaneous requests from the PD.

"I love interacting with the PD, being a helper, and doing useful and worthwhile things for them.

"My safety advice is *please watch out* for pedestrians crossing the street. Please do not speed. It's more important to get places safely than drive as fast as you can endangering yourself and others." **Ilia Heath**

"I have worked with the Mill Creek Police Department for five years supervising the Records and Evidence Unit. I enjoy my job because of the great people I work with and because every day is so different.

"My work in records involves dealing with case files and lots of paperwork. No case is ever the same, so my job never feels repetitive or boring. The intake process might be the same, but each case is unique and that keeps my job interesting and exciting.

"In 2021, I was honored to receive the *Larry F. Davis Award*. It is awarded each year to a person who exemplifies compassion, soundness of judgement, and kindness of heart in serving as a member of the Mill Creek Police Department.

"Having my hard work and dedication to the department acknowledged by my co-workers and fellow team members made the award so special.

"I've learned a lot from reviewing hun-

dreds of case files. My best safety advice for everyone is to stay alert and always be aware of your surroundings. Don't let yourself become an unintentional victim.

"By observing what is happening, you can anticipate problems before they occur, and better recall details if something does happen."

A big thank you goes to the dedicated, hard-working members of the Mill Creek Police Department. We appreciate all that you do to make our community such a safe and enjoyable place to live.

For more information, contact:

Mill Creek Police Department 15728 Main Street Mill Creek, WA 98012 425-745-6175

Regular Lobby Hours: Monday to Friday 8:00 am to 5:00 pm

Please dial 911 if you have an immediate threat to life or property.

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MILL CREEK LIBRARY

Make the Most of Your Summer & Level Up @ the Mill Creek Library!





Complimentary in-person community events located in the Mill Creek Town Center at 15111 Main Street Suite 208. On select Thursdays each month.

- Looking for guidance
- Leaving your employer benefits
- Turning 65

• New to Medicare

- Medicare Parts A and B
- Medicare Advantage Part C
- Prescription Part D
- Medicare supplements

Learn about Medicare while enjoying A casual conversational experience including free coffee, pastries, and giveaways. Friends and family are welcome.



AGENCY PHONE **866.725.7104 TTY 711 | M-F 9AM-5PM** EMAIL medicare@optimalinsurancechoice.com ADDRESS **15111 MAIN STREET SUITE 208 MILL CREEK, WA 98012**

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excited than ever to welcome you into the library for Summer Reading! We have so many things for you to engage with at the library:

• Kids and teens can vote for new additions to library spaces, including toys, sticker puzzles, and furniture!

- Anyone can play an interactive Tetrisstyle game and help decorate the library!
- Interactive displays, a scavenger hunt, and puzzle activities will be hidden throughout the library!

• Reading with Rover (Ages 6-12 build reading skills and confidence by reading aloud to a certified therapy dog) will continue the last Wednesday of the month

from 5:30-6:30 PM!

• Game and craft days will be scheduled throughout the summer!

- FREE BOOKS for readers aged 0-18!
- Summer Reads Display for adult readers – share your favorites!
- Adult Summer Reading challenges in the Beanstack app!

"Shop" before you visit the library by placing holds to make sure there is always the perfect book ready for you. Library staff throughout Snohomish and Island counties will also work together to create your custom summer reading list upon request.

We're leveling up our service and can't wait to help you level up reading this summer!



Library Hours	
Monday:	10 AM-8 PM
Tuesday:	10 AM-8 PM
Wednesday:	10 AM-8 PM
Thursday:	10 AM-8 PM
Friday:	10 AM-6 PM
Saturday:	10 AM-6 PM
Sunday:	1–5 PM

SENIOR NEWSLETTER

Mill Creek Senior Center

Branch of the Northshore Senior Center

Summer 2025 - June-September

For more information, call 425-948-7170 or Visit NorthshoreSeniorCenter.org Email MillcreekAdmin@MyNorthshore.org

4111 133rd Street SE Mill Creek (Located in Vintage Mill Creek, across the street from Penny Creek Elementary School)

Mill Creek parking courtyard is located in back of the building. Park in any space marked "Commercial".

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

CLASSES AND EVENTS YOUR WELLNESS

YOUR WELLNESS WORLD: HEALTH FAIR

Promote health and wellness by sponsoring the Northshore Senior Center's annual Health Fair. The event raises awareness of services that support well-being and independent living for older adults.

Thursday, September 25th 10:00-1:00PM Bothell Senior Center FREE

ESTATE PLANNING SEMINAR

Is your will or trust set up to reflect your needs and wishes? Attend this informational presentation by an attorney from Wall Group Law specializing in Elder Law and Estate Planning. We will discuss documents important to create legal solutions that bring peace of mind including Powers of Attorney Tuesday, June 16th 1:00-2:30PM FREE

LINE DANCING

Come and enjoy our beginning line dance class, no experience needed. If you are already a line dancer, come and just enjoy line dancing with new friends.

Instructor: Brie Allen Friday 10:30-11:15AM Members: Monthly \$32 Non-members: Monthly \$64

SUMMER TEA PARTY

Join us for a delightful afternoon at our seasonal Summer Tea Party! Enjoy freshly brewed teas, light refreshments, and sweet treats in a bright, cheerful setting inspired by the beauty of summer.

Connect with friends old and new as we celebrate the season with lively conversation, gentle music, and a touch of elegance. Don your favorite summer hat or floral attire and make this a memorable occasion! Friday, July 25th 1:00-3:00PM Members: \$12 Non-members: \$15 Enjoy discounts at all 3 branches of the Northshore Senior Center (Bothell, Kenmore & Mill Creek) by becoming a member! Annual Membership:

Individual...... \$48 • Couple...... \$85

ZUMBA GOLD

Zumba GOLD is gentle Latin inspired dance movements that tones your whole body, boosts your heart health and simply makes you happy. Bring your friends and get introduced to easy -to follow choreography that focuses on balance, range of motion and coordination to FUN dance rhythms. Instructor: Brie Allen Thursday 11:00-11:45AM Members: Monthly \$32 Non-members: Monthly \$64

ART FOR FUN

Bring your favorite craft project for a low-key and social time with other crafters from our community. Friday 11:00-11:45AM Members: Monthly \$10 Non-members: Monthly \$20

MONDAY MORNING MOVIE

Join us for a movie showing, selected by you! Members have the opportunity to vote all month long for which movie they'd like to see and watch together at the end of the month.

4th Monday 10:00AM-12:00PM Free

TED TALK TUESDAY

Bring your lunch and your curiosity! Join us for a monthly gathering where we watch a thought provoking TED Talk and engage in a lively discussion. Explore new ideas, share perspectives, and connect with others in a welcoming space. 3rd Tuesday 11:30AM-12:30PM

Free



Sno-Isle will be visiting the center to offer engaging presentations on a variety of topics.

2nd Tuesday 11:00AM-12:00PM Free

NEW ENHANCED FITNESS

Enhance Fitness is an evidence-based exercise program to help older adults of all fitness levels to become more active, energized and able to sustain independent lives. Chairs are provided as an option for Level I exercises and instructors will demonstrate appropriate exercises for

participants using a chair. Instructor: Suzanne Meyers-Hubner & Pam Jacobs Monday/Wednesday 10:00-11:00AM

Members: Monthly \$30 Non-members: Monthly \$60

SEATED YOGA

Move through a complete series of seated and standing yoga poses. Chair support is available, making accessible a variety of postures designed to increase balance, flexibility, and range of motion. Restorative breathing exercises and final relaxation are also included. Excellent for all levels of exercisers. Instructor: Maria Borella Tuesday/Thursday 10-10:45ÅM Members: Monthly \$43 Non-members: Monthly \$86

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Renovation funding is not guaranteed. Project eligibility and financing terms are determined on a case-by-case basis.

SENIOR NEWSLETTER

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

Located at North Creek Presbyterian Church (621 164th St SE, Mill Creek) Instructor Mike Lucero Thursdays, 1:30-3PM – preregistration required Call 425-948-7170

Members: Monthly \$32 Non-members: Monthly \$64

CARDIO DRUMMING

Not interested in traditional exercise classes? Give cardio drumming a try! Utilizing fitness balls and drumsticks cardio drumming combines cardio exercise and drumming to the rhythm of music in an easy but effective workout. Instructor: Becky Mowry Call for schedule (425-948-7170) Members: Monthly \$32 Non-members: Monthly \$64 *Transportation provided to and from Bonaventure, Cogir and Vineyard Park!*

WATERCOLOR CLASS

Learn the basics for creating an outstanding painting in watercolor. Projects will emphasize the use of color, value, line and composition. Instruction of special techniques will be offered to enhance work produced each week. New subjects are offered for every class building on a student's knowledge and success in watercolor painting. Instructor: Candace Carson Wednesdays, 10AM-12PM Members: Monthly \$35 Non-members: Monthly \$70

Discover what's right for you.

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BINGO!

The more players the bigger the pot! Tuesdays 1pm-3pm \$5 per packet

FOOT CARE CLINIC

Many seniors are unable to care for their feet adequately because of poor vision, and/ or poor flexibility, and other health-related problems. Each visit will include a thorough assessment, and nail trim. Please call as early as possible to cancel a scheduled appointment. Jennifer Sereda RN, Certified Foot Care Specialist

Foot Care Specialist 4th Monday 9:30-4pm *By Appointment ONLY* Call 425-948-7170 to schedule Members & Non-members: \$45

IMPACTFUL EMPATHY -UBUNTU PHILOSOPHY

Most of us would agree that it is important to have empathy. But do you feel confident in how to practice true empathy that creates real change? Join us for a compelling talk, through the lens of Nelson Mandela's life, on impactful empathy and learn how to use understanding and compassion to heal while strengthening our communities Presenter: Izak van Rensburg 3rd Friday each month 10:30a-12pm Free

ROCK PAINTING

Explore rock painting while spreading joy. Leave your work of art and encouragement in public places or give as gifts. This is a great activity to share with the whole family, so all ages are encouraged to participate! Rocks and limited art supplies available. Bring any personal supplies to help you achieve the level of artistry you desire.

2nd Friday each month 12p-2pm Free

KARAOKE

Warm up your vocal cords and join us for a fun filled afternoon of singing. Wednesdays 1pm-3pm

Transportation provided to and from Bonaventure, Cogir and Vineyard Park!

MEATLESS MONDAYS

Join us in sharing your favorite meat-free dishes. Or come and try some and see what you think. Choosing to eat plantbased meals on Mondays, or "Meatless Mondays" (first started in WWI by Woodrow Wilson), has become a way people can explore the world of plant-based eating. You don't have to be a vegetarian. No judgement, just good food and hopefully some recipe swapping.

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

Ongoing 2nd Monday Noon-1pm Free for members and nonmembers

BOOK CLUB

A chance for avid readers to get together and discuss new and exciting reads. All Book Club books will be available at the Mill Creek Library for the participants to check out. Volunteers: Molly K Barry & Sandy Fairchild-Miller 4th Thursday of each month Noon-1pm, Free

AMERICAN MAHJONG

Tuesdays 12-2p, Free Card Games Punch Card for 8 visits (\$20 members / \$40 nonmembers)

WOMEN'S COFFEE GROUP

Join a great group of ladies for coffee and conversation. This is a long-standing group and if you are new to the area, it's a great place to meet new people! Weekly Thursdays 11am-1pm Free

MEN'S COFFEE GROUP

A long-standing group of men who get together to discuss current issues. Monthly speakers on a host of different topics. Fridays 10am-12pm (2nd & 4th Friday), Free

MUSIC FOR FUN

Our music group has expanded to two hours, our library has grown to several dozen old songs, almost all with lyrics and chord markings, or bring your own favorite piece of music for us to try out. Bring your stringed instrument or just bring your voice for the lyrics. Mondays 1pm-2:30pm

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

CROCHET SOCIAL CIRCLE

Bring your current crocheting or knitting project or get inspiration from others to try something new. We are a lowkey group who enjoy working as we visit.

Tuesdays 1pm-3pm

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

NATURE WALKING WITH EBIRD

Would you like to partner with Cornell University's Lab of Ornithology? Dedicated to advancing the understanding and protection of the natural world, the Cornell Lab joins with people from all walks of life to make new scientific discoveries, share insights, and galvanize conservation action. eBird is an app installed on your phone that takes birdwatching to a whole different level. As you explore your natural surroundings you can capture critical data for science that is sent directly to Cornell's Lab. It helps track species, numbers and migrations of birds throughout the globe. Even if you don't have a smart phone, join us as we explore the

marsh lands near the Mill Creek Senior Center for walking, bird watching and contributing to science. Please wear appropriate footwear for comfortable walking. Bring your binoculars if you have them! (During inclement weather call to make sure group is walking. 425-948-7170) Thursdays 10am-11am

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

PINOCHLE

Mondays 12:30-3pm Single deck Wednesdays 12:30-3pm Double deck Card Games Punch Card for 8 visits (\$20 members / \$40 non-members)

CHESS CLUB

3rd Friday Card Games Punch Card for 8 visits (\$20 members / \$40 non-members)

HOMAGE RESOURCE ADVISOR

A staff member who can perform a basic assessment of your needs. From there, they will help determine which programs and services you are eligible for, make referrals to the programs you choose, and assist you with completing the appropriate paperwork and applications. Thursdays, 10am-1pm (1st and 3rd). Walk-ins welcome!

Free

MEDICARE COUNSELING WITH SHIBA

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

Thursdays, 9am-12pm (1st and 3rd). Walk-ins welcome! Free

PERSONAL CONSULTATIONS

The opportunity to explore concerns, problems and options through individual sessions. Issues may include life transitions, depression, anxiety, grief and loss, or other family or personal issues. Please call for an individual appointment. Georgia Rigler, MSW, LICSW; 425-286-1047; georgiar@ mynorthshore.org 4th Wednesday of each month 9am-3pm

VOLUNTEER AT MILL CREEK SENIOR CENTER

We'd love to have you volunteer with us! Front desk



volunteers are needed Monday through Friday from 9am-12pm & 12-3pm

and office volunteers are needed for various support around the center. If you have a skill or knowledge you would like to share with your community, let us know!

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

volunteer@mynorthshore.org or 425-286-1032



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SPORTS NEWS



GIRLS TENNIS

The girls tennis team had another great season with a team full of players who competed hard and supported one another.

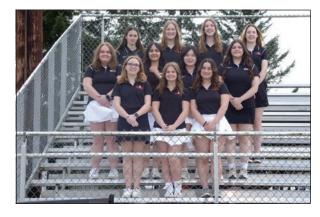
Some highlights from the season included an epic, three-hour, three-set win by Blanca Prieto-Blanco against Edmonds-Woodway, and a big win in the first round of the district tournament by sophomores Kamdyn Latta and Jules Rioja, who came back from dropping the first set to beat Anacortes 6-7, 6-2, 7-5. Senior captain Thea Seckinger also played one of the teams' best matches of the year in her 7-5, 6-4 win over Mariner. Senior Jackie Fairbanks served as an excellent leader and set an example for our underclassmen with her tenacity and work ethic. Meanwhile, many underclassmen made their varsity debuts, including Lizzy Robinson, Rachel Reynolds, and Kamille Catapang.

BOYS SOCCER

Boys soccer will be heading back to State after missing out on the tournament last year. They defeated Squalicum on May 17 in an extremely hard fought battle. The game was tied at 0-0 after regulation, and two, 5-minute overtime periods, which sent the game into a shootout. The Wildcats pulled off the victory after senior goalkeeper Cameron Ilgenfritz made a stop on the 11th penalty kick, giving them the victory. The team had a great regular season with an 11-2-2 record and the title of Wesco 2A/3A South Co-Champions. This senior laden team consists of Cameron Ilgenfritz, Zach Mohr, Ivan Juarez Oropeza, Marco Herrera, Will Prada, Corvan Lara, Paul Holeman, juniors Ivan Hernandez Vazquez, Kyler Phillips, Henry Fahey, Parker Campbell, and sophomores Jason Angel and Griffin Bourne, just to name a few! The team is led by first year head coach, Terry Ryan. We congratulate senior



Zach Mohr who has signed to play soccer at California Lutheran University in Thousand Oaks, California next year.



GIRLS GOLF

The girls golf team completed their season at the District 1 2A Golf Tournament which took place at the Skagit Golf and Country Club in Mt. Vernon, WA on May 12 & 13. Sophomores Stella Tepley and Elaine Li, and seniors Megan Cisneros and Regina Rautio all competed in the tournament. Stella was so close to qualifying for the State Tournament, she finished 16th and needed to place in the top 12 to advance.

We are proud of the season that they had and will miss all of the seniors next year including Megan, Regina, Mayrene Calvillo-Ruiz, and Nicky Joinette.

LACROSSE

The Wildcats lacrosse team was powered by another young group of players this year. The team consisted of 7 freshmen, 10 sophomores, and 4 seniors. Seniors Carson Burley, Noah Woods, Nadia Hanna, and Mark Mavis provided experience and leadership for a team filled with underclassmen. The Wildcats received great minutes from sophomore goalie William Curtiss and fellow sophomores Rob Burnett, Jack Burns, Keagan Joseph, and Ryan MacDonald, just to name a few! Freshmen Cash Causley, Cole and Quinn Sievers, and Ben Eagle were a few of the newcomers who made an impact for the Wildcats.

They finished the season with a 2-5 record, with their victories being against Jackson. They qualified for the state playoffs in the private school division, but fell in their first round matchup against Eastside Catholic. The team was led by second year coach Quinn Sullivan.

We congratulate two of the lacrosse seniors for moving on to play at the next level in college. Nadia Hanna will be playing at Ave Maria University in Florida, and Carson Burley will be playing on the club team at San Diego State University in California.



ARCHBISHOP MURPHY HIGH SCHOOL





SOFTBALL

The Wildcat softball team qualified for State on

Saturday, May 17, which is the first time they have qualified since 2007! We are incredibly proud of this young team. They are led by the lone senior Markella Vick, and junior pitcher Ari Dixon. Markella will be playing softball at Everett Community College next year. The Wildcats added some young talent to the team this year with freshmen standouts Sarah Fletcher, Maddie Evans, and Allyea Hernandez. Juniors Maliya Dixon, Kayla Hookfin, Saylah Lopez, Carly Madhavan, and sophomore Giselle Silva round out the roster for the Wildcats. Each player has played a huge role this season. The team is led by first year head coach, Megan Dedrick. We are excited to cheer the team on at the State Championships at Carlon Park in Selah May 23 & 24.

BOYS GOLF

Our boys golf team is not quite finished with their season as we have three golfers who will be competing in the State Championships at Riverside Golf Club in Chehalis May 20 & 21.

Seniors Jack Duffy, Rush Bradley, and Keldan Pablo made it through the 2A District 1 Tournament at Lake Padden Golf Course in Bellingham, WA on May 12 & 13 to advance to State. Jack placed 4th with a 2-day total of 154. Rush scored 162 while Keldan scored 165.

In addition to a great District showing, the team won the Wesco South 2A/3A League Championship at Legion Memorial Golf Course in Everett, WA on May 7. Jack Duffy threw a dart on 18 for eagle. Rush Bradley was a par machine—9 straight—then cashed in a birdie at 12. Keldan Pablo kept it steady, adding his own birdie at 8. A pair of 74s from Jack and Rush, a 75 from Keldan, and freshman Rex Jobe's 92 at Legion Memorial GC.

Jack was our lone competitor at State last year, so we look forward to

seeing how all 3 golfers will finish as a team. We also want to congratulate senior Keldan Pablo who will be golfing at Hawaii Pacific University next year!



BASEBALL

After finishing the regular season 12-9, the Wildcats went 4-1, winning 3 straight games to advance to State for the first time since 2023. The team is led by standout seniors Reese Logsdon, AJ Bombach, Cole McCourt, Jameson Crow, Riley Putnam, and Ramon Chavez. A strong junior class in Henry Gabalis, Mason Reinhard, Zach Boucek, and Marcus Gaffney, along with sophomore Myles Hulse and freshman Cooper Thompson have played huge parts in the Wildcats successes this season.

During the district tournament, the team beat Schome in a 1-0 walk-off, extra-inning battle. The Wildcats then fell to #1 seeded Anacortes 1-3. They battled back in a close win against Lynden 3-2, a 5-0 victory over Schome, and finally a 10-run, 6 inning win against Bellingham to send them to State. We congratulate our seniors who will be moving on to play in college next

year. Cole McCourt will be heading to Columbia Basin College in Pasco, WA and Reese Logsdon will be off to Jamestown University in Jamestown, North Dakota.



ARCHBISHOP MURPHY HIGH SCHOOL





TRACK & FIELD

Our track & field team has celebrated a great season so far. The following students have qualified for the 2A District 1 Championships which will be held May 21 & 23 at Lakewood High School. This is where our athletes will try and qualify for the State Championships.

Sophomore Javen Latta qualified for the 100 m, 200 m, and the long jump, junior Jack Sievers qualified for the 100 m, sophomore Nicco Urbaniak qualified for the 400 m and the 800 m, senior Noah Barron qualified for the

100 m hurdles, sophomore Koah Esguerra

qualified for the long jump, and our boys 4x100 relay consisting of Andrew Lucas, Javen Latta, Jaceer Brooks, and Rylan Robinson also qualified. On the girls side, freshman Molly Campbell qualified for the 1600m and 3200m, sophomore Kani Cham qualified for the discus, freshman Roisin McGuigan qualified for the high jump, and our 4x100 relay consisting of Emily Anderson, Laura Anderson, Addie Qureshi and Abby Lowry also qualified. We are excited to watch the team at the District Championships!



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SPORTS NEWS



BOYS & GIRLS TRACK

The Timberwolves 2025 season featured many class and school record setting performances! The Girls Team went undefeated in league meet competition and claimed the Robert Polk Invitational Championship trophy, while the Boys Team posted a 7-1 record, and took home

the Solberg Invitational 3rd Place trophy, and the Robert Polk Invitational 2nd Place trophy. The season got off to a FAST start with school record setting performances at the Oregon Relays. Olivia Friedrich, Amelia Ford, Harneet Pandher and Selena Bangerter broke the 11-year-old record by over 6 seconds in the Distance Medley, posting a 12:28.65. In addition, Selena Bangerter set 3 school records in 1 race! Enroute to her 2-mile record of 10:38.37, she set the 3000m record (9:57.07) and shattered Brooke Kingma's 2015 record by 13 seconds and her own previous best, running 10:34.69. At the Eason Invitational, Amelia Ford improved her own school record time in the 400, sprinting to a 59.44. In Boys action, Alexander Rabena broke the 200m record from 2018 in 22.22, Travant Schulz posted a 43'2.25" triple jump closing in on Meyer's 2002 record of 44'4", and Tomi Akinpelu moved closer to both the boys hurdle event records, ranking 6th All-Time in 110H and 300H. The Timberwolves' Top 10 All-Time and Class Record lists are peppered with outstanding performances from this 2025 season! *Photo credit: Scott Williams Photography*

BOYS GOLF

The Jackson Boy's Golf team had a very successful 2025 season. The team finished just 2 strokes shy of the WESCO 4A title going 3-3 in league play with three first place finishes, two second place finishes and one third place. The team won the Everett School District Championship for the fourth year in a row and have now won 16 of the 23 played. They also became the first Jackson team since 2010 to win the Tom Dolan Invitational. Jacob Kang became the first Jackson golfer since 2012 to win the Dolan Invitational Individual title. Kang would also make the cut at the local qualifying for the 125th United States Open. With time remaining in the season, the team has three players qualified for the Bill Egbers Invitational, where Jacob Kang is seeking his third victory in four years. After that, they will look to defend the 4A District title advancing to the WIAA State Tournament held in Lacey, WA. *Photo credit: Scott Williams Photography*





GIRLS GOLF

The Jackson Girls' Golf Team completed the 2025 regular season with a victory at the WESCO 4A championship. This the second consecutive league championship for the program. They posted victories in three of the four league matches during the season. The team also posted convincing wins at the Whidbey Shootout and the Dolan Invitational in non-conference competitions. Four members of the team received WESCO 1st team honors including Lindsay Catli, Paige Swander, Kayla Kim, and Karen Shin. *Photo credit: Scott Williams Photography*

FASTPITCH SOFTBALL

After a slow start, the Jackson Softball team put together a strong second half of the season as they finished Wesco at 6-4 and tied for 2nd Place. After winning their first two district playoff games, the Timberwolves punched their ticket to State for the 9th consecutive time and are looking to defend their back-to-back state titles in 2023 and 2024. This year's team has been led by University of Washington bound Allie Thomsen. Not only was she the team's #1 pitcher, but as she has done over her career, she posted a team best batting average of .600 with 24 RBI, 20 runs scored and 6 home runs. Reese Westman (jr.) and Matea Lopez (sr.) were the team's co-captains, along with Thomsen. Other seniors included Kiana Holden, Elena Eigner, and Cael Hare. *Photo credit: Scott Williams Photography*



HENRY M JACKSON HIGH SCHOOL



BASEBALL

Jackson Baseball program wrapped up the 2025 season marked



by competitive spirit, resilience, and meaningful growth across all levels. Varsity finished the regular season with a 14-6 record, and a 3rd Place finish in Wesco. By winning their first two games in districts, the Timberwolves qualified for the State tournament. This year's team showed maturity,

leadership, and consistency, with several players stepping into key roles and delivering clutch performances. On the Junior Varsity side, the Timberwolves posted a solid 11-9 record and displayed exceptional grit, determination, and growth, while setting the tone for the future of the program. Off the field, both teams demonstrated a remarkable level of discipline and responsibility in the classroom. Congratulations to all Timberwolf players, families, and coaches for a memorable and successful 2025 campaign. *Photo credit: Jody Bossert*

BOYS SOCCER

The Jackson High School Boys Soccer team had a strong regular season finishing in second place in Wesco. The team compiled an 8-3-1 record in conference and 12-4-1 overall, earning a place in the district tournament. After winning their opening game at districts, the team lost two heartbreakers to end their season. This year's team had eight seniors and have been led by captains Nate Stone and Connor Hunynh. The future continues to be bright as the JV team finished in first place in Wesco and compiled a 13-3-1 record. Additionally, the C-team finished with a 10-1 overall record. *Photo credit: Juan Stout*





GIRLS TENNIS

The Girls Varsity Tennis team wrapped up the regular season with an impressive overall record of 12 wins and 5 losses. With a league record of 11-1, the team earned a share of the Wesco Championship title. Standout performances came from No. 1 singles player Jasmine Wijaya and No. 2 singles player Gracie Schouten, who both went undefeated in league play. This season, we focused on building a strong team culture, establishing new traditions, and prioritizing team bonding. Every player demonstrated what it means to be a great teammate, showing both sportsmanship and individual growth throughout the season. As dedicated student-athletes, the team also excelled academically, earning the Outstanding Team Award with a collective GPA of 3.79. We're excited to compete in Districts and are hopeful for a trip to the State tournament. *Photo credit: Scott Williams Photography*



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