



## Cars & Coffee kicks off 2025 season with swagger & soul

BY MILL CREEK VIEW STAFF

On April 5, 2025, the Safeway parking lot in Mill Creek hummed with the roar of engines and the chatter of enthusiasts as the Cars & Coffee season opener unleashed a dazzling array of automotive artistry. From the moment the sun peeked over the horizon, this

Saturday tradition proved once again why it's more than just a car meet—it's a celebration of passion, craftsmanship, and community.

The lineup was a wild mix that had heads turning and cameras clicking. A yellow Skyline stole the show, its sleek lines drawing gasps from the crowd, while a '55 Chevy Delivery Wagon

rolled in with throwback swagger that oozed nostalgia. Imports rubbed shoulders with domestics, Euros flexed alongside lifted beasts, and low cruisers glided through the lot, each ride telling its own story. Whether you arrived in a polished showstopper or just came to soak in the vibes, the energy was electric. "This is just Round One," one organizer teased, promising more highlights to come.

Two Cobras slithered into the spotlight, though they never crossed paths. A turbocharged Rabbit hopped in with retro cool, while a khaki Honda Element on SC wheels turned heads with its understated flex. A Riviera draped in gold wires brought the bling, and the lot buzzed with a blend of muscle, JDM, Euro flair, lifted rigs, and slammed stunners. "It's the people, the stories, the passion behind every build," one attendee said, summing up the magic of the meet.

This season opener set the tone for what's ahead. Mark your calendars, next weekend, it's on again. ♦



## Gunnvor Tveidt: a life of love, leadership & legacy

Longtime Mill Creek resident Gunnvor Tveidt was born on March 23, 1945, in Kristiansand, Norway, to Kari and Tolleiv Tveitevold. She arrived shortly after her fraternal twin sister, Torunn, who shares their father's birthday. Gunnvor is survived by her beloved husband, C. Jay Tveidt; daughters Karianna and her husband DJ; grandchildren Karsten, Annika, and Mari; daughter Kristina and grandchildren Adrianna and Anders. She is also survived by her brother Hans Birger and his wife Elin; sister Marit and her husband Kjell; mother-in-law Ferne Tveidt; sisters-in-law Cheryl, Jannine, and brother-in-law Gerry; as well as many cherished nieces, nephews, cousins, and extended family. Gunnvor leaves behind a wide circle of friends who were like family to her.

Gunnvor's early life was shaped by helping her parents on the family farm. She often shared stories of milking cows, harvesting crops, and caring for her siblings. As the oldest child, she embraced a leadership role, often taking charge of her younger siblings with a firm but loving hand. In her adult years, this sense of responsibility extended to her work as a teacher,

mentor, and employer. She often joked that she should have been the principal of her school, as she had a natural knack for discipline and management.

Gunnvor met Jay Tveidt through a family connection, and they began writing letters while Jay was serving in the Vietnam War. When Jay came to Norway after completing his military service, they met in person, and it was love at first sight. Jay remembers telling her he loved her early on, even though he wasn't sure he was ready for that commitment. They were married in 1970 in Norway, and their first daughter, Karianna, was born seven months later—a fact often teased by her daughters. In 1972, they moved to the U.S. to run a family business in Hood River, Oregon, for Jay's parents, Ferne and Carroll Tveidt. Their second daughter, Kristina, was

born in 1974. In 1979, they relocated to the Seattle area, briefly staying at Dee Hammer's house before buying a home in Silver Lake, WA. Jay worked as a real estate agent, and Gunnvor started a house-cleaning business with a friend.

Together, Gunnvor and Jay later built a successful business brokerage firm, Tveidt & Associates, which became the top franchise of VR Business Brokers on multiple occasions. They

settled in Mill Creek, WA, where they enjoyed a fulfilling life together. Gunnvor and Jay loved to travel and visited many parts of Europe, Asia, Central America, and the United States. They spent many summers in Norway with Gunnvor's family, and their daughters often accompanied them on these trips. In 1998, they purchased Talent Services, a business Gunnvor successfully operated until her passing.

Gunnvor and Jay were active in the Rotary Organization, with Jay joining the Lynnwood Rotary and Gunnvor continuing to carry the torch. She contributed to many community projects and was involved with Foss Home, demonstrating her commitment to philanthropy and service. She was a true leader, respected for her generosity and determination.

As a mother and grandmother, Gunn-

vor was deeply involved in her family's lives. She was part of the first generation of women who believed they could do it all. Balancing her role as a businesswoman, she transported her children to activities, helped with homework, and cared for her grandchildren with her signature candor and love. Her greatest joy was spending time with her grandchildren, whom she adored.

Gunnvor was a proud feminist and a trailblazer—an original "boss lady." She firmly believed that love is a verb and lived her life through action, inspiring others by simply "doing." Her strength, optimism, and unwavering dedication to her family and community were evident to all who knew her.

Gunnvor passed away suddenly on March 5, 2025, in Everett, WA, just a few weeks before her 80th birthday. We take comfort in knowing that she is now with God and reunited with her loved ones who have passed. While it is hard to imagine life without her, we find peace in knowing that she is once again with her sister Torunn, and that she watches over us from above.

In lieu of flowers, the family suggests a donation to the Lynnwood Food Bank. ♥







# Annual Easter Egg Hunt

BY CITY OF MILL CREEK

On April 19, 2025, from 10:00 a.m. to 1:00 p.m., the Heatherwood Middle School track at 1419 Trillium Blvd. SE in Mill Creek will transform into a springtime wonderland for the city’s annual Spring Festival Eggstravaganza. This beloved community event promises a bigger, bolder celebration this year, with exciting updates designed to maximize fun and safety for all attendees.

Kicking off at 10:00 a.m., the festival now boasts an extended three-hour runtime, giving families more time to enjoy the festivities. A highlight is the continuous egg hunt, where kids ages 1-11 can scour multiple themed

hunt areas for over 18,000 candy-filled eggs. With exchange stations scattered throughout, the hunt is as rewarding as it is thrilling. New for 2025, carnival-style activities, relays, and games add a lively twist, reflecting Mill Creek’s commitment to evolving this cherished tradition.

Photo ops with the Easter Bunny and a lineup of family-friendly entertainment round out the day, ensuring smiles for all ages. “These changes make the event more engaging and accessible,” a city spokesperson noted. Mark your calendars for this egg-citing Saturday, Mill Creek’s Spring Festival Eggstravaganza is set to be a hopping good time! ♦



# POLICE BLOTTER

## Friday, March 14

**Stolen vehicle**  
The Mill Creek K9 Unit located a stolen vehicle at 2:53 a.m. near the 11200 block of Interstate 5. When officers attempted a stop, the vehicle fled, leading to a pursuit. The suspect abandoned the vehicle in the city of Lynnwood, prompting a K9 track that successfully located an adult male. The suspect was arrested and booked into Snohomish County Jail for Taking a Motor Vehicle without Permission and a felony warrant for Possession of a Stolen Vehicle.

**Traffic stop**  
A Tulalip man, 35, was arrested and booked into the King County Jail on a misdemeanor warrant, DWLS 3rd Degree and Ignition Interlock Device Violation charges. He was stopped for speeding at 6:49 a.m. in the 2500 block of 180th St.

**Traffic stop**  
A Bothell man, 53, was stopped for speeding at 10:10 a.m. in the 16400 block of 35th Ave. Charges for DWLS 3rd degree were referred to the prosecutor’s office.

**Trespassing**  
Police issued a trespass notice to a man at 12:08 p.m. in the 3300 block of 132nd St.

**Theft**  
An arrest was made for a theft at 12:58 p.m. in the 16300 block of Bothell-Everett Hwy.

## Saturday, March 15

**Felony warrants**  
A subject was booked into the Snohomish County Jail on outstanding felony warrants at 12:40 a.m. in the 17900 block of Bothell-Everett Hwy.

**DUI**  
A Mill Creek man, 25, was arrested for DUI at 12:58 a.m. in the 1300 block of 156th St. in the Surrey Park Apts.

**Traffic stop**  
A vehicle was stopped for an expired vehicle registration at 10:50 a.m. in the 16800 block of Bothell-Everett Hwy. A Lynnwood woman, 24, was cited and released for DWLS 3rd Degree.

**Theft**  
MCPD responded to a theft at 10:54 a.m. in the 2000 block of 132nd St. A person was identified and arrested.

**Traffic stop**  
A vehicle was stopped with a fraudulent temporary plate at 2:38 p.m. in the 11200 block of 19th Ave. in Everett. The temporary plate was taken for destruction.

**Malicious mischief**  
A mailbox was broken into and the mail was stolen in the 15200 block of Village Green Dr.

**Verbal domestic**  
MCPD responded to a report of a verbal domestic at 9:31 p.m. in the 1800 block of 164th St.

## Sunday, March 16

**Hit & run**  
An Everett woman, 31, was cited for hit and run at 9:08 a.m. in the 16400 block of Bothell-Everett Hwy.

**Traffic stop**  
A vehicle was stopped at 12:20 p.m. in the 13600 block of Bothell-Everett Hwy. for a registration violation. A suspended license plate was taken for destruction.

**Vandalism**  
A local park in the 15500 block of Village Green Dr. was vandalized.

## Monday, March 17

**DUI**  
A man was arrested for DUI at 12:09 a.m. in the 11200 block of 19th Ave. SE in Everett.

**APS referral**  
An adult protective services referral was received at 8:07 a.m. in the 13500 block of North Creek Dr. in the Heatherwood Apts.

**Firearm**  
A man submitted a firearm for destruction at 10 a.m. at city hall.

## Tuesday, March 18

**Trespassing**  
Officers issued a trespass notice to a Mill Creek woman, 65, after she shoplifted from a business in the 15400 block of Main St.

**Malicious mischief**  
Police took a malicious mischief report at 7:12 p.m. in the 13700 block of Bothell-Everett Hwy.

## Wednesday, March 19

**Warrant arrest**  
Officers arrested a woman, 41, for an active

Everett warrant. She was caught at 7:24 a.m. in the 13500 block of North Creek Dr. in the Heatherwood Apts.

## Thursday, March 20

**Trespassing**  
Officers a trespassed individual at 7:11 a.m. near the 13500 block of North Creek Dr. in the Heatherwood Apts. The person was booked into the Snohomish County Jail.

**Traffic stop**  
A vehicle was stopped for a licensing violation at 8:59 a.m. in the 16300 block of Bothell-Everett Hwy. An Everett woman, 28, was cited and released for DWLS 3rd Degree.

## Friday, March 21

**Traffic stop**  
An Everett man, 41, was stopped at 9:52 a.m. in the 14800 block of 35th Ave. and cited for DWLS 3rd Degree.

**Traffic stop**  
Officers cited an Everett man, 23, for driving without a license and for not having any form of valid ID. He was stopped at 10:28 a.m. in the 16100 block of Bothell-Everett Hwy.

**Malicious mischief**  
An officer took a report of malicious mischief due to a road rage incident, at 2:11 p.m. in the 3300 block of 132nd St.

**Theft**  
Two juveniles were caught stealing at 2:27 p.m. in the 3300 block of 132nd St.

**Physical domestic**  
Officers were dispatched to a physical domestic disturbance at 7:53 p.m. in the 16000 block of 33rd Ave. in The Parks. Charges were forwarded to the prosecutor’s office against a juvenile.

**Assist MLT Police**  
The Mill Creek Drone Unit was requested by the Mountlake Terrace Police Dept. for aerial documentation of a crime scene.

## Saturday, March 22

**Burglary**  
Officers took a report regarding an overnight burglary to a business near the 15400 block of Main St.

**Surrendered firearm**  
Officers took custody of a surrendered firearm at 1:22 p.m. at city hall.

## Sunday, March 23

**Warrant arrest**  
Officers arrested a man, 28, for his outstanding warrants at 11:14 a.m. in the 13500 block of North Creek Dr. in the Heatherwood Apts.

**K9 Assist**  
The Mill Creek K9 Unit assisted the Snohomish County Sheriff’s Office with the arrest of a suspect that had attempted to elude a police vehicle at 8:48 p.m. at the intersection of 4th Ave. W and 128th St. SW.

## Monday, March 24

**Suspicious circumstance**  
Police took a report of a suspicious circumstance at 1:36 a.m. in the 13500 block of North Creek Dr. in the Heatherwood Apts.

**Traffic stop**  
A member of the Mill Creek Traffic Unit stopped a vehicle for a registration violation at 6:57 a.m. in the 15600 block of Bothell-Everett Hwy. An Everett man, 39, was cited and released for operating a vehicle with a canceled title and DWLS 3rd Degree.

**Traffic stop**  
A member of the Mill Creek Traffic Unit stopped a vehicle for an expired registration in the 2700 block of Broadway in Everett. A Marysville woman, 40, was cited and released for DWLS 3rd Degree.

**Impound vehicle**  
Officers impounded an unregistered vehicle at 9:57 a.m. near the 13200 block of Bothell-Everett Hwy.

**Traffic stop**  
A vehicle was stopped at 1:55 p.m. in the 1100 block of Mill Creek Rd. near the Laurels Apts. for a trip permit violation. A Lynnwood man, 50, was cited and released for Trip Permit Violation and DWLS 3rd Degree.

**Traffic stop**  
A vehicle was stopped at 2:20 p.m. in the 15200 block of 35th Ave. for a cell phone violation. Ignition Interlock Device violation charges were forwarded to the prosecutor’s office on an Everett man, 43.

## Tuesday, March 25

**Order violation**  
Officers took a report of a court order violation

at 5:27 a.m. in the 15600 block of 3rd Dr. in River Crossing.

**Traffic stop**  
A vehicle was stopped at 7:45 a.m. in the 100 block of 128th St. SE. Canceled vehicle title charges were referred to the prosecutor’s office on a Kennewick man, 37.

**Traffic stop**  
An Everett man, 34, was stopped for a seatbelt violation at 9:22 a.m. in the 13700 block of 35th Ave. He was cited and released for DWLS 3rd Degree.

**Traffic stop**  
A vehicle was stopped at 10:00 a.m. in the 2000 block of 132nd St. for a registration violation. The vehicle was impounded for having a canceled title.

**Assist Seattle PD**  
Officers took a report in the 14500 block of North Creek Dr. in The Reserve Apts. to assist Seattle PD with a domestic disturbance that occurred in Seattle.

**Vehicle theft**  
A vehicle was reported stolen at 6:28 p.m. in the 15400 block of Mill Creek Blvd.

**Assault weapon**  
Officers responded to an assault weapon at 6:39 p.m. in the 13300 block of Bothell-Everett Highway. The man involved had a warrant and was booked into Snohomish County Jail. This is an ongoing investigation.

## Wednesday, March 26

**Arrest**  
A MCPD Officer arrested a man at 1:37 p.m. in the 2100 block of 132nd St. for DWLS 3rd.

## Thursday, March 27

**Arrest**  
A woman was arrested at 11 a.m. in the 15100 block of Main St. for DWLS 3rd.

**Theft**  
Two thefts were reported in the 3300 block of 132nd St.

**Malicious mischief**  
Officers responded to a malicious mischief at 10:50 p.m. near the 15200 block of Main St. An 18 and 19 year old were arrested.



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Around the town By Pam Pruitt

**Two more Mill Creek restaurants are winners**  
Congratulations to Sparta's Pizza on its first place win in the pizza category in *The Everett Herald's* "Best of Snohomish County" contest. Second place went to Brooklyn Brother's Pizza.  
**Filing time for city council**  
Once again, it's time to run for our city council. Four positions are open this year: Brian Holtzclaw has announced he's not seeking re-election. The other positions are currently occupied by Connie Allison, John Steckler and Stephanie Vignal.  
Our council sets policy for the city. Why is that important? Too much spending leads to higher taxes. Three councilmembers nearly passed a 12% property tax increase. All the councilmembers kept spending. That can be good or bad, depending on your point of view.

Council also sets the policies for land use planning. Mill Creek has always been a balanced, planned community. Now the city could create hundreds of new apartments. Perhaps you think the city should focus on economic development to raise money instead of taxes.  
Serving on the city council provides an opportunity to make good things happen or keep other policies from happening.  
Being on the city council is a wonderful way to serve the community and make life better for many people you might not ever meet.  
Stephanie Vignal is seeking re-election to her seat. Tannis Golebiewski, after her narrow loss in 2023, has filed for the seat being vacated by Brian Holtzclaw.  
In the past, we've had races that had two, three or four people running for

the same seat, so don't be afraid of a little competition.  
Pay starts at \$1,000 per month.  
**Charter review commission**  
Think of the charter review as a constitutional convention of sorts. The Snohomish County Charter is kind of like our US Constitution.  
Fifteen people will be elected to serve, three members per district. It's a one year term. You have the opportunity to influence our county government. This position is only available once every 10 years.  
When I chaired the charter review commission in 1996, we got a lot done. Some elected officers that are operational more than political, became non-partisan. I wrote the performance auditor provision. Later



councils modified the specific provision but we still have performance auditing.  
Sorry, no pay. Usually a couple of meetings per month.

One of my favorite Hallmark Channel quotes is, "There are always a million reasons to say no but if you can find the courage to say yes, great things can happen." That's especially true for community service.  
For more information on filing and running, visit the Snohomish County Auditor's Office.  
**Stamp Out Hunger**  
The annual Post Office Stamp Out Hunger food drive will be Saturday, May 10. Simply put nonperishable food out by your mailbox before mail delivery. Your mail carrier will pick up any food left out.

I'm writing this now so those early spring cleaners can prepare their donations. They will be much appreciated. The food gets distributed to local food banks that serve families in our area. ♦

**Kindness quote:**  
*"Don't judge each day by the harvest you reap but by the seeds that you plant."*  
- Robert Louis Stevensont



Pam Pruitt

Former Mill Creek Mayor, councilmember and community supporter who has lived in the Mill Creek community for 44 years. Pam has been a contributor to the Mill Creek View for over 20 years.

Around the county By Terry Ryan

**Terry's public retirement statement**  
After much thought, prayer, and conversations with my family, I have decided to retire from nearly three decades of public service. I'm ready for the next chapter of my life. I have notified Executive Dave Somers and Deputy Executive Eric Parks that I will be retiring on June 30, 2025, since I want to help with my successor's transition.  
This decision was not easy, but it is time for me to open new doors. I want to spend more time with my family, including my beautiful grandson, and do more travel. Working as a public servant is an honor; it is also very time-consuming when you take it as seriously as I do. I have always wanted to give back to our residents and this

beautiful region that we call home.  
Serving as mayor, county councilman — which included working on 13 boards and committees from the Puget Sound Regional Council to Snohomish County Tomorrow — and now as Director of Aerospace Economic Development for Snohomish County has been an extraordinary and diverse path of service. I am profoundly grateful to everyone who supported me throughout the years to become the public servant I am today.  
My proudest moments include being one of the deciding votes for passenger service at Paine Field, getting the Mill Creek Town Center built, and being fiscally responsible with taxpayers' money. These are a few of the many ways that I have tried to give back to

our community and make it better.  
Over the next couple of years, I will continue to find new ways, between quality time with my family and travel adventures, to serve Snohomish County and our community.  
**Evergreen State Fair**  
Spring is here and summer is right around the corner. While we work on planning the Evergreen State Fair all year long, spring really marks the kick-off to the annual event. It is when we announce the theme, concert lineup, receive our vendor applications and start hiring for fair. Here are some key dates to mark on your calendar:  
♦ Fair dates are August 21-26 and August 28-September 1, 2025. All fair tickets go on sale to the public starting at 10:00 a.m. on April 11.

This includes the monster trucks, demo derby (with a new reserved section), rodeo, concerts, advance admission and advance unlimited ride wristbands.  
♦ Tickets available at [etix.com](http://etix.com).  
♦ As an eNews subscriber you will receive presale codes on April 4 for concerts and demo derby. Presale start April 7 at 10 a.m.  
♦ Fair hiring starts April 1st. Go to our website (Employment | Evergreen State Fairgrounds, WA - Official Website) download and fill out the required documents. Bring your application and required ID (listed on I-9 Form) to the Fair Park Admin Office, 14405 179th Ave. SE, Monroe, WA 98272. Office hours: M-F 8:30 a.m. to 4 p.m., closed 11:30 a.m. to 12:30 p.m. for lunch. Applicants 14-15

years old are encouraged to apply early since many of these positions fill quickly. Must be able to work all 11 days of the fair. (Source: *Evergreen State Fairgrounds*) ♦



Terry Ryan

Terry Ryan is the Aerospace Economic Development Director for Snohomish County. He previously served as President of the PSRC Economic Development Board. Terry also served as a Snohomish County Councilman 2014-2019, and on the Mill Creek City Council for 17+ years including four terms as Mayor.

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# Swift Orange Line hits 810,000 rides in first year

BY SAMANTHA MENZIMER  
COMMUNITY TRANSIT

On March 30, 2024, at 5:54 a.m., the first two Swift Orange Line buses hit the road, launching a new transit option for people in Snohomish County. One year later, the Swift Orange Line has logged more than 810,000 boardings and counting. It offers fast, frequent, and reliable service to thousands of riders every day.

Swift Orange Line is Community Transit's third bus rapid transit (BRT) route, joining the Swift Blue and Green lines to form a growing network. It links riders to popular destinations like McCollum Park, Mill

Creek Town Center, Alderwood Mall, Lynnwood City Center Station, and Edmonds College. For those heading into Seattle, it connects to Link light rail at Lynnwood City Center Station.

Here are a few highlights from the Orange Line's first year:

- ◆ Total Orange Line boardings since launch: 810,000+
- ◆ Total Orange Line trips since launch: 62,000+
- ◆ Orange Line station with the most boardings: *Lynnwood City Center Station*
- ◆ Busiest hour of the day on Orange Line: 4-5 p.m. (220 average daily boardings from 4-5 p.m.) ◆



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## Adopt a road



BY CITY OF MILL CREEK

As a part of the City of Mill Creek's new Adopt a Highway program, our Citizen's Patrol has adopted Bothell-Everett Hwy. between 153rd St. SE and Mill Creek Road. Great work! ◆



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## Mill Creek View

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[nwpluscu.com/smartyouth](https://nwpluscu.com/smartyouth)



\* Offer for all new members 18 years and younger only. Offer only good for NW Plus CU SMART Youth accounts. All but \$5 of the matching deposit will be held in the SMART Savings for 12 months from account opening date. If account closed prior to the 12 month expiration, matched deposit will be forfeit. Funds held in SMART Savings will accrue at the current listed dividend rate. Offer good for all SMART accounts opened through April 2025. \$5 Minimum opening deposit. Must meet membership eligibility requirements. Youth owner of account must be present at account opening to draw for additional bonus deposit match amount.

**Dawson Place**  
child advocacy center

**NW Plus will make a \$50 donation** to Dawson Place Child Advocacy Center for any new account opened in April. We are proud to support Dawson Place, a safe space where abused kids and non-offending family members can come for safety, justice, and healing. Terms apply.



# How the legislature just voted to raise your rent

By Mark Harmsworth

According to its title, House Bill 1217 (HB 1217), is supposed to help keep rents low and create affordable housing, but the reality is that it will only increase rent and exasperate the housing shortage in Washington.

The bill passed off the floor despite over 80 amendments that were offered to improve the bill being rejected by the majority party. While only Democrats voted in favor of the bill, some Democrats and all Republicans voted against the bill.

The floor vote echoed previous committee action by Housing Committee Chairman Storm Peterson (D), who ignored hundreds of people that signed in to testify against the bill, many having driven across the state to be at the hearing in person. Representative Peterson gaveled testimony closed after only an hour, choosing to ram the legislation through in a similar fashion to the floor action.

This is an affront to the legislative process and ignores the people that elected the very same representatives to office.

HB 1217 would limit rent and fee increases to 7% during any 12-month period and prohibit rent and fee increases during the first 12 months of a lease. It adds notification and penalties for the property owner for any increases of over 3% and caps late fees and security deposits.

Running a well-maintained rental property costs money. The price of appliances, roof repairs, carpet,



paint, gaps in renting the property, costs to evict bad tenants, tax increases, regulations and other unexpected costs are not capped as HB 1217 would cap rents. It puts the property owner in a position, if not on day one, but certainly very quickly, where a capped rent increase may no longer cover the cost of maintaining the rental property.

This is the fiscal reality of the situation. Costs are going up faster than the proposed caps and eventually, a rental property would become a losing proposition under HB 1217. Property owners will sell their properties, not

renew leases or be forced to increase rents significantly after cancelling leases on existing tenants.

King County property tax receipts in 2024 increased 5.1%, far surpassing the 3% notification threshold for lease penalties. This alone demonstrates the folly of penalizing property owners that are forced to increase rents over an arbitrary government mandated threshold because the very same government increased taxes. Add maintenance costs and other local fee increases and the increase will quickly exceed the 7% cap.

Government manipulation of zon-

ing and regulation, causing a housing shortage, is the main reason for high property prices and rents.

The real solution to the housing crisis lies in increasing the housing supply. Several bills, such as House Bill 1164, introduced during the 2025 legislative session, would address this. The housing affordability crisis can also be immediately relieved by freezing erroneous development regulations that add thousands of dollars to the cost of building a home. The Building Industry Association of Washington (BIAW) estimates the regulatory cost of building a home has

increased \$39,876 since 2009 alone and now represents 23.8% of the final price of a new home.

This is where lawmakers need to focus. Passing laws that reduce regulations and the draconian Growth Management Act (GMA) that artificially constricts the building of new homes, will ease the crisis.

Unfortunately, politicians have chosen to ignore the realities of housing market economics and passed HB 1217, which will only destroy the housing rental market.

When renters in Washington begin to realize the damage this legislation has caused to the cost of renting houses, elected officials who voted for it will likely be out of office and there will be no one to hold accountable.

House Bill 1217 is bad policy, will increase rents, reduce housing supply and should be rejected by the Washington Senate to prevent it from becoming law. ♦



Mark Harmsworth

Mark Harmsworth was elected to the Washington House of Representatives in 2014. He previously served as a city councilmember in Mill Creek from 2007 to 2014. He served as mayor pro-tem from January 2014 until he resigned from the Mill Creek City Council.

# It's baaack! The pros & cons of the offer review date

By Louis Torres, the Rock-n-Roll Realtor

It's baaack! The offer review date makes a surprising return to the Mill Creek real estate market (as well as Snohomish and King counties). What is an offer review date? Simply put, an offer review date is a seller's strategic choice to set a deadline date for a potential buyer or buyers to submit offers. Setting an offer review date typically depends on various factors, market conditions such as supply, demand, desirable competitive communities or neighborhoods, and occasionally seller pricing goals.

Even when a seller sets an offer review date, and the NWMLS listing states, "Seller will review offers on Offer Review Date," that doesn't guarantee the seller will receive multiple offers. It does allow the seller to accept an offer before the offer date or wait until the offer date. However, the seller may not receive any offers and have to change the listing to "Seller intends to review offers upon receipt." The one consistent truth is that every listing needs to marketed to its fullest potential to get the sellers the maximum value. So, what are the pros and cons to offer review dates?

### Pros

- 1. Creates buyer competition, bidding wars, and higher offers:** The offer review date typically creates competition encouraging multiple buyers to submit offers, often leading to a bidding war and a higher sale price for the seller.
- 2. Review multiple comparable offers:** If sellers receive multiple offers, they have the opportunity to review all offers simultaneously, to compare and contrast terms and conditions, then choose the best offer. This creates the quickest path to pending. The seller can counteroffer and leverage the best deal possible.
- 3. Time is of the essence:** Buyers will have the specific date and time, they know time is of the essence, they need to have a plan, act quickly, tour the property, conduct a pre-inspection, and submit an offer. If you snooze, you lose. Be prepared and ready to act. Have all your ducks in a row, your financing preapproval must be ready to present with your offer and have a great home inspector on speed dial.

### Cons

- 4. Best offer to ensure a successful closing:** Multiple offer situations create competitive offers. Buyers typically make aggressive offers with fewer conditions, usually waiving contingencies like seller disclosures, inspection, and financing. The buyers' goal is to present the most attractive offer to the sellers and get the offer accepted.
- 1. Competition creates additional pressure for buyers:** Often the offer review date creates additional pressure on buyers in an already stressful home buying process. Buyers need to make quick choices and they often feel rushed to make a life-changing decision.
- 2. Opportunities missed:** Buyers that do not have their ducks in a row and are ready to act fast, will miss the offer review date and fail to submit an offer on a property they want.
- 3. Success is not guaranteed:** An offer review date does not guarantee that multiple offers will be received. Sometimes there are multiple offers and the seller may choose not to accept any of them.
- 4. Buyer burnout offer date backfires:** Occasionally buyers might feel

rushed or pressured, they could make a less-than-ideal offer, or they might choose to walk away entirely, especially if there wasn't a offer review date initially and the seller changes the listing to an offer review date because of high buyer interest and showings.

**5. All markets are not worthy of an offer review date:** If a property has an offer review date in a slow market, many potential buyers will wait to tour the home until the offer date has passed and could deter buyers from touring the home at all. Offer review dates are best during hot seller markets, low inventory and high demand markets, or in highly desirable communities and neighborhoods.

As a buyer, you always want to submit an offer that the seller can't refuse. That probably means offering above asking price, removing contingencies, no seller concessions and adding an escalation clause. Always work with an experienced real estate broker to make the best offer and negotiate. The real estate broker you choose must have expertise and knowledge of the current market and desired area to help you make the strongest offer possible.

In my opinion, the offer review date

favors the seller most of the time. The great news is Mill Creek real estate is on fire. Most homes with offer dates are selling above list price with very few to zero contingencies. I truly believe that if you're planning on listing your Mill Creek home in current market conditions, you should have an offer date. The real estate broker's job is to get you the highest price for your home. If your home sells in one or two days with no offer review date or multiple offers, you probably left a lot of money on the table and your listing agent didn't do their job. Sellers, the offer review date is a must in this hot Mill Creek market. ♦



Louis Torres

I am Louis Torres, the Rock-n-Roll Realtor with ReMax NW. I have lived and sold real estate in Mill Creek for over 20 years. If you have any real estate questions or comments email me at [Louis@Rock-n-RollRealtor.com](mailto:Louis@Rock-n-RollRealtor.com), call 206-605-2882, or visit my website at [Rock-n-RollRealtor.com](http://Rock-n-RollRealtor.com).

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# Social media: the modern masquerade ball

By Theresia Richardson, MAEd, LMHC, CCTP

Social media has profoundly shaped global culture, influencing everything from politics and public discussions on mental health to how we form communities. It has also played a significant role in shaping the self-esteem of at least one generation. In one way or another, social media has impacted us all. For better or worse, social media is here to stay. As it continues to press into our lives, it is important to hold a proper view of both its usefulness and its limitations.

Let's turn to 15th century Italy and the emergence of the famed masquerade ball. This era saw a creativity boom that included advances in arts and sciences as well as the birth of humanism. This was the era of thinkers, writers, and artists. Famous creators, explorers, and intellectuals such as Galileo, Columbus, Michaelangelo, DaVinci, and others shaped the cultural landscape of the day. Central themes of the time included a focus on beauty, emotion, and human possibility. Masquerade balls were a symbol of this era's fascination with intrigue. Guests at these events would don elaborate masks and costumes, allowing for social commentary, masked identities, and carefully curated per-



sonas, reflecting a desire to both hide and reveal oneself in social settings. What was true and authentic became inaccessible beneath mysterious and beautiful facades.

In many ways, social media has become our modern-day masquerade ball. Digital masks and carefully curated profiles keep us trapped in what I refer to as a "pseudo-connection." Pseudo-connections are an almost-connection that prevents intimacy and vulnerability, which are necessary to form genuine relationships.

We have traded hugs for likes and human bonds for emotional highs.

Social media misshapes the fabric of our reality. It bends and twists and turns it in ways that leave us with distorted views of ourselves and others. Key issues like love, faith, community and politics are presented in bite-sized servings devoid of the depth, nuance, and subtlety that such weighty topics require if they are to be truly understood. The great public debates that once took place in the town square during the Renaissance have been replaced by intentionally provocative posts aimed at coercing others into adopt-



ing personal positions. The result is often greater division, alienation, and ultimately loneliness.

Unfortunately, social media is often a place where things are said online that would be unacceptable face to face. Far too often, the desire to "score points" or "win debates" supersedes the pursuit of understanding. I find myself wondering, at least in the realm of online arguments, "Have we developed a clever new way of avoiding our fears and insecurities?"

On a more intimate level, many of us long to be seen and heard in online spaces. Is it because we do not truly feel known or embraced within the four walls of our own homes? Do our partners, children, parents, or friends get the best of us in real life? Do we get the best of them? Do we really show up for each other, or are we a million clicks away? Do we show up for work, or are we working on our next post?

Our longing for connection and validation in these online spaces exists in a world where we claim to want walls to come down, divides to be bridged, and to know each other's truths. Yet, when those digital masks are removed, we tend to meet each other with judgment, rather than



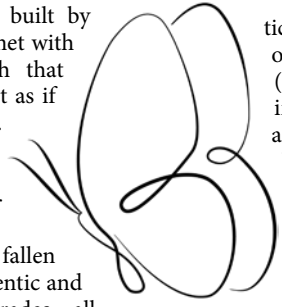
love. When the fantasy built by curation breaks, we are met with the uncomfortable truth that we are human. It's almost as if we hoped it wasn't true. When we place each other on such high pedestals, it's no wonder we end up feeling distant.

In many ways, we have fallen out of love with the authentic and in love with a game of charades—all the while professing to want something real.

A quintessential double bind, we love the thing we claim to hate. Always riding the fence of vulnerability, we are constantly caught between the crossfires of being too little or too much. We are often both at the exact same time. Too little reality kissing the insides of our picture-perfect masks, we dance together in our modern masquerade ball. Yet we have never been less together. Many of us share the belief that if there were fewer masks covering war-torn skin, love and acceptance would most certainly be at stake.

Masking is socially rewarded. We do it to each other, and we accept it for ourselves.

While it's important to draw healthy boundaries and negotiate the balance between privacy and openness, perhaps there's a space where reality can be nurtured. In what ways can you present a less polished, more authen-



tic version of yourself online? How can you (the real you) show up in the daily feed? After all, while a masquerade ball might be fun for a night, it was never meant to be a way of life. ♦



Theresia Richardson

My name is Theresia Richardson, and I am a licensed mental health counselor here in Mill Creek. I own a private practice where I have worked with individuals, couples, and groups for more than a decade. I am a Certified Clinical Trauma Professional (CCTP) on a mission to help people remove barriers to love and connection and see their painful stories transformed into stories of healing and restoration. Check out my website for additional mental health related content: [counselingatthewell.com](https://counselingatthewell.com)

Be well, Theresia Richardson, MAEd, LMHC, CCTP

*Disclaimer: The thoughts presented in this piece are for educational purposes only and should not be considered medical advice. Please consider your mental health needs with a counselor.*

## The modern meadow: A quick look at rewilding

BY ANNE TODD

Ralph Waldo Emerson once penned, "What is a weed? A plant whose virtue has not yet been discovered." In the age of gorgeously green lawns and meticulously manicured landscaping, another more unstructured approach to gardening and groundskeeping has sprung forth in recent years. Nicknamed the modern meadow, rewilding is a way of gardening that draws inspiration from the naturally occurring plant growth of the surrounding region.

For instance, rewilders here in the Pacific Northwest turn to native shrubs, flowers, and plants when curating their outdoor spaces. Geared towards enabling natural processes, rewilding is a method that lends to a more free and less exact gardening style. With several benefits, a myriad of local resources, and a few areas to be aware of before incorporation, the modern meadow is an interesting approach worthy of consideration.

A popular conservationist movement, rewilding offers many benefits to the greater environment. Modern city life brings with it many changes and even disturbances to natural eco-



PHOTO COURTESY OF JAMIE PILGRIM

systems. Efforts to reintroduce native plants and create pollinator-friendly spaces can help to reverse the effects of such disturbances. This can include positive changes to extinction trends for several species, increased biodiversity, improved habitats, better water and air quality, and a reduction in soil and bank erosion.

Washington is home to many beautiful native flora. A few popular native plants that can be found in local modern meadows: Flowering shrubs such as pacific bleeding hearts, pacific

rhododendrons, and red elderberry; ground cover like deer fern, goat's beard, and fireweed; the grass-like plant cattail and vine hairy honeysuckle; and berry producing shrubs such as snowberry and evergreen huckleberry.

Many local counties and organizations have put together extensive tools and guidance for residents who are interested in learning more about rewilding. Snohomish County has several helpful PDFs listed online including how-tos for container plants, barefoot

plants, and livestock. Another Snohomish County resource is the Watershed Stewards Program at Snohomish County Surface Water Management. This program is a resource for answering landowners' questions about the natural resources on their property and provides assistance with developing and implementing related habitat restoration projects. The Washington Native Society, King County Native Plant Guide, and UW Herbarium database are some additional online sources.

Before deciding if rewilding is the

gardening approach for you, there are several considerations to be aware of. Although it is a more flexible and less structured style of gardening, factors like shade versus sun, yard sloping, soil type, and which plants can be planted together will still be applicable. Additionally, being that rewilding aims to restore natural ecosystems, one effect of this gardening and landscaping approach is that it creates an environment that welcomes and sustains local wildlife. Generally seen as a good thing, home and landowners will still need to be aware of the potential fauna reintroduced.

Modern meadows support a more loose and natural aesthetic that, though beautiful, can be a more wild sight. Regular maintenance and considering balance between design elements, for example, pairing soft wildflowers with contemporary hard surfaces, can help to create a kept up finish.

Our beautiful spot here in the Pacific Northwest is home to an abundance of flora and fauna. Creating your own modern meadow through rewilding gardening and landscaping techniques can be a great way to support these ecosystems and enjoy the wonders of Washington in your own backyard. ♦

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PHOTO COURTESY OF BBC CREATIVE

# Snohomish County tackles childcare crisis with local solutions

BY COUNCILMEMBER NATE NERING

Families across our state are struggling to find quality, affordable childcare. The impact of this shortage is far-reaching, everything from the local economy to kindergarten readiness for our youngest students. Addressing this critical issue will require action at both the state and local

levels. In Snohomish County, we are working to identify local strategies to reduce costs and increase the availability of childcare.

On March 18, 2025, the Snohomish County Council hosted a panel discussion with childcare providers and advocates to better understand the challenges facing the industry. The discussion shed light on significant barriers families and providers encounter, including high costs, workforce shortages, and regulatory hurdles.

One of the key concerns raised was the financial burden of childcare. According to a report from Tootris, a childcare collaborative that connects providers and families, infant care costs an average of \$20,370 per year, while care for a four-year-old costs around \$15,720 annually. These expenses place a heavy financial strain on families, forcing many to make difficult decisions

about work and childcare.

Staffing shortages were another major concern highlighted during the discussion. Panelists reported that recruiting and retaining qualified childcare staff has become increasingly difficult. A significant contributing factor is the state's educational requirements for licensed childcare providers. Since wages for childcare providers lag behind teacher salaries, many potential workers opt for careers in formal education instead. Panelists suggested that relaxing educational requirements while also incorporating experience for childcare providers could help alleviate recruitment and retention challenges.

Facility regulations also emerged as a significant challenge. While ensuring safe environments for children is essential, providers shared that excessive regulations make it difficult to open or sustain childcare facilities. For example, one provider faced a major financial barrier when the cost of installing sprinklers in an existing building prevented them from expanding available childcare slots. Additionally, zoning restrictions limit where childcare facilities can be located, further constraining supply. To address this, the Snohomish County Council re-

cently adopted an ordinance allowing childcare facilities in more areas of unincorporated parts of the county. Policymakers must find ways to balance safety standards and zoning considerations with the need for accessible, high-quality childcare options.

My hope is that this panel marks the beginning of a larger conversation about addressing childcare needs in Snohomish County. Moving forward, we must explore policy solutions to recruit and retain childcare workers, reform regulatory policies to support providers, and increase access to qual-

ity childcare. State and local leaders must work together to ensure that every child in our community has access to the care and education they need to thrive. ♦

*Councilmember Nate Nehring serves as the Chair of the Snohomish County Council. Councilmember Nehring is a lifelong resident of Snohomish County.*

*He and his wife currently live in Arlington, where they are raising their three young children. Councilmember Nehring can be reached by email at [Nate.Nehring@snoco.org](mailto:Nate.Nehring@snoco.org).*



PHOTO COURTESY OF RYAN FIELDS

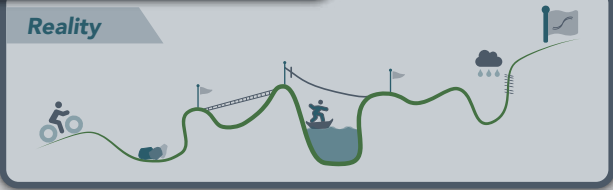
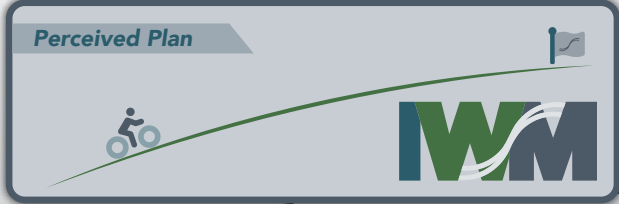


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# The power of Exceptional Connections: Creating loyal advocates & raving fans

BY CYNDI O'NEILL-DADY

In today's fast-paced business world, networking often feels impersonal and transactional. But what if networking could be different? What if every handshake, conversation, and introduction held the potential to spark something truly meaningful? This is the heart of Exceptional Connections, a unique networking organization founded on the principles of connection, collaboration, and community where everyone is seen, heard and witnessed. Unlike traditional networking groups, Exceptional Connections goes beyond exchanging business cards—it fosters authentic relationships that lead to lasting success.

### The heart of Exceptional Connections

Founded in 2009 by Cyndi O'Neill-Dady, Exceptional Connections was born from her deep passion for building meaningful relationships. As the Founder & Chief Connector, Cyndi envisioned a community where professionals could thrive, not just through transactions, but through genuine human connection.

Her guiding philosophy is simple yet transformative:

"Imagine viewing every chance encounter as a connection that can change the course of your life."

This belief is the foundation of Exceptional Connections, encouraging members to network with intention, authenticity, and heart.

### The six steps to Exceptional Connecting

At the core of Exceptional Connections is a six-step relationship-building process that transforms acquaintances into advocates: connect, discover, listen, contribute, follow-up, and nurture.

### From contacts to raving fans

Success in business isn't just about what you sell—it's about who believes in you. A strong network isn't just a list of contacts; it's a community of loyal advocates and raving fans who trust you, refer business to you, and celebrate your success.

Exceptional Connections helps professionals build, know, like, and trust in their relationships, turning casual encounters into lifelong partnerships. This people first approach fosters business growth, personal development, and a thriving support system.

### Collaboration over competition

One of the most powerful aspects of Exceptional Connections is its commitment to collaboration over competition. Members celebrate each other's wins, share resources, and actively uplift one another. It's a space where business professionals work together, not against each other, creating an environment where everyone rises together.

### Giving back to the community

Since 2015, Exceptional Connections has proudly supported Clothes



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For Kids, a nonprofit organization dedicated to providing school wardrobes to students in need across Snohomish County. By providing essential clothing, Clothes For Kids empowers children ages K-12 with the confidence and clothing to succeed in school and beyond.

### Join the movement

If you're ready to experience the transformative power of Exceptional Con-

nections, check out an upcoming event:

- ♦ **Networking luncheons.** Held on the 2nd Tuesday of each month at The Old Spaghetti Factory in Lynnwood.
- ♦ **Champion Connector events.** Intimate gatherings focused on deepening relationships and business growth.
- ♦ **SkillShops.** Educational sessions designed to enhance networking and business skills.

If you've ever felt out of place at a networking event or unsure of how to connect authentically, Exceptional Connections is the perfect community for you.

To learn more, visit [ExceptionalConnections.com](http://ExceptionalConnections.com) and step into a world where networking isn't about transactions, it's about relationships that last a lifetime.

Here's to building authentic connections that truly make a difference! ♦

# Harnessing terahertz waves for enhanced senior well-being

BY SUE CHARLES

A promising advance in senior health technology is emerging with the application of terahertz (THz) waves and pulsed electromagnetic frequencies (PEMF). These cutting-edge therapies aim to address various health aspects specifically targeting the unique challenges of aging.

Research indicates these technologies provide significant benefits across multiple bodily systems. Bone density improvement has been observed through enhanced cellular communication, increased bone mass, and reduced inflammation, making these therapies particularly valuable for seniors at risk of osteoporosis.

The therapies also accelerate heal-

ing processes, with studies showing increased blood flow, greater tissue oxygenation, and improved cellular regeneration. For seniors recovering from injuries or surgeries, this could translate to significantly shortened recovery times.

Another key benefit is tendon and ligament regeneration. THz waves and PEMF have demonstrated remarkable results in repairing damaged connective tissues through enhanced collagen synthesis and cellular proliferation.

Blood flow improvement represents another crucial advantage, with the technologies enhancing circulatory efficiency, promoting optimal oxygen and nutrient delivery throughout the body. This improvement reduces

hypertension risks while preventing peripheral vascular diseases common among seniors.

"I was skeptical at first," says Henry Morgan, 78, who participated in a six-month trial. "But after a few weeks of regular sessions, I noticed I could move more easily in the morning and my chronic shoulder pain had decreased significantly."

The technologies show significant promise in pain management, with their non-invasive approach providing relief to seniors suffering from chronic pain conditions. By naturally stimulating endorphin release and reducing inflammation, they offer alternatives to conventional pain medications.

Cognitive function enhancements

have been documented, with research suggesting the therapies help maintain neural plasticity and support critical thinking abilities. Memory improvement, increased focus, and reduced risk of falls are additional benefits noted in studies.

Researchers have also observed enhanced sleep quality, immune function support, respiratory health improvements, and visual acuity

enhancements. Additional benefits include skin rejuvenation, improved metabolism and weight management, increased joint flexibility, hormonal balance, and digestive health support.

The integration of these technologies represents a holistic approach to senior wellness, potentially transforming how medical practices address the complex needs of aging populations. ♦

*Sue Charles is a wellness advocate specializing in innovative health technologies for seniors. As an OlyLife representative, she introduces the Tera-P90 device to senior communities, demonstrating how terahertz wave and PEMF therapies can improve quality of life. Sue offers personalized consultations and can be reached at 206-227-4149. Her website, [Sue.OlyLifeGlobal.com](http://Sue.OlyLifeGlobal.com), provides information about the technology and testimonials from users. Sue is committed to helping seniors discover natural ways to support their health and maintain independence.*

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# How Nitro K-9 is redefining dog training

BY MILL CREEK VIEW STAFF

In a world where dog training often feels like a game of treats and guesswork, Nitro K-9 LLC stands out as a beacon of innovation and reliability. Tucked away in Bothell, at 17624 15th Ave SE #108A, this training center is rewriting the rules of canine obedience with a system that's as elegant as it is effective. Forget the food bribes and inconsistent outcomes — Nitro K-9 offers a revolutionary approach that builds lasting bonds between dogs and their humans, no treats required.

At the helm of this canine revolution is Steve Walter, a professional trainer with an impressive 40-year career. Having worked with thousands of dogs from across the United States and beyond, Walter has honed a methodology that's both timeless and cutting-edge. "Our system simplifies commands and delivers consistent results," he explains. "It's about creating a partnership with your dog — one built on trust, not treats." Whether you're seeking help from your dog as a service companion or help with your dog to curb unwanted behaviors, Nitro K-9 promises real, measurable progress.

**A tailored approach to every tail**

What sets Nitro K-9 apart is its versatility. From general obedience to specialized training for aggression, anxiety, or service roles, the team caters to dogs of all sizes, breeds, and ages. Their custom solutions have prepared pups for everything from off-leash reliability to high-stakes tasks like search and rescue, scent



PHOTOS COURTESY OF NITRO K-9

recognition, and personal protection. But it's their work with service dogs that truly show-

cases their expertise. Nitro K-9 trains psychiatric service dogs for individuals with PTSD or mental health challenges, as well as mobility assistance dogs for those with physical disabilities. Each program is meticulously tailored to the handler's unique needs, ensuring that every service dog graduates ready to serve with confidence and precision. "We don't just train dogs," Walter says. "We empower people through their dogs."

**A system that spans generations**

The results speak for themselves. Over the decades, Nitro K-9 has transformed thousands of dogs into reliable companions, many of whom now navigate the world off-leash with ease. Their success stories include not just everyday pets but also working dogs excelling in demanding fields. Problem behaviors—once a source of frustration for owners—melt away under Nitro K-9's guidance, replaced by the happy, healthy relationships owners have always dreamed of.

What's the secret? A fusion of European training techniques, borrowed from police and military handlers, and eastern internal arts principles. This unique blend fosters a seamless energy flow between dog and handler, creating a dynamic that's both

efficient and intuitive. "It's not about forcing obedience," Walter notes. "It's about aligning energies so the dog wants to work with you." The outcome is a training system that feels almost effortless — elegant in its simplicity, yet powerful in its impact.

**Beyond the treat trap**

For many dog owners, traditional training programs can be a letdown. Treats might coax a sit or stay in the moment, but what happens when the snacks run out? Nitro K-9 rejects this food-based crutch entirely. "We don't bribe dogs into compliance," Walter asserts. "We teach them to respond because it's natural, not because they're hungry." It's a bold stance in an industry often reliant on rewards, but one that's resonating with clients tired of short-lived results.

Nitro K-9 is a hub of transformation. Dogs don't just learn tricks, they unlock their potential. Whether you're raising a service dog to navigate life's challenges or simply seeking a deeper connection with your furry friend, Nitro K-9 offers a better way.

As Walter puts it, "This isn't just training, it's a lifestyle." For the thousands of dogs and owners who've passed through his doors, it's a lifestyle worth embracing. ♦



Steve Walter is the founder of Nitro K-9.

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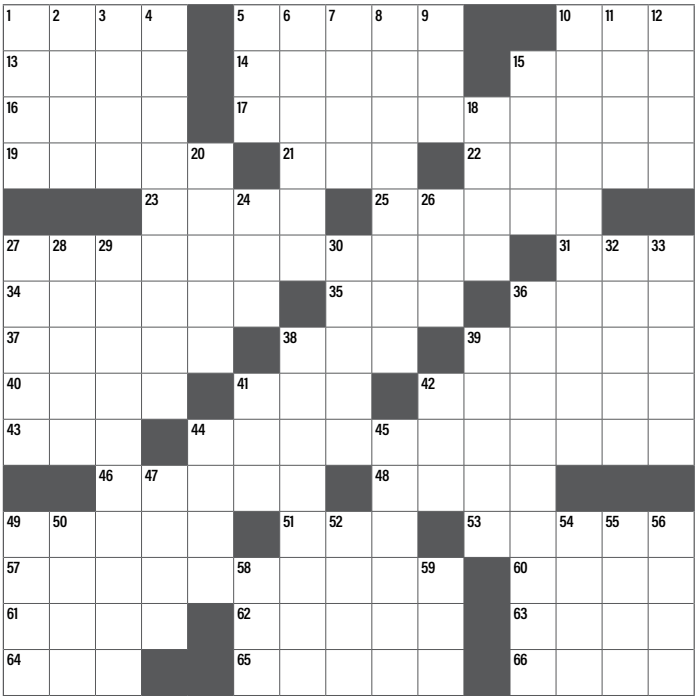
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# Crossword & Wordsearch

ACROSS

- 1 Rope fiber
- 5 Mark in "and/or"
- 10 Smooch on the sidewalk, e.g.
- 13 Cookie brand with a Dunk Club
- 14 Pooh's creator
- 15 Show the way
- 16 Thin puff of smoke
- 17 Apt unit of lawn size (In this answer, note the first 4 letters + the last letter)
- 19 Restraint for a boxer
- 21 Person who wears a mask at home
- 22 Dweebs
- 23 "Othello" villain
- 25 Flower or fern
- 27 Device used on the Enterprise (... first letter + the last 3 letters)
- 31 www.unesco.\_\_\_\_
- 34 Complained bitterly
- 35 Enjoy a few dates, say
- 36 Love, in Spanish
- 37 Farmland measures
- 38 "Impractical Jokers" network
- 39 "The Devil Wears \_\_\_\_"
- 40 Fly catchers
- 41 Certain sib
- 42 Drinks with foam art, perhaps



- 43 "Geaux Tigers!" sch.
- 44 Tall order at an ice cream parlor (... first 2 letters + the last 3 letters)
- 46 Yankees great Yogi
- 48 "A Man Called \_\_\_\_"
- 49 Gradient technique
- at a nail salon
- 51 Language related to Thai
- 53 Servings of ribs
- 57 Samsung device worn on a finger (... first 2 letters + the last 2 letters)
- 60 Unwritten test
- 61 Some whiskeys
- 62 Part of a TV feed
- 63 "Fiddling" Roman emperor
- 64 Lip balm brand
- 65 Prepare to propose
- 66 Yin's counterpart

DOWN

- 1 Wolf's cry
- 2 Great Lake by Cedar Point
- 3 Flat-topped hill
- 4 Frozen treats on sticks
- 5 Texting format, for short
- 6 Spirits at a bar
- 7 Grad
- 8 Stir-fry pods
- 9 She/ \_\_\_\_
- 10 Salsa ingredient with a thin neck
- 11 Chocolate choice
- 12 Tosses in

- 15 City on the Rhone
- 18 Dutch cheese
- 20 Really dislikes
- 24 Word on all U.S. coins
- 26 Back muscle, briefly
- 27 Fishing net
- 28 Dashes and marathons
- 29 Byproducts of a poorly applied screen protector
- 30 Dizzy Gillespie's genre
- 32 Cowboy contest
- 33 Hold tightly
- 36 Taos or Sedona

- 38 Dress rehearsal
- 39 Personal histories
- 41 "It's cold!"
- 42 Allow
- 44 Fearsome dino
- 45 Canadian \$1 coin
- 47 Chapters of history
- 49 Mean giant
- 50 BLT condiment
- 52 Right-hand person
- 54 24, for a 4x6 rectangle
- 55 \_\_\_\_ owl



- |                         |                        |                      |
|-------------------------|------------------------|----------------------|
| Adopt-a-Hwy             | Heatherwood Basketball | Orange Line          |
| Cars and Coffee         | Jackson Golf           | Paris Banh Mi        |
| Charter Review          | Jazz Connection        | Raise The Rent       |
| Childcare               | Masquerade Ball        | Rock 'n Roll Realtor |
| City Council            | Mill Creek Library     | Round Table          |
| Easter Egg Hunt         | Modern Meadow          | Stamp Out Hunger     |
| Exceptional Connections | Net                    | Waterworks           |
| Garlic Jim's            | Nitro Canine           | Wine Walk            |



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BY MILL CREEK VIEW STAFF

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# Twenty-four hour reset

BY MARLEE HUBER

One Sunday at 3 p.m., I shut off my phone for a 24-hour rest. Doom scrolling the news at my fingertips had demoralized me. Since returning from Hawaii in January, I had been restless, overwhelmed by the cold and the gray, longing to run away for more sunshine, and too invested in what was happening in the other Washington. I wanted to run but didn't know where.

I called it a "spirit spa," respite for body, soul, and spirit from whatever was right or wrong with the world. Instead of worrying, I would focus the next twenty-four hours on investing in what I enjoyed. I had to break the grip of worry and rid myself of overwhelming tension. Would it work?

Earlier that day, I had been browsing through *The Artist's Way* by best-selling author Julia Cameron when I came up with a query, "What would your ideal day look like?" At her suggestion, I made a list of twenty items that filled me with joy. I jotted down activities like photographing flowers, catching up with a friend, meditating, reading, cleaning a drawer, enjoying a cup of chai tea, trying a new vegan recipe, exercising at the Y, strolling through our local arboretum.

With my phone on mute and the screen black, I turned to my handwritten list. I selected appropriate activities for a cloudy day with a promise of rain. Thankfully, Monday was free of appointments and obligations. I could do this.

At 4 p.m., we left the house to join our extended family for dinner at our daughter's home. Before dinner, I colored with my 10-year-old granddaughter. My phone was not by my side. I was not tempted to scroll aimlessly or intentionally, either. I gave her my full attention. We shared a coloring page overflowing with sunflowers surrounding words of gratitude. I colored with shades of amber and orange while she chose purples and teals. I could feel myself unwinding from the tension I had been carrying. Dinner was delicious. The green enchiladas were perfect, the taco soup tantalizing, the company enjoyable. No phone tempted me to divert my attention from happy laughter and storytelling. Not only was my phone off, it was home on the kitchen counter. If anyone needed me, they could call the engineer. Anybody who didn't know how to reach the engineer didn't need to reach me.

Back home, I picked up my pencil for a few Sudoku challenges, brushed my teeth, and headed to bed. In the morning, I spent some time writing reflections and meditating. I dressed and went to the Y for some exercise. At noon, I joined a Zoom with some dear friends, followed by preparing a new recipe. Before I knew it, 3 p.m. rolled around. I was disappointed that my spirit spa was over.

I took my spiritual temperature. No longer did I feel overwhelmed by too much information. Absent from my world was the political fear-mongering that followed more political fear-mongering. Physically, I felt lighter, and spiritually, I felt at peace. My brain was not scrambled. The gray clouds and the promise of more rain did not dampen my spirit. I was not desperate to run away to some sunny spot where I could unwind with my camera and a latte. I could be happy on the damp side of Washington State. Whew!

I had rearranged my perspective. I felt care-free, even joyful. My attitude was not dependent upon sunshine and soothing news from the other Washington.

I was reminded of how I set up for landscape photography. Sometimes, I move to avoid shiny objects that distract the eye or tree branches that lead the viewer out of the frame. Removing distractions is key to fine photography as it is to a well-lived life.

Perspective is everything.

With a fresh perspective, I did not fret about getting out of dodge and finding sunshine. I was content, and all it took was 24 phone-free hours. Amazingly, it has been two weeks, and I am still enjoying the perspective I gained that day. I can look at the rain and laugh. I can ignore politics.

One caution. Be wise about turning off your phone. My computer was on. If people needed me, they could text me, and I could respond to the alerts. Let important people in your life know you are doing a 24-hour reset. Be curious about how a spirit spa might re-energize your life. It might be all you need to reset your attitude and recover your joy, and if you can't do 24 hours, try leaving your phone at home while you take a twenty-minute walk. It may be all you need. ♦

Marlee Huber lives in Snohomish County and is the author of *A Life of Resounding Joy*, a book of hope for families. It is available at her website [RadiantLifeMapping.com](http://RadiantLifeMapping.com).



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## Heatherwood 7th grade girls basketball team makes history with undefeated season & dominant defense

BY EVERETT SCHOOL DISTRICT



The Heatherwood 7th grade girls basketball team has made school history with an amazing season. They finished with a perfect 8-0 record, becoming the only undefeated team in school history to hold their opponents to single digits in seven consecutive games. Their defense was incredible, allowing an average of just 8.25 points per game throughout the season — a huge achievement that shows their talent and hard work.

Congratulations to the Heatherwood 7th grade girls basketball team on their historic season and incredible accomplishment. ♦

Players (L to R): Tselot Ayele, Ashley Berry, Mila Bailey, Olivia Mayfield, Caroline Lazaro, Nora Elmsaih, Mackenzie Norris, Gabriela Rodriguez, Gabrielle Harris, Sophia Lowden, Grace McGee, Maiela Benitez-Pace.  
Head Coach: Henry Wong  
Assistant Coach: Rafael Harris

## Edmonds Jazz Connection returns May 17 to support student musicians

BY MILL CREEK VIEW STAFF



On Saturday, May 17, 2025, downtown Edmonds will swing to the sounds of the Edmonds Jazz Connection, a beloved festival hosted by the Rotary Club of Edmonds Daybreakers. This annual event showcases top high school jazz talent from across the Pacific Northwest, featuring gifted student musicians — many of whom have shone at national competitions — performing alongside pros in a celebratory encore.

Held at three venues, the Edmonds Center for the Arts (Big Bands), the Edmonds Theater (Combos), and the Old Opera House (Choral Groups), the festivities kick off at 9 a.m.

Beyond the music, the event raises vital funds for school music programs, targeting \$45,000 this year. Proceeds will fuel scholarships for college-bound musicians, expand female jazz bands, provide classroom grants, and fund clinician sessions with professional mentors.

Now drawing over 3,000 attendees annually, Jazz Connection bridges the community with its young artists while supporting their growth. "It's about connecting people and investing in music education," a Rotary spokesperson said. From big bands to improvisational combos, the day promises a memorable experience for all. Learn more at [jazzconnection.org](http://jazzconnection.org) or [daybreakersrotary.com](http://daybreakersrotary.com), and join the rhythm in Edmonds this May. ♦

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# Accepted artwork in NWWs 2025 Waterworks Membership Exhibition has the power of world connection

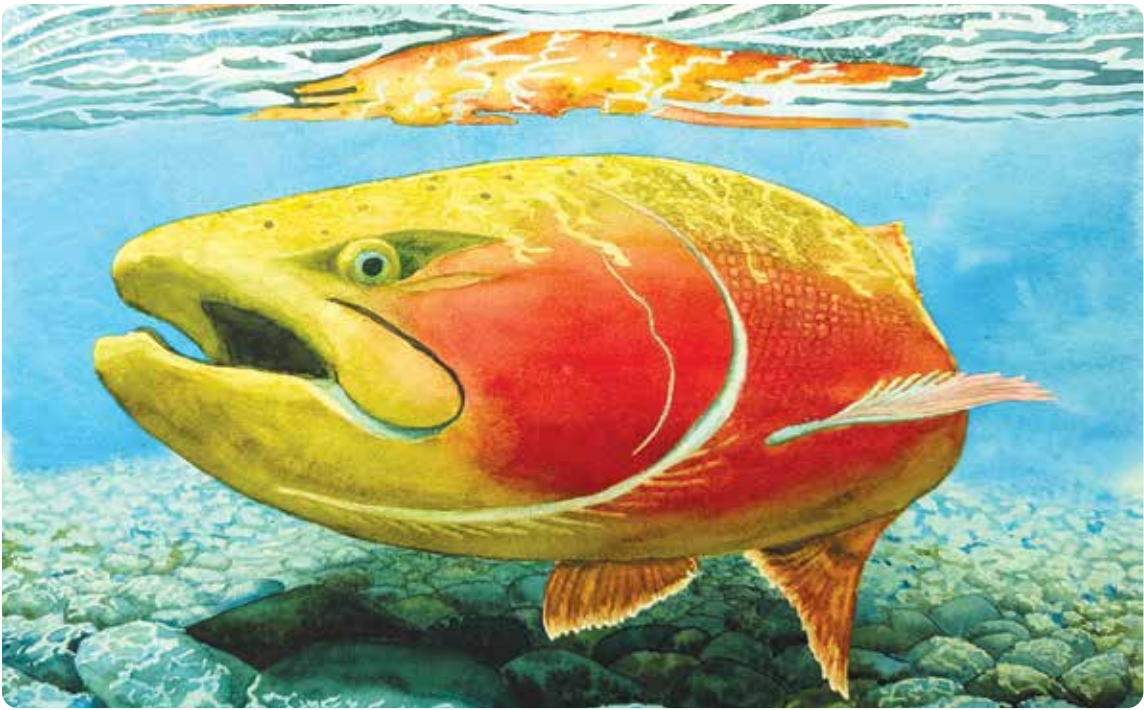


PHOTO COURTESY OF NWWs WATERWORKS

BY NORTHWEST WATERCOLOR SOCIETY WATERWORKS

Northwest Watercolor Society (NWWs) announces 75 watermedia artworks chosen by juror Michele Usibelli will be presented at the artists’ reception April 25, 2025 at 5:00 p.m. Art lovers and the public are welcome to attend the free online event by registering at [nwws.org/annual-waterworks-exhibition](https://nwws.org/annual-waterworks-exhibition) to see the amazing pieces.

With a worldwide membership, over 400 paintings were submitted to Waterworks from coast to coast across the U.S., from neighbors north and south and across the pond from Europe. As Usibelli pointed out to NWWs volunteers, it was no easy task to select only 75. “I was truly awed by the caliber of submissions,” she said. Thanking all of the artists who submitted, she added, “The artistic journey is one of courage and expression. Art has the power to bring

beauty, emotion and connection into the world.” Exhibition chair Sarah Hansen added, “The act of creation often stems from a deep connection to life itself. The remarkable gallery of art Michele has chosen, represents not only the artists’ talents but also their shared passion for life.” Usibelli will award over \$10,000 in cash and merchandise at the reception. The top three winners receive cash prizes of \$1,000, \$750 and \$500 respectively. As part of the NWWs annual membership exhibition, two watermedia workshops are held. ‘Techniques & Composition for Dramatic Painting’ is Michele Usibelli’s two-day online workshop April 23-24, 2025. Yong Hong Zhong will focus on ‘Mastering Color, Light & Shadow’ in his two-day online workshop April 28-29, 2025. Both workshops are open to all artists with members receiving a discount. ♦



## First place art award

BY EVERETT SCHOOL DISTRICT

Congratulations to 10th grader Callia Park. Her visual art titled, “Net” has earned an Outstanding Interpretation award (1st place) in the WSPTA Reflections art program and advances to the National level of the contest. This year’s theme was Accepting Imperfection. For part of her artist statement she wrote “Imperfection is a trapping net, a repetitive cycle of finding the escape yet ending up tangled.” ♦

## Tournament champs four years in a row

The boys golf team had an impressive day at Legion Memorial Golf Course in North Everett, taking home the 2025 Everett School District Championship. The Wolves were led by Jacob Kang, shooting a score of -3 (68), Henry Kippenhan scoring -1 (70), and Zack Byrd +2 (73).



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