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Fall/Winter 2022-2023

COMPLIMENTARY



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WELCOME Magazine

PAINE FIELD AIRPORT | SNOHOMISH COUNTY
PNW REGION | TRAVEL | BUSINESS & LEISURE

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Letter from the Publisher

“This is the best one yet!” I say that every issue, but truly, the writers, photographers, design team and all our partners that make every issue the best it can be have once again gone above and beyond expectations!

And in it, we cover the lives of people in our communities who are also being the best they can be, and delivering gifts of art, health and community.

In this issue we include stories about choosing healthier lifestyles. Wendy and Matt Poischbeg’s journey to a plant based diet and the grace they have learned to give to themselves as they seek better health is inspiring. Be enlightened by how Native Americans’ approach to health, medicine and ceremony are all connected to the natural world.

And then there’s art. After reading Margaret Newcomb’s account of Art as an Elixir through debilitating health issues, you’ll want to immediately visit Apex, a new art museum in Everett showcasing historical and new pieces of graffiti art collected from across the nation.

Discover star power and how local companies hope to provide the world with carbon free energy. Find new people to collaborate with at shared office AND social spaces.

I hope it inspires you to explore new ideas, and new opportunities. Get out and about on rainy days! Try finding new eats and drinks at the Port of Everett, or shopping, museums, art galleries, and pet friendly places, or even wall climbing.

Let’s get together and inspire each other, be kind to ourselves and others and celebrate this amazing region.

Enjoy!

Fawn Clark, Publisher

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of a day well spent.



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Choosing Health

Power couple's journey leads them to choose a plant based diet.

BY ELLEN HIATT

Photos by Josh James

Two round tables crowded the dining room of Wendy and Matt Poischbeg's mid-century modern home. Tucked into a rare and welcoming wooded acre in an Everett neighborhood, the home's large windows let in plenty of light. This day, the tables were filled with guests, the conversation dynamic, and the smells from the kitchen heavenly.

It's just the environment Wendy wants to create — one of conversation around our food, our food systems, and our health, and of building a community of friends around, specifically, a plant based diet.

The couple has been through just about every diet in the books. Paleo diet? Matt was in heaven! Bacon and Bison every single day.

"I could eat meat every day," Matt said. "I could see myself on a pizza diet if it could be healthy!"

"And I've never seen him happier!" Wendy said.

"Did I feel good? I would say yes," he added. "Until I went to the doctor and had my blood tested. Cholesterol was the highest I ever had in my life. That ended that."

They used to juice their fruits and veggies.

"Don't do that," Wendy said. "Just eat food."

Eggs? Oh yeah! A dozen a day for the protein in the egg whites.

Matt's health, though, wasn't improving. The two were committed athletes, running marathons and taking on every challenge they could find. But

the challenge of how to eat was a vexing one.

Through all this, Matt went to the doctor for relief from chest pain — "it feels like somebody clamps the chest down," Matt said. Testing to determine if he had a dairy allergy, the couple quit drinking milk and replaced it with alternative, plant based milks. He was still having the problem. Then they looked at the ingredients.

"That's when we realized — because we already knew he couldn't eat any processed cracker — that it was the shelf stabilizers. It wasn't the dairy, it was the preservatives," Wendy said. In Matt's native Germany, those ingredients are banned, and he has no health effect when he eats bread and crackers there. The couple was inspired by a podcast with four-star Michelin Chef Daniel Humm, who converted New York's Eleven Madison Park to a plant based menu. Humm's restaurant is the only

vegan restaurant among the 132 three-star restaurants around the world. It was considered financial suicide — but the restaurant's waitlist exceeds 15,000 people.

WHAT IS "PLANT BASED"?

For a definition and comparison, a vegan diet includes vegetables and fruits, excluding all animal products. So does plant based eating. But plant based also excludes refined and processed foods, including those processed meat alternatives marketed as "plant based." For some, that also includes processed oils. For others, that's a bridge too far.

"It's hard to cook without some oils," said Chef Victoria Balas of Culinary Immigration in Marysville.

The Blue Zone diets would be that step in between. They are primarily whole grain, plant based, but vary widely



BECAUSE DETAILS MATTER



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(Top) Power couple Wendy and Matt Poischbeg look to food as part of the solution to help them live a long life together. (Bottom) Indian cuisine is easily adapted to a plant based menu with few changes to the ingredient list.



(Top) The Poischbegs and friends enjoy a vibrant meal of Indian cuisine, served by Chef Victoria Balas.

(Bottom) Freshly made naan, served with garlic and herbs, makes a fine accompaniment. A whole wheat version would adhere closer to the plant based creed. But as Wendy points out, just do the best you can.

“If your intentions are for best health, do the best you can.”

by culture, very occasionally incorporating small amounts of meat, fish, dairy and olive oil. National Geographic Fellow Dan Buettner’s bestselling book, “Blue Zone Solution,” investigated diets around the world where people lived healthy lives to be over 100 years old. These diets included Greek, Italian, North and South American, and Japanese foods.

To eat vegetarian, vegan, plant based, blue zone, or whatever other iteration of diet that focuses on fruits and vegetables, you don’t have to stick to any particular kind of region or cuisine. Most regions are adaptable to the style with a little creativity. It’s always harder to eat healthy when traveling, especially. The good news is that most restaurants have an increasingly diverse menu to accommodate, offering at least one viable option. Restaurants will typically mark menu items as “vegan,” but asking for a minor modification to an existing menu item works, too.

BUILDING COMMUNITY

For Matt, food is fuel. It’s that simple. But for Wendy, food is communing with friends, it’s connection to earth and to humanity. Switching to a plant based diet meant potlucks, picnics, and gatherings of friends for dinner parties left her on the sidelines. She wanted to build a community around this way of eating, and has since brought Balas to her home for lessons.

Balas was busy in Wendy’s kitchen producing aromatic and colorful dishes during an August evening. The theme for the meal was Eastern Indian: mango lassi, spicy mango chaat served with samosas, cilantro mint chutney, beet salad with toasted coconut, curries, vindaloo, and saag made with cashew cream and tofu.

The table tops grew increasingly vibrant — deep green, beet red, and saffron yellow dishes — served Talla style, an Indian method of over-the-top feasting on course after course of aromatic treats served on small plates.

Between bites, Wendy shared that her mother was in the hospital on hospice, her body failing.

“Whatever is going on now, happened 30 or 40 years ago. Every time I leave her center, I double down on my health. Knowing that our food system is so messed up is offensive. We should all be banging a drum that this is not OK,” she said.

The diners nodded their heads while passing around the Talla. Welcome Magazine publisher

Fawn Clark was among Poischbegs’ guests for the evening. Her husband’s doctor handed him a book: “How Not to Die,” by Dr. Michael Greger. The couple committed to a plant based diet, which has demonstrated the capacity to reduce and even reverse disease.

“It was remarkable that the doctor is working with him, even acknowledging that diet can make a difference,” Clark said. “Greger simplified it all: eat colorful food, don’t eat processed food.”

“The really important thing is that everybody here is aware of the changes they have to make within themselves,” she said to the gathering of diners, adding that she enjoys cooking with her 7-year-old grandson. “It’s OK to eat this way. It’s not torture. It’s not denial.”

She also has hopes that plant based eating will help save the planet.

Most of the diners at the table loved their vegetables, but acknowledged that cooking completely plant based had been elusive as they try to please their family with meals.

“I started doing this vegetarian stuff when I was 17,” Wendy said. “I learned to not draw a line in the sand. If your intentions are for best health, do the best you can.”

She added, looking at her sweetheart, whom she’s been married to for just under a decade, “My intentions are to live to 100 with you.”

“I have met this person who is so amazing,” she said. “I don’t want him to take care of me in sickness. I really want him to partner with me in health.” ♦



Let’s Get Cookin’

Culinary Immigration recipes to YUM over!

PINEAPPLE CHAT

1 pineapple, peeled and cut into small cubes

A small handful of chopped fresh coriander (no stalks)

A few tablespoons of tamarind puree

Salt

Pour just enough tamarind pure over the pineapple cubes to lightly coat them. Mix in the coriander leaves and season to taste with salt. Serve chilled.

MINT AND CORIANDER CHUTNEY

Simple to make, this is just cubes of peeled apple and a handful of fresh mint and coriander leaves, pureed. Add don’t-ask-me-how-much-apple. Just mix it until it pleases you!

MANGO AND CHILI CHUTNEY

6 small red shallots, finely chopped

Coconut oil

10 dried or fresh red chillies, chopped

2 semi-ripe mangoes, peeled and coarsely chopped

2 inch piece of root ginger, peeled and very finely chopped

Sugar

Salt

Sauté the shallots in some oil until they are soft and translucent and slightly golden.

Stir in the chillies and continue cooking until they are soft and well mixed with the shallots.

Stir in the chopped mango and ginger and season to taste with sugar and salt, then simmer until you have a typical chutney consistency. Allow the chutney to cool and then refrigerate.

KULFI ICE CREAM Serves 4

2 cans of whole fat coconut milk

6 oz. white sugar

A good pinch of saffron threads

2 tsp. Pistachio nuts, chopped

2 tsp. Ground cardamom

Heat the coconut and sugar in a pan until the sugar has dissolved. Add the rest of the ingredients while warm. Place in a loaf pan and freeze. When you are ready to serve remove from freezer and soften a bit before serving.



Oh, the Places You Can Go with Alaska Airlines Nonstop Service From Everett

Feeling like a weekend in Las Vegas? Want to hit the links in Palm Springs or Phoenix? How about taking the family to the Happiest Place on Earth? Alaska Airlines can get you there nonstop from Paine Field-Snohomish County Airport in Everett – Western Washington’s newest, most convenient airport.

Alaska operates 18 peak, day departures from Everett – which includes four daily nonstops to San Francisco, one of our key hubs that is the center of Bay Area business travel. In addition to the Bay Area, we fly to Anchorage, Boise, Las Vegas, Orange County, Palm Springs (seasonal service resumes Nov. 18), Phoenix, San Diego, Spokane, and Tucson (seasonal service resumes April 18.) Check alaskaair.com for the latest flight schedules.

Our guests love the convenience of flying out of Everett. Like stepping back in time, the terminal feels luxurious, warm and uncrowded – not words used to describe most airports.

Members of our Mileage Plan program enjoy the same benefits as flying out of big airports with our fleet of 737s and E175 jets that offer First, Premium and main cabin classes of service. And we have the same low fares with our popular Saver

fares as an option. Saver fares have limited seat choice and no flight changes while providing main cabin benefits like comfortable seats and a free carry-on.

The sky really is the limit from Everett. Our guests can connect with our oneworld global alliance partner airlines at our gateway airport in San Francisco to fly to destinations around the world.

The airport in Everett, originally constructed in 1936, hadn’t hosted regularly scheduled commercial flights in the modern era until Alaska Airlines came in. Working with community leaders and airport operator, Propeller Airports, we helped turn the first shovelful of dirt on the new terminal building in 2017 and flights began in 2019.

Over a million travelers passed through the airport in its first year. After a drawdown of flights during the pandemic, we’ve reinstated our peak, day departures and couldn’t be happier to welcome our guests on board again.

We’re committed to growing our service in Everett to give our Mileage Plan travelers in North Seattle and Snohomish County a great alternative. And for visitors flying into the Seattle area, Everett



(Top left) The warm and inviting guest waiting area at Paine Field-Snohomish County Airport in Everett.

(Top right) Alaska Airlines can jet you nonstop from Everett to 11 cities, including San Francisco, Las Vegas, Boise and Palm Springs.

(Lower right) Alaska Airlines maintenance hangar was at Paine Field in Everett in 1951. (Photo by Ken Knudson/The Daily Herald)



is a great choice. Its location to the north provides a gateway to the best of Northwest recreation, as well as to major attractions including the Future of Flight Aviation Center & Boeing tour, Flying Heritage & Combat Armor Museum and Imagine Children’s Museum – all in Everett.

BACK TO THE FUTURE

While Paine Field-Snohomish County Airport is something new for our travelers, it’s rather nostalgic for us. In the late 1940s, Alaska Airlines had its corporate office and maintenance facilities at Paine Field in Everett. Some of our retired maintenance employees have fond memories of strapping on their tool belts and starting their careers for Alaska working there.

Besides being host to the airport, Everett is home to Boeing and many aviation-related businesses, including ZeroAvia, a new partner of Alaska Airlines. We’re working with ZeroAvia in the development of technology to retrofit regional aircraft as zero emissions planes using hybrid hydrogen-electric powertrain technology.

It’s all part of our mission to reduce our impact on the environment and be better stewards in the communities where we fly. It’s also a bit of mixing the old with the new – as we weave our historical past into our future at Everett’s Paine Field.

We look forward to seeing you on board.



LIGHTLY SPICED LENTIL SOUP

The curry powder is just enough to add balance to the earthiness of the lentils resulting in a deliciously spiced soup. This soup is great served alongside a salad or sandwich or in a large bowl on its own topped with some fresh herbs.

- | | |
|------------------------------|---------------------------|
| 1 medium yellow onion, diced | 1 tsp. dried basil |
| 1 tbsp. olive oil | 1 tsp. dried oregano |
| 2 carrots, chopped | 1 tsp. dried parsley |
| 3 celery stalks, chopped | 1 cup dried green lentils |
| 1/2 tsp. mild curry powder | 6-8 cups vegetable broth |
| | salt to taste |

Place the olive oil into a large soup pot and set over low heat. Add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the spices and cook an additional 1-2 minutes until fragrant. Add the lentils and broth, stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 40-60 minutes. Serves eight.



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(left to right) Jessica Awe - Team Leader, Rachel Hull - Account Payables, Katie Stevenson - Team Leader and Heather Daigan - Finance Manager.

Marysville Toyota Breaks Down Barriers for Women

Negotiation Free Sales Model Has Created a Majority Female Staff and Family Environment

Let's face it. The automotive retail sales industry has been a male dominated business. So when Jim Colon and Perry Watson III, co-owners of a new Toyota franchise, opened doors to Marysville Toyota with their unique sales model, they were pleasantly surprised when woman after woman submitted an application to work there.

"We were focused on what the marketplace wanted," Watson said, adding they conducted a survey before opening to discover the barriers and perceptions people have around car shopping.

The survey said that people don't like to negotiate their car's price, they don't like to be shuffled off to the finance office, and they wanted the whole process to go a lot faster.

Colon and Watson set about to create a different kind of auto dealership. The model is what they're calling the Power of One. A buyer works with one person from beginning to end, without being handed off to a finance closer — their finance experts work in the background finding the best solution for each customer. There will be one best price for every vehicle; Everyone receives the same deal. And from the time the buyer chooses the vehicle they want, their goal is to get the customer on the road within one hour.

The approach is working for customers. Marysville Toyota has the highest Google scores in Metro Seattle, a #1 rating for Toyota Loyalty Engagement (CSI), a record market share, phenomenal employee retention and repeat and referral business.

Customer Josh Hawes drove all the way up from Bellevue to pick up his new Tundra.

"A good friend of mine is the general manager at a dealership in Tacoma. I feel like I am getting the same experience here as we get for my wife's car there," he said.

It turns out that that being treated like a friend isn't just attractive to buyers. It's attractive to prospective employees.

"All of a sudden we had a female centric team because that negative, negotiation, commission-based aggressive sales environment was gone," Watson said.

Six out of 10 of their sales representatives are female. And the management team is also 57% majority, female led. Women make up only 9% of an average dealership's staff, and most of those are in support roles.

At Marysville Toyota, they're in every role, including service as managers, advisors and technicians.

"It's a female centric dealership. It's such a beautiful vibe here. It's vibrant. So professional. So open," he said. Indeed, the building is wide open, with massive glass panels letting the light in, and a warm, neutral palate creating a chill atmosphere.

He takes umbrage at the stereotypes Millennials and Gen Z people don't want to work, because 63% of their staff comprise that demographic.

"We have a very young staff," he said. "They are phenomenal."

But the company acknowledged their staff values their time off with a flexible work life balance, and that they don't like keeping their personal lives separate from their work lives. They have created a close family of 65 employees.

"It isn't always easy. But it's been worth it," he said.

Rachel Pitman, who manages the used car department, agrees that Marysville Toyota is a different kind of place to work.

"I love it here," she said. "We have a ton of women. I feel like everyone is just kind, thoughtful and respectful. It's just different than any other dealership or place I have worked for. I feel really spoiled."

Based upon employee and customer feedback, Marysville appears to be the future of modern automotive retailing. ♦

For more information go to www.marysvilletoyota.com or call (360) 651-0230

Rained Out?

Explore the Great Indoors

BY RICHARD PORTER FOR
SEATTLE NORTHCOUNTRY

Fall and winter in the Pacific Northwest can truly bring the drizzle. Chill weather is great for the general vibe and atmosphere, makes for a memorable hike, and it's a great incentive to cuddle up in a cozy coffee shop afterwards. As we say around here, "the best time to visit is all the time." But if you're not into roughing it in the misty pines, you can always become an explorer of the great indoors.

Here's how to stay cozy, active, and socially connected during the cooler, greyer days of the so-called "off season."

MUSIC AND ART VENUES

Music and art venues are who we are – essential gathering spaces for Pacific Northwest craftsmanship.

The Lucky Dime and Black Lab Gallery, both on Hewitt Avenue in downtown Everett, offer top tier live music options. Both venues highlight and elevate local musical acts, as well as regional, and national bands on tour. Check out their websites or social media channels to see which upcoming shows are on the books before you visit.

The Cascadia Art Museum in Edmonds is a carefully-curated destination for visual art of the Northwest, 1860-1970. The museum prides itself on its collection of Northwest Arts and Crafts pieces, including screen prints, acrylic paintings, and sculpture. All of the art is housed in a modern facility with a craft distillery and bistro in the same building. Perfect.

The Schack Art Center in downtown Everett is an accessible museum. It's free to visit, though their rotating selection of special exhibits will cost you a minimal admission fee. The state-of-the-art building offers viewers glimpses into a glassblowing hot shop, art exhibits, and a gift shop that sells well-crafted art pieces from local artists.

FAMILY-FRIENDLY INDOOR FUN

This time of year, rain can spoil an outing. Time to head indoors with the fam. Check out these spots to entertain the kiddos.



The Schack Art Center's hot shop can be viewed by the public. Watch top-tier glass artists make crystalline beauty before your eyes, or sign up for a hands-on class and do it yourself.

The Imagine Children’s Museum in downtown Everett recently expanded into a whole new building of experiences. Picture three floors of interactive art, science, and play activities designed just for children. Your kids will gawk to see indoor tree houses, a replica of a scale-size whale, aquariums, an art studio, microscopes, conveyor belts, and wind tunnels. And more! If you need a full morning or afternoon of edutainment, Imagine is the hands-on fun family jam.

Altitude in Marysville is more than a trampoline park. It offers full-on Olympic trampolines, dodgeball, ziplines, and rope courses. Flying Squirrel in South Everett also ups the ante on indoor fun. It’s the world’s largest indoor trampoline park – a neon-colored wonderland of obstacles and challenges sure to please the family. Flying Squirrel also wisely offers a chill-out zone for parents who would like to sit in comfortable chairs while their kids go bananas on the play sets.

INDOOR ATHLETES & TEAM BUILDING

You don’t need to be a rock-climbing expert to enjoy an afternoon of bouldering. You just need some chalk, rental shoes, and a can-do attitude. Vertical World in Lynnwood and

Summit Everett both offer indoor climbing gym experiences that will elevate you and your teammates to new heights while working up a sweat.

Then there’s Whirlyball in Edmonds: imagine a mix between bumper cars, basketball, and lacrosse and you’ll be somewhere in the right ballpark. This team sport is a nonstop retro thrill ride as you zip around an indoor arena, lobbing a ball back and forth, scooping, bumping, and having a great time. Oh yeah, and they have handmade, organic pizza!

SPAS & SELF CARE

There’s never a bad time for self care. In fact, the best thing to do sometimes is slow down and make space to take care of your basic needs.

Banya in downtown Everett is a Russian-style spa. It’s complete with not just saunas and a cool-off pool, but also billiards and a menu that offers everything from beer to borscht to braised trout.

Olympus Spa in Lynnwood is a whole-health spa experience designed for women. It offers massage, skin and nail care, saunas, and pools. Walk in and feel the stress of winter blahs simply melt off.



WhirlyBall is a retro-themed team sport perfect for team building. It’s part bumper cars, part basketball, and all good pizza-fueled fun.

Jake Campbell/Seattle NorthCountry



Unsplash

LOCAL SHOPPING

Your best bet for local shopping is in downtown Everett. Up first, visit Petrikor on Grand Avenue. The store founders bill it as a “modern general store” and it offers plants, planters, gardening tools, and all manner of Instagram-worthy sustainable goods. Truly a beautiful store in a refurbished historic building. Another stop in your day should include Artisans PNW (all things local and handmade) and My My Toy Store (vintage/collectible toys and memorabilia) on Hewitt Avenue.

If you’re up for an adventure, travel out into rural communities just east of urban Snohomish County. There you’ll find some of the best boutiques, antique dealers, small-town dining experiences, and artisan shops lining cute historic downtowns. Visit Olympic Avenue in Arlington or First Street in Snohomish for a full afternoon of dining, shopping, and sipping. You’re sure to find an upcycled treasure or bespoke outfit to complete your fall/winter wardrobe.

Downtown Edmonds is for art lovers, book lovers, beer lovers, stroll-by-the-sea lovers. Art boutiques abound. A cozy evening spent ducking in and out of shops and galleries will bring warmth and light to your wintertime disposition: the perfect pick-me-up. See the coastal communities right! Visit Seattle NorthCountry this spring to dip your toes in the salt water and experience the best of the maritime in the Pacific Northwest.

Looking for more great travel inspiration? Visit our blog at seattlenorthcountry.com to get seasonal, up-to-date ideas for travel in Snohomish County. You can also follow us on social media @seattlenorthcountry for fresh travel and local lifestyle content. ♦



The Schack Art Center/Seattle NorthCountry

(Top) The first climbing gyms in the world opened right in our backyard. Bouldering is the perfect way to get some stimulating exercise when the PNW weather is less than agreeable.

(Bottom) Visual art lovers rejoice! Rainy days call for a pensive stroll through a local gallery for aesthetic inspiration.

Treat yourself to Edmonds!



visit EDMONDS

From culinary to visual, performing to musical, explore the arts in Edmonds. Find destination restaurants and soul-stirring galleries in the state's first designated **Creative District.**

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EVENTS & EXHIBITIONS

SCHACKTOBERFEST

Local Artists | Glass Pumpkin Patch | Silent Auction | Pints + Pumpkins
September 8 - October 1

40 Under 40
Celebrating Young Women Artists
October 13 - November 12

Anna Skibska
Edges and Facets
October 13 - November 12



Explore | Create | Learn | Shop



Families enjoy the view and a sunset stroll at the Port of Everett.

Your Everett Bucket List Just Got Longer!

A butter croissant with almond-chocolate filling. Dim sum stuffed with locally caught salmon and crab. A rare bourbon whiskey from Pappy Van Winkle.

These are just a few of the menu offerings at new restaurants opening soon at the Port of Everett's Waterfront Place – an emerging mixed-use community surrounding the largest public marina on the West Coast.

Waterfront Place is turning Everett's waterfront into a destination featuring hotels, shopping, parks and trails, a splash pad, seasonal ice rink, performance venue, eateries and tasting rooms. If your visit to the waterfront involves a boat, there's even more to do there.

Here are seven retailers opening soon to add to your Everett bucket list.

THE MUSE WHISKEY & COFFEE BAR

If you're a history buff, or simply like to enjoy a drink with a view, you can soon visit Everett's historic Weyerhaeuser Building set to reopen as The Muse Whiskey & Coffee Bar. The Port of Everett and the NGMA Group are partnering to restore the 1920s waterfront icon, now located at the Port's Boxcar Park, to its former glory

to serve as a coffee house by day and a speakeasy-style whiskey bar by night. Through imagery hung on the walls and décor of the times, the building will act as a museum showcasing the vibrant history of Everett's once booming timber industry and will also provide a new meeting hall for area boating clubs. (See the story on page 31 for more about The Muse.)

"I feel really, really fortunate to get to be part of the history of this building and that the Port Commissioners and CEO believed in our vision," said Jack Ng of the NGMA Group. "I'm looking forward to bringing our vision to the community to share."

FISHERMAN JACK'S

Dim YUMMMM. The owners of China City restaurants of Oak Harbor, Freeland and Mill Creek are bringing the new Fisherman Jack's to the Everett waterfront. The new Asian-inspired restaurant will feature Chinese favorites, such as dim sum and noodle dishes, made with Pacific Northwest seafood. Like The Muse, the new restaurant in Fisherman's Harbor is also co-owned by Jack Ng.

Ng's career comes full circle with Fisherman Jack's. After working on fishing boats in Alaska's Dutch Harbor after high school and founding China City alongside his family in 1999, Ng is combining his Chinese restaurant and seafood trade know-how into a one-of-a-kind eatery (with an expansive patio with a view).

"We're excited to bring an Asian-inspired seafood option to the waterfront and to be a part of this opportunity for economic growth that the waterfront revitalization is creating for Everett," Ng said. "We're making this investment because we believe in Waterfront Place."

SOUTH FORK BAKING CO.

Got more of a sweet tooth? Find scratch-made cookies, breads and cakes at South Fork Baking Co. The new bakery will be next door to Fisherman Jack's in the shared 6,000-square-foot building. Owner and Head Baker Katherine Hillmann will offer a variety of her popular baked goods, espresso and sandwiches, and she plans to host cake decorating and pastry skills classes. Hillmann started South Fork in her Everett kitchen in 2016. Six years later, she'll soon have her own bake shop overlooking the Port of Everett Marina.

"When I saw the Port's plans to put in restaurants, I immediately set my sights on it," Hillman said. "It sounds corny, but I made a vision board and I feel so lucky that a lot of stuff on that board is coming to fruition. It didn't just happen – it has been a lot of hard work and taken a lot of time – but it's been exciting to see things come together as I envisioned."

ANISOPTERA SPA

Looking for a place to relax once your belly is full? You'll soon find a variety of spa and relaxation services at the waterfront with the new Anisoptera Spa. Its flagship location in Fisherman's Harbor will offer massage, facials, nails, float pods, saunas and more. The spa

will be one of four businesses in a new 12,000-square-foot building to go up next year next door to Fisherman Jack's and South Fork Baking Co. While that's under construction, the new spa has plans to open a temporary location in nearby Waterfront Center.

"When you walk into Anisoptera, you can leave the stresses of life at our doorstep and pamper yourself in our relaxing and healing environment," Co-Owner Christine Haberthier said. "We have been diligently creating a mindful space with unique amenities and options to Snohomish County. We cannot wait to serve you."

FREEDOM BOAT CLUB

Rather spend a day out on the water? Freedom Boat Club owns the boats so you can own the water. The world's largest members-only boat club set up shop in Everett in 2021, bringing a variety of vessels – from fishing boats to pleasure cruisers – for members to choose from. Eight vessels, up from six, are just steps away from their new office. A membership includes one-on-one training with a licensed captain and covers all the maintenance, cleaning, repair, insurance and storage of club vessels.

"We're thrilled to have an office at the Port of Everett Marina," said Nick Hooze, President of Freedom Boat Club. "This dream has been a long time coming because of Everett's instant access to Possession Sound, and all the quick-access day trip adventures, our members will enjoy exploring neighboring islands."

Freedom Boat Club is one of three marine-service providers moving their Everett-based offices into a new building west of Hotel Indigo in Fisherman's Harbor. The businesses have nearby display moorage where you can check out a selection of boats for sale.

BELLINGHAM YACHT SALES

If you'd rather own your vessel, right next door to Freedom Boat Club you

will find Bellingham Yachts, which expanded to the Port of Everett in 2017.

Around since 1984, the Ouilette family has established Bellingham Yacht Sales as a premier West Coast dealer carrying a selection of new and used yachts, including Sabre, Black Cove and Cutwater lines. They also offer an array of boating services such as maintenance, repairs and detailing.

"We have enjoyed expanding to the Port of Everett and this new building provides incredible opportunity for growth," said Heather Ouilette, Co-Owner of Bellingham Yacht Sales. "We couldn't be more excited to have a sales and service office overlooking our beautiful K-Dock moorage."

WATERLINE BOATS

Waterline Boats is also joining Freedom Boat Club and Bellingham Yachts with its new office space. Waterline Boats is a dealer for Krogren Express Yachts and Helman Trawlers – and is the exclusive Washington licensee for Boatshed. While they specialize in trawlers, Waterline offers all kinds of new and used yachts, powerboats and sailboats.

"Waterline Boats is pleased to be part of the Port of Everett's new Waterfront Place development," said Scott Helker, President of Waterline Boats. "We recognize the opportunity and attractive business environment that will come with growing on the Everett waterfront."

AND THERE'S MORE...

Watch for more openings on the horizon at Waterfront Place located off West Marine View Drive between 10th and 18th streets, including Covington Cellars | Two Vintners, Lazy Boy Brewing Co., Rustic Cork Wine Bar, Sound 2 Summit Brewing Co., Woods Coffee and more. ♦

Learn more about what's coming to Waterfront Place at www.portofeverett.com/wpc.



What's Brewing at WATERFRONT PLACE



1

Second Building Now Open at Waterfront Place Apartments
In May, the second building of the new Waterfront Place Apartments opened to residents, completing the first phase of housing at Waterfront Place.



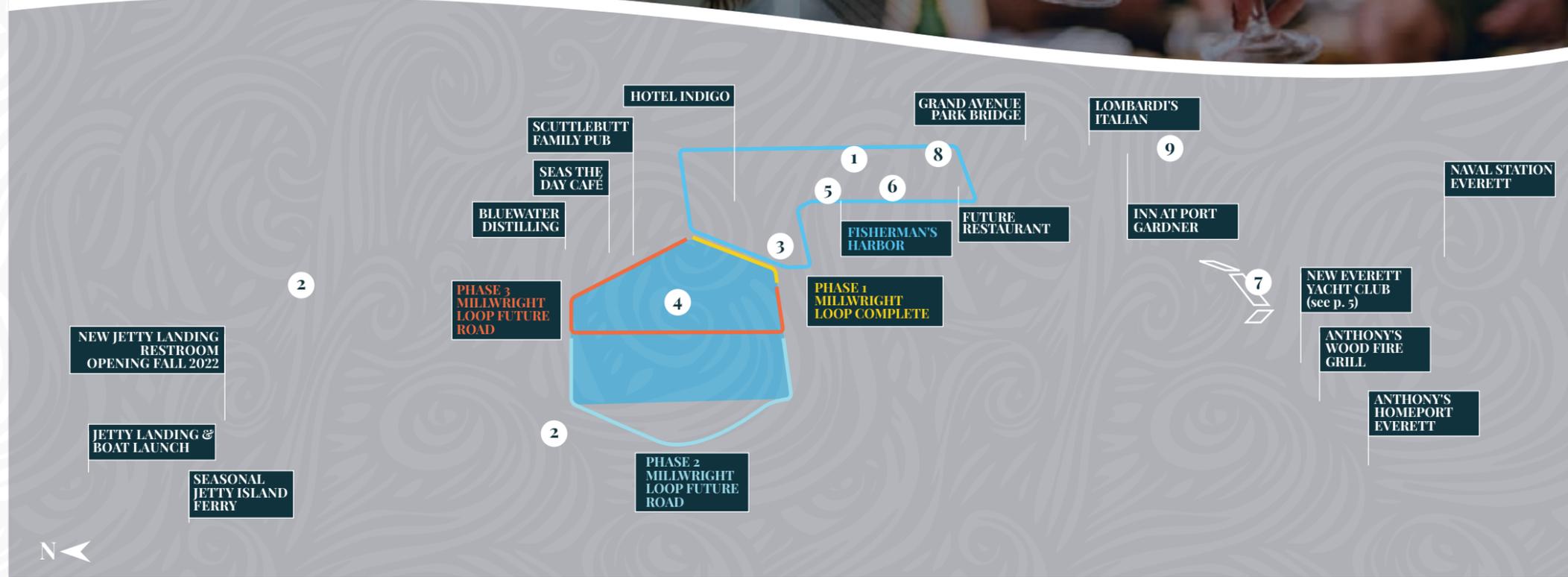
2

Honoring Waterfront History
Two waterfront icons are being re-envisioned at Waterfront Place to honor their storied pasts. The historic Weyerhaeuser Building is taking a step back to the 1920s era as it transforms into The Muse Whiskey Bar & Coffee Shop. Preservation efforts are being explored for the famous historic schooner *Equator* as well.



3

New Offices for Freedom Boat Club, Yacht Sales To Open Soon
Construction continues on the new three-tenant building located west of Hotel Indigo. The site will soon house Freedom Boat Club's Everett headquarters to support their growing boat share operation launched here in 2021. The site will also house Everett offices for Bellingham Yachts and Waterline Boats to support both new and used yacht sales and brokerage services. The building will offer public restrooms and open patio space for waterfront visitors.



4

Waterfront Development Enters Second Phase at Millwright District, Infrastructure Work Begins
The Port kicked off the second phase of development at Waterfront Place, expanding into the 10-acre Millwright District. Work started in September with construction of Millwright Loop Road Phase 2 and associated public infrastructure. Millwright Loop Road Phase 3 will follow to complete the vehicle and pedestrian connection around the district. This work, which entails months of preload (the importing and placement of large amounts of material for site compaction), paves the way for development by the Port's private partner LPC West. This area will feature approximately 60,000 sq. ft. of new destination retail, approximately 200,000 sq. ft. of commercial/office space, and 200+ residential units. Planning and design are now underway, with private development slated for the 2023-2025 timeframe.



5

Fisherman Jack's & South Fork Baking Co. Opening Soon
Construction along restaurant row in Fisherman's Harbor continues as the new 6,000 sq. ft. building to house the new Asian-inspired Fisherman Jack's restaurant and South Fork Baking Co. takes shape. Fisherman Jack's will anchor the north end of the building, offering dim sum and noodle dishes infused with Pacific Northwest seafood. South Fork will bring the sweets. Both will offer expansive covered and open patio seating overlooking the Marina. Business openings are expected between late 2022 and early 2023.



6

Anisoptera Spa & Rustic Cork Wine Bar Join Fisherman's Harbor
In June, the Port announced two new tenants for Fisherman's Harbor — the new Anisoptera Spa and an expansion of Lake Stevens-based Rustic Cork Wine Bar. Both will be located at a 12,000 sq. ft. building to be constructed to the west of the new Waterfront Place Apartments, just south of Hotel Indigo. For the balance of the building, the Port is targeting an ice cream shop and fitness studio. Port development partner The Schuster Group will start construction in 2023.



7

Destination Retail & Park Spaces Coming to Marina Village, Covington Cellars | Two Vintners Signed
New destination retail with connected parks and public spaces are coming soon to Marina Village. Covington Cellars | Two Vintners has signed on as the first tenant for the area — dubbed the "Wine Walk" — to feature its wines at a tasting suite in one of three new buildings. In total, the Wine Walk includes up to eight tasting suites, and all three buildings will feature outdoor patios, rooftop decks and connected piazzas. Port development partner The Schuster Group will be constructing buildings starting in 2023, and the Port will be creating and maintaining the open spaces. Tasting rooms are expected to open in late 2024. The Wine Walk has been designed in a way to enhance the South Marina upland amenities, while creating connection between the new developments underway at nearby Fisherman's Harbor.



9

Woods Coffee & Sound 2 Summit Brewing Co. Break Ground
In July, the Port and development partner The Schuster Group broke ground on two new retail/restaurant buildings at the corner of 18th Street and West Marine View Drive. The site will soon become home to Pacific Northwest favorites Woods Coffee and Sound 2 Summit Brewing Co. set to open in spring 2023. Both businesses will have indoor and outdoor seating, including a courtyard for Sound 2 Summit that connects the buildings to steps from Naval Station Everett and the Grand Avenue Park Bridge. The Woods Coffee drive-thru is also an added convenience for those that live, work and pass through the area.



8

Lazy Boy Brewing Coming Soon, Seeking Year-Round Fish Market
Early next year a new 5,000 sq. ft. building to house Lazy Boy Brewing Co. and a year-round fish market will break ground at the corner of Seiner and West Marine View drives in Fisherman's Harbor. Lazy Boy has secured about two-thirds of the building to support full relocation and expansion of its brewing and taproom operations from its existing South Everett warehouse. The relocation will offer a more public-facing site at the waterfront and expansive outdoor patio space. The Port is actively recruiting a year-round fishmonger to sell local catch in the balance of the building located adjacent to the Port's commercial fishing dock.



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The Weyerhaeuser Building: Where a City's Past, Present and Future Meet

BY CHRISTINA OLSON HENDRICKSON

Although it didn't glitter, lumber was gold in a timber town like Everett – and 100 years ago, Weyerhaeuser was the city's King Midas.

The company had purchased its first Everett mill in 1901, and by the 1920s this outpost of the Weyerhaeuser Timber Company was the principal lumber supplier of the entire East Coast. Fortunes were made, and that wealth required flaunting – often in the form of now-historic architecture that dots the city.

To accommodate the wealthy looking to adorn their houses with ornate woodwork, the Weyerhaeuser Building was constructed. At 6,000 square feet, the company built it using fir, hemlock and cedar to showcase the species of wood logged and milled in the region. Originally used as the main administration office of their Everett

branch, the Gothic-style building moved several times since construction was completed in 1923, but it is now permanently at home at the Port of Everett's Boxcar Park. And now, after decades of being closed to the public, it will again open its doors to the city it was built to celebrate.

March 23, 2023 is the 100 year anniversary of the Weyerhaeuser Building's completion – and it's the day it will reopen as home to The Muse, a specialty whiskey and wine bar, and coffee shop. The date holds a special place in owner Jack Ng's heart.

"I immigrated to America on March 23, 1990," Ng said. "My finding of this opportunity with the Weyerhaeuser Building feels like it was meant to be."

Thanks to a partnership with the Port of Everett, renovation and restoration of the building is already underway,

with plans to keep as much of the original woodwork, windows and other details as possible. Upgrades include improved accessibility, utilities, and modernization of restrooms.

"Whether you're just starting to learn about whiskey or are very familiar with high end options, there will be something for you at The Muse," Ng said. "We're planning tasting events with local and niche distilleries, and our expert bartenders are developing unique spins on classic cocktails, as well as our own creations."

Those who are more wine-inclined can join The Muse Wine Club. Membership includes a wine locker for storing personal favorites, access to invite-only tasting events, and special pricing on wine throughout the year.

If alcohol isn't in the cards, visitors can enjoy java from Mukilteo Coffee

Roasters, and a wide selection of freshly baked pastries. Upstairs, the beautifully restored second floor will be available for small weddings, parties and other events.

As restoration work has progressed, there has been an outpouring of nostalgia and excitement from the community.

“I talked to a woman who told her children she remembered growing up seeing the Weyerhaeuser Building,” said Rachel Escalle, Vice President of Operations at The Muse. “The opportunity to actually go inside, talk about their memories, and to experience the building in a new way means a lot to everyone I’ve spoken to.”

There will soon be new memories made – just outside The Muse, the Port is investing additional resources to build an outdoor stage where community events and concerts can be hosted. Between the excellent food, beverages, and event venues, Boxcar Park and The Muse are providing exciting additions to the community.

The Weyerhaeuser Building is part of Everett’s history, but now it will also be a vibrant part of the city’s future. The centennial celebration and grand opening of The Muse is March 23, 2023. ♦

“We’re planning tasting events with local and niche distilleries, and our expert bartenders are developing unique spins on classic cocktails, as well as our own creations.”

For more information, email info@thewhiskeymuse.com.



The Muse restoration kick off- left to right-Tom Stiger- Port of Everett Commissioner, Andrea Tucker- Historic Everett Board Member, Jin Ma- Owner, The Muse, Lisa Lefeber- Port of Everett CEO Jack Ng- Owner, The Muse.



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Artist PMASR created a bee, surprising Carswell with its detail.

Apex Art Center

Explore Massive Collection of Urban Art Form in Everett

BY ELLEN HIATT

Photos by Josh James

“An unbelievable find.”

Johnny Carswell is excited about the century-old Knights of Columbus Hall on Everett Ave., a grand, brick structure with arched windows and studded with knee braces under its eaves. When he found it, broken panes of glass and graffiti tags lined its basement level windows. The diamond in the rough weathered its days first as a celebrated and lavish gathering space following World War I and then as a gritty music club and casino before it was abandoned.

Carswell opened it for an urban and graffiti art museum in October 2022. It houses his massive collection – possibly the largest of its kind in the world. The center also is home to a new cocktail lounge, complete with

the original, plush, green velvet dining booths, preserved for a century in mint condition. Slide onto its sumptuous velvety seat and imagine a black tie occasion with a martini in hand.

The building’s glory days are just ahead. A full restoration is expected to be completed by early 2023. When complete, Apex (dubbed by Carswell for “aerosol paint expressionism”) will host performances, and presentations, specifically cultural enrichment events intended to share the diverse subcultures responsible for the art genre he collects.

Thousands of pieces of curated graffiti – from tagging to fine art – have found a home in the newly renovated building, displaying as many as 350 pieces at a time. Carswell won’t put

a number to his collection (likely thousands) but he says he has enough to create a rotating display to show new pieces every three to four months for the next couple of years.

“You have the potential to transform Everett,” gushed Leland Dart, with My Everett News, at a summer-time paint-off event, when 150 graffiti artists descended on the city – an event organized by Everett’s Hyper and his crew Graffaholeks, (graffiti artists often go by their tag name only). Hyper has created annual paint-off events in town, bringing urban art to city streets and alleyways for the last few years.

Where a bonafide street artist has painted, another graffiti artist will not tag or paint over it, helping reduce illegal graffiti, Hyper said. Carswell said

the murals are part of the larger transformation of Everett into a place of significance for graffiti art and artists.

His collection has captured the works of artists from the genre's genesis in New York. He purposely set out to have the Original Generation "OG" artists recreate pieces that he had only seen in books.

"I go after them. I try to find them. I have them do a historic piece – because it's gone now. Get it recorded on the canvas for history's sake," Carswell said. He is still tracking down artists whose lives are too often cut short, and their paintings removed by city crews up and down the West Coast. He figures he has another 50 artists to track down. The time for collecting is winding down, and the time to share it has arrived.

Carswell has dubbed one room of the 30,000 square foot hall as the Gatsby room. It's resplendent with 22-foot high ceilings, a balcony, a stunning chandelier and a small stage lined with floor-to-ceiling purple velvet curtains and larger-than-life bronze sculptures – a robed woman holding a cast candelabra. This jaw-dropping space will hold the "Freight Train" collection.

Some graffiti artists, Carswell said, will only paint on freight trains. The rail companies,

said Brent Garner, admiring the pieces in an early viewing, are missing out on the greatest opportunity to curate fine art when they paint over the artists' pieces.

"Ichabod and King 157 are two of the most famous freight train painters in the nation," Carswell said. He has works from both, each of whom included the corrugated metal lines of a rail car as part of their works' re-creation.

With its roots in 1960s civil unrest fomenting in underground New York, the art genre has been slow to earn the respect it deserves, while hip hop, break dancing, and DJ'd music integral to the sub-culture have earned their due.

Besides the Freight Train Collection, the other rotating displays will include artists from the West Coast, the East Coast, and the historic collection of OG New York. The OG works will display in the ground floor, once host to Club Broadway, fittingly lined with a custom painting of the nighttime New York landscape.

"I couldn't believe it when I saw it," Carswell said.

The same floor is where Carswell and bar manager Amanda Adamik discovered that the Knights of Columbus hadn't actually destroyed



Black Light King's works are technically impossible, says Johnny Carswell, who has collected these striking pieces of fine art graffiti.



(Top) Artwork composed by Miles, a graffiti artist who passed not long after creating it. (Bottom) A graffiti artist works by street lamp during a nighttime paint-off outside Apex.



Artist Klobr's work is grandly framed on the stage with velvet curtains at Apex.

the pool raved about in news reports of the 1920s. The kitchen floor began caving into the deep end of the pool during restoration. Carswell isn't sure what he's going to do with it. It's one more discovery, one more opportunity, in a building with so many possibilities.

"I have always been intrigued by England in the roaring 20s. All these opulent buildings and bars became punk clubs," he said. The Apex bar is "El Sid," with a mid '70s punk theme. "It's a crazy combination of eras. That's what intrigues me."

The opulence of the historic hall next to the edgy, gritty urban art is what Carswell "is really excited about."

Indeed, the juxtaposition of the over-the-top grandeur of the rooms to the humbler aesthetics of the urban art form it houses is attention grabbing. Time is layered here - from the national patriotism of World War I veterans who built the hall, to a national depression, the civil unrest of the '60s, the tumultuous '70s, all the way to today's exhausting pandemic.

The culture of a time is reflected in the collected works of art, bounced off a building whose own bones have told the story of society's changes. Time and space are compacted into the Knights of Columbus hall for a glorious recognition of fine art's God-given right to exist in a human's soul, finding its expression in architecture, on gallery canvas or city alleyway.

The works show the transition of the art form from "circusy bubble letters to, 52 years later, the works of Black Light King, whose painting is almost technically impossible," Carswell said.

Carswell's daughter, Gloryanne "Baby G" Carswell, grew up with graffiti artists from all over the nation at her dinner table. Johnny Carswell has been amassing his collection for years, bringing the artists and their families into his own. Baby G., who runs the Rosella Gallery in Snohomish with Carswell's Dogtown Collection, is also running the museum side of things, her father said.

"She will take this to a new level. I have no doubt. She has always been drawn to the people. The inner city some of them come from is not an easy place to live. Baby G. has been a beacon, staying really close with a lot of these guys." ♦

Learn more about Apex Art Center at apexartcenter.com.



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Legacy Farm is a family-friendly environment, new on the agritourism scene.

Farm Festivals for Every Season

BY ELLEN HIATT

Fall brings the colors of sunsets to the fields of the Skykomish, Snohomish and Stillaguamish valleys. All at the foothill of the Cascade Mountain range, glowing orbs of pumpkins glow in the fields and stalks of corn shoot high into the sky.

By the time winter sets in, families are donning their mud boots, tossing scarves around their necks, and thinking of hot cider, Santa Claus, and Christmas trees, headed to fields of fir and pine to pick their perfect evergreen. How blessed is the Pacific Northwest?!

Whatever time of year it is, the farms of our valleys prepare year after year to greet locals and visitors.

Agritourism began as an attempt to overcome brutal market realities that brought financial ruin to many small, family-owned farms. Pumpkin patches and corn mazes are the norm, with some farms focusing on the daring crowd of thrill seekers and Halloween jump scare enthusiasts.

In 2022, small farmers were particularly hard hit with inhospitable growing conditions. An extraordinarily wet and cool spring delayed planting of all crops, including corn. “Knee high by July” — that’s the mantra for growing corn. By July some fields were lucky to be a foot high!

“Our small farms don’t have the protections that commodity growers, like soybean and corn farmers, have,” said Linda Neunzig, Snohomish County’s Agriculture Coordinator.

All this to say that supporting local farms, whether at the summer or holiday season farmer’s markets or by showing up for a corn maze, is nurturing the soil in which we all grow as a community. And don’t worry, that corn will be high enough for a walk-about through an intricately designed, GPS-tractor-guided maze by October!

The small but mighty Legacy Farm Festival is back for a second year, joining the ranks of some more established farm festival venues.

They “are adding some new areas for people to walk through, adding more tractor rides like a narrated adventure train corn maze, and new kids area with animal race track,” wrote Jason Waltman in an email.

“October 29-30 will be the Northwest Harvest Carnival hosted at our farm. Lots of Halloween fun, costume contests, family games, carnival games, etc. We are hoping to get a great community turn out with lots of booths giving candy and possibly a fall concert on our main stage!”

The Skykomish and Snohomish Valleys hold the bulk of the festivals and pumpkin patches, with a few in the Snohomish and Snoqualmie valleys, as well. Some are small pumpkin patches, others are full festivals. Check them all out! ♦



Pet the goats at Legacy Farm in Monroe.

Fall Festivals

PJ’s Pumpkin Patch
<https://www.facebook.com/PJs-Pumpkin-Patch-122394579622871/>
 28924 Fern Bluff Rd., Monroe

Thomas Family Farms
thomasfamilyfarm.com
 9010 Marsh Rd., Snohomish

Stocker Farms
stockerfarms.com
 8705 Marsh Rd., Snohomish

Novelty Hill Farm
noveltyhillfarm.com
 26617 Northeast 124th St., Duvall

Craven Farm
cravenfarm.com/
 13817 Shorts School Rd., Snohomish

Baylor Farm
 28511 Ben Howard Rd., Monroe

Remlinger – Carnation
remlingerfarms.com
 32610 NE 32nd St., Carnation

Pickin’ at the Barn – Monroe
pickinathebarn.com
 21708 132nd St. SE, Monroe

The Legacy Farm
thelegacyfarm.org
 22601 State Route 2, Monroe

Bob’s Corn
bobscorn.com
 10917 Elliott Rd., Snohomish

Biringer’s Black Crow Pumpkins & Corn Maze
 21412 59th Ave NE, Arlington

Carleton Farm
<https://www.carletonfarm.com/>
 630 Sunnyside Blvd SE, Lake Stevens

Andrews Hay
 4304 Hwy 530, Arlington

Swans Trail Farms
swanstrailfarms.com
 7301 Rivershore Rd., Snohomish

Christmas Tree Farms
 The Puget Sound Christmas Tree Association hosts a useful, interactive map for you to find your perfect holiday tree.
<https://www.pscta.org/areas/snohomish-county-christmas-tree-farms/>

Holiday Markets

Snohomish Holiday Market
<https://www.snohomishfarmersmarket.org/>
 1316 5th Street, Snohomish

Holly Jolly Holiday Market
 Thomas Family Farm
facebook.com/BuzzingBeeEvents
 10 a.m.-4 pm., Nov. 25-26
 9010 Marsh Road, Snohomish

Jingle & Mingle
 Tulalip Casino Resort
<https://tinyurl.com/ymx8cksw>

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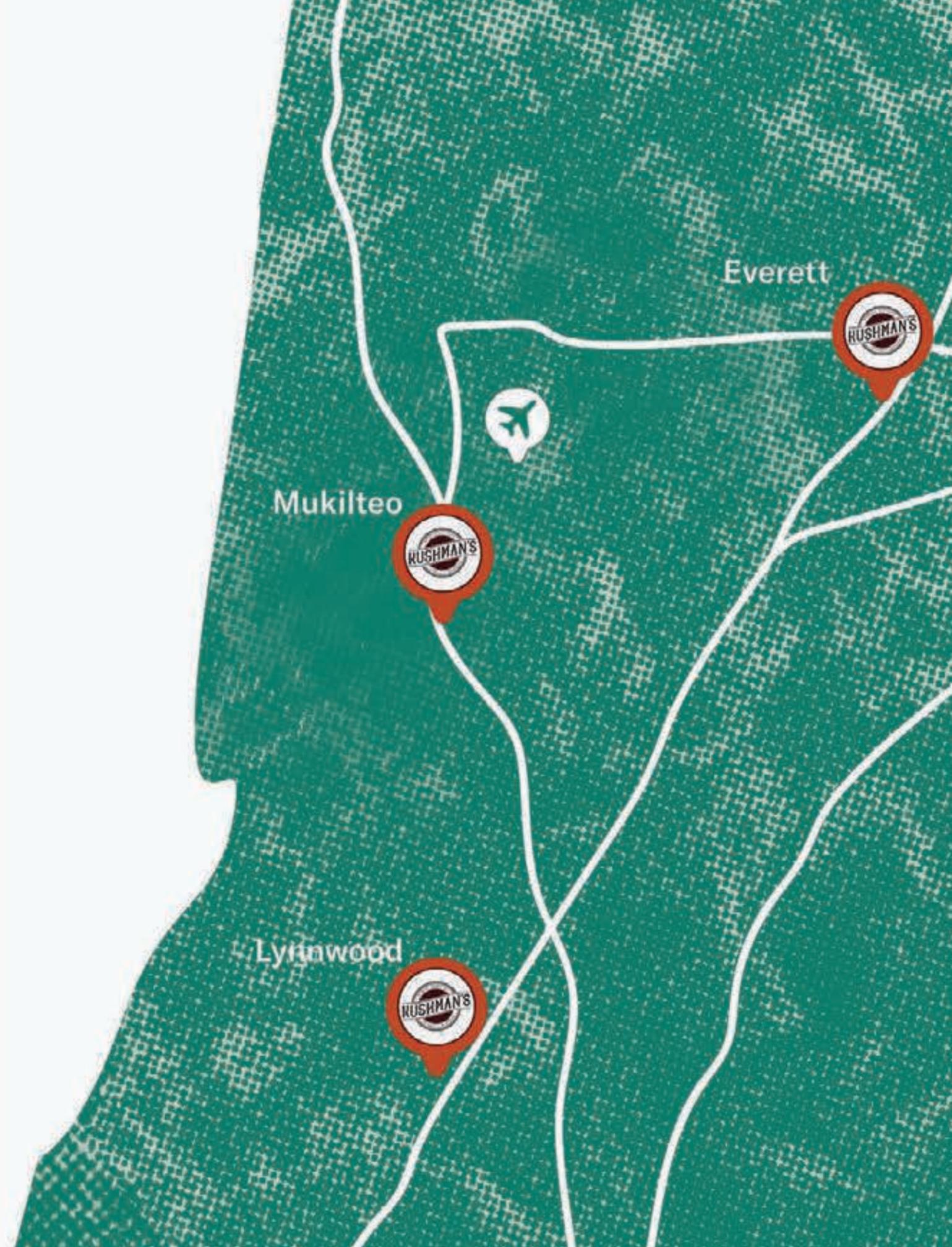
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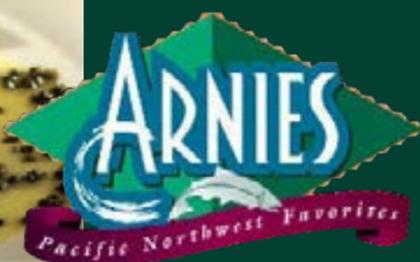

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Wineries Just East of E'Town

"On and Off the Grid"

BY JEFF "WICK" WICKLUND

Over all these years of chasing the venerated fermented grape, the cathartic joy of discovery is the prop that propels my vino boat.

Whether it's stumbling onto a newly imported, delicious natural rosé wine from a little-known sub-region of Northern Italy or a local winemaker friend's new vintage of an old classic, it's that mini revelation that is soul soothing. Then, with the opportunity to pay that discovery forward at our Wick-Ed Wine Bar / Social Club House and witness the community connections made and cultivated over the popping of corks, it's quite simply a good thing!

When you can make such discoveries right here in our own backyard... well, that just adds efficiency to the mini-revelation equation.

I've had the pleasure recently of making inroads and reestablishing old roads recently with wineries just east across the Ebey Slough trestle from downtown Everett.

Andy Ferguson is the Owner, Winemaker and Architect of Piolet

Vintners ("Piolet" is French for "Ice Axe" as Andy is an avid mountaineer) and he has been building some remarkable wines over the past several years. After years of honing his craft at Chateau Ste. Michelle, including having a hand in producing one of the greatest and highest rated wines of CSM (Erocia Single Berry Select Riesling), Andy embarked on his own cathartic quest for discovery. Today Andy is presenting luxurious, silky-smooth Sauvignon Blanc, a couple of different Cabernet Sauvignons and a Syrah. For more info or schedule a tasting visit: pioletvintners.com.

My latest fortuitous discovery was a recent visit to a winery I had on my radar for quite some time - Lantz Cellars. Kevin Lantz is, by all accounts, the epitome of generous hospitality and irreverent professionalism. One visit and that assessment will be abundantly clear. I rang Kevin late one morning on a Sunday and, a couple hours later, was visiting and sipping an incredible foray of wines that punched way above their



(Left) Pioret wines are worth trekking over the Ebey Slough tressle to discover. (Right) “Quil” has been setting the bar for Washington red wines for decades.



weight. Visit Kevin’s website, lantzcellars.com, to see his schedule of open tastings or, just give him a ring! It’ll be a remarkable discovery and memorable experience.

I first met Marv Crum over two decades ago when he was an integral spoke in the wheel of a winery that has become as iconic and regionally important as any other on the planet (more on that forthcoming). Marv and I reconnected recently, and I was made aware of his own new adventure and pursuit of passion for vinified discovery. Marv and his beautiful bride, Susan, invited Edalyn (Ed) and I out to his newly formed winery in Snohomish for a barrel sampling of his first commercial vintage (2020) of Cabernet Sauvignon and Cabernet Franc all sourced from fruit off Quintessence Vineyard on Red Mountain. After sampling Marv’s “Babbies in Barrel” I subsequently asked the first question that came to mind, “When do I get to buy this?!” Marv’s 350 cases of Cab Sauv and 50 cases of Cab Franc from the 2020 vintage will be released in the spring of 2023. Marv & Susan have yet to settle on their brand for the winery but if having your own personal discovery of a “Hot off the Press” winery experience piques your interest, reach out to Marv via e-mail at marv.crum@gmail.com.

Writing about wineries in Snohomish and not mentioning the afore-mentioned iconic, globally important, trail-blazing phenom know by the inside crowd as simply “Quil” would be blasphemous and could result in a Bacchus woodshed whooping! When I was a wee lad of 37, with a smoldering passion for that mysterious elixir commonly known as wine, I instinctively knew that I needed to meet and know a Pillar and Patriarch of Washington Wine who happened to be just across the trestle.

When you can make such discoveries right here in our own backyard...well, that just adds efficiency to the mini-revelation equation.



Andy Ferguson of Pioret Vintners.

Alex and Jeannette Golitzen (Founders of Quilceda Creek Winery) graciously invited Ed and I to their home in August of 1997 for a tasting of their phenomenal wines on their deck. Obviously, it was a memorable experience. I asked Alex if there was one piece of advice he could offer up to an aspiring wine entrepreneur and his response has followed me ever since.

“Drink as much 95+ point rated wine that you can afford from any region you’re interested in to give you a benchmark on which to make your own judgments.” Simply brilliant advice that I’ve taken to heart over the past quarter of a century, which has guided me on a superlative viniferous journey of discovery both globally and locally. ♦



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“I was on assignment covering a rally in support of LGBTQ+ students in Marysville when this man and his granddaughter caught my eye. They had been circling the area on their bicycle, and I knew I needed to get a photo. I ended up with this one, which became my lead image from the event.” - Ryan Berry / The Herald

Local Journalism is Essential for an Informed Community and Healthy Democracy

The Daily Herald’s public service mission holds those in power accountable and uplifts diverse voices

BY BRENDA MANN HARRISON

The Daily Herald, the award-winning local newspaper serving Snohomish County, began with a commitment to strong journalistic values. The paper’s first editorial on Feb. 11, 1901, declared “There is in this community no one so poor or insignificant that The Herald will not defend him if he be wronged, no one so high and powerful that the Herald will not fearlessly attack him if he seek to do injustice.”

The Daily Herald of today upholds those fundamental values. Executive Editor Phil O’Connor says, “I’m extremely proud of the role we play in giving a voice to the voiceless and lifting up our community. It is our highest calling and the core of our public service mission.”

One of the Herald’s most important roles – and a core responsibility of the press – is serving as the community watchdog. It’s a time-intensive and expensive undertaking.

Reporters and editors can spend months on a single story to surface the information that citizens in a democracy deserve to know. Such reporting exposes injustice and can provoke reform that benefits a community. It can also impact readers and those who are part of the stories in a profound way.

THE IMPACT OF LOCAL JOURNALISM

In response to Herald reporter Isabella Breda’s investigation about Native American boarding schools, “Tulalip’s Stolen Children,” Toni Silicio sent a voice message to Isabella saying, “I don’t think I’ve ever read anything so compelling in my life.”

After the Herald published a story about the threat of dike failure along Skagit Bay near Stanwood, we heard from Ken Goetsch, who alerted three commissioners for Island County. Ken said, “It appears that your article is a wake up call for many of us who live on Camano Island ... You do a great service to the community with coverage like this.”

MOST TRUSTED AND MOST THREATENED

The Daily Herald’s locally focused journalism is the type of local news Americans hold in higher regard than national

news, according to a new poll from Gallup and the John S. and James L. Knight Foundation. Americans also say local news, compared with other sources of local information, does the best job of keeping them informed, holding leaders accountable and amplifying stories in their communities.

Although local journalism is trusted and valued, the local news industry is being decimated across the country. This is due both to the rapid proliferation of online news content as well as unfair market practices by some of the world’s largest technology companies that reuse local news’ content, data, customers, and advertisers, according to Local Journalism: America’s Most Trusted News Sources Threatened, a comprehensive report prepared in 2020 by the U.S. Senate Committee on Commerce, Science, and Transportation.

Data from the Pew Research Center shows that between 2008 and 2020, more than 2,100 newspapers across the country shut their doors, newspaper revenue dropped more than 70% and surviving newsrooms lost 26% or more of their workforce.

The drastic reduction in the journalism workforce has taken a heavy toll, making it challenging to cover all the news that a community needs to know. According to the Local Journalism report, it is important to keep in mind that journalism is a skill that requires commitment and extensive training. Local journalists have the expertise to sort through reports to determine what is real, what is fake, and what matters most to the communities served.



Indigenous children from around the Pacific Northwest were forced by the U.S. government to attend the Tulalip Indian School. (Tulalip Tribes Hibulb Cultural Center)

Kevin Clark / The Herald



If you smile, strike up a conversation and have patience, a moment will happen, albeit large or small. In this moment, Sandy Abrahamson, left, and Karen Sticklin test the weight capacity of a lift chair at the MSHH Donor Closet in Edmonds. - Kevin Clark / The Herald

The demise of local news poses the kind of danger to our democracy that should have alarm sirens screeching across the land.

WHO SHOULD CARE?

If you value the benefits local journalism brings to your community, you should be concerned about how difficult it is to keep local newspapers viable.

Margaret Sullivan, media columnist for the Washington Post, puts it bluntly, "The demise of local news poses the kind of danger to our democracy that should have alarm sirens screeching across the land."

Studies show a loss in local news leads to declines in civic engagement, voting rates and contested elected races and increases polarization and government costs as a result of lack of scrutiny.

Each dollar spent on local news brings hundreds in public benefits to communities, according to Democracy's Detectives: The Economics of Investigative Journalism, a book by economist James T. Hamilton. That's one of the reasons why philanthropists are working with fact-based newsrooms nationwide, including the Seattle Times, Sacramento Bee, New Orleans Times-Picayune, and the New York Times - and locally with The Daily Herald. These partnerships strengthen democracy and support public wellbeing.

ADD YOUR SUPPORT TODAY

To expand local reporting that meets community needs, The Daily Herald established three journalism funds:

Investigative Journalism

Environmental and Climate Change

Reporting

The Education Project

These journalism funds, in partnership with a nonprofit fiscal sponsor, empower individuals, businesses, organizations and foundations to invest in trusted, local news with a tax-deductible donation.

More than 2,500 donations have been made to the Herald's funds. They range from \$5 to \$50,000 and come from all over Snohomish County and beyond. Those who give understand local journalism is essential for healthy communities, competitive marketplaces, and a thriving democracy.

Roger Ellis made a donation because "Investigative Journalism is very important to make democracy work. We, the public, need you [The Daily Herald] to inform us of activities good and bad that are occurring in our community."

John Thielke, a long-time Herald subscriber gave to the Investigative Journalism Fund because "I have been reading biographies of several founders of the United States, including Washington and Madison. It is interesting how important it was at that time for the new government to support newspapers such that freedom of the press protections are built into the Constitution and special postal rates were established to encourage wide dissemination of the news. We only wish that more people today would begin to realize the danger of losing this important source of information."

You can learn more - and invest in local journalism today - at heraldnet.com/local-news-impact. ♦

Brenda Mann Harrison is the journalism development director for The Daily Herald. You can reach her at brenda.harrison@heraldnet.com or 425-339-3452.

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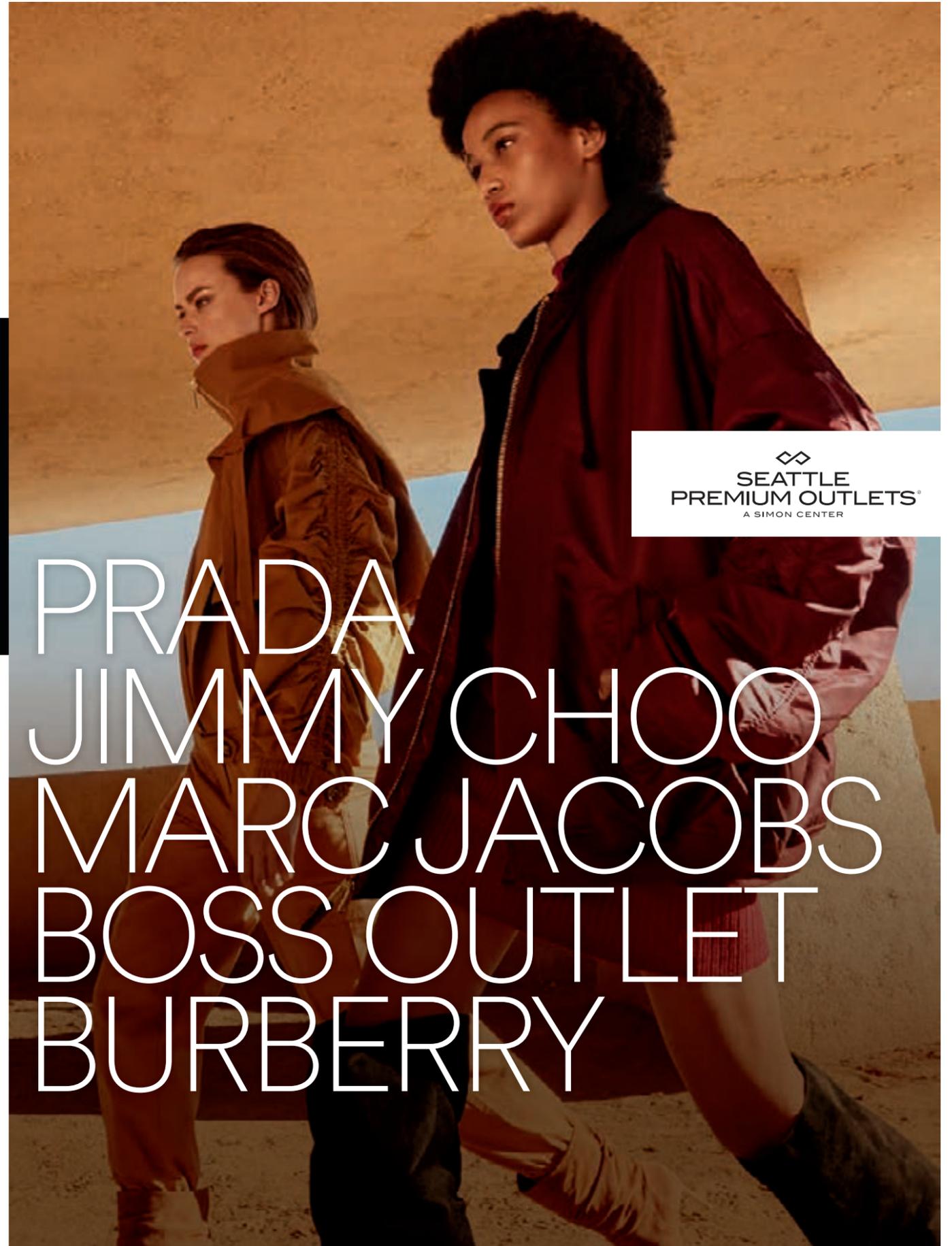
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Culture and Cures

Native American Views of Health and Wellness

BY MICHEAL RIOS

Photos by Micheal Rios

Since time immemorial, Native American concepts of health and healing have sustained a diverse people that make up 574 federally recognized tribes. Various exhibitions, textbooks and medical journals have attempted to rationalize and explain Native peoples' view on health and healing in a current western paradigm, but that's where they go awry.

In order to properly understand how the tenets of mainstream holistic and naturopathic remedies are deeply rooted in Native teachings that were passed down from our ancestors, from one generation to the next, one must first accept that our medicines, healing ceremonies,

and connection with the natural world are all one and the same. That is the common thread that weaves a culture of 574 tribes together.

Let's explore some of these truly remarkable healing modalities practiced by Native peoples today.

HEALING

Many traditional healers say most of the healing is done by the patient and that every person has a responsibility for his or her proper behavior and health. This is a serious, lifelong responsibility. Healers serve as

facilitators and counselors to help patients heal themselves. Healers use stories, humor, music, tobacco, smudging, and ceremonies to bring healing energies into the healing space and focus their effects. The healing process also goes beyond the individual patient. Traditional healers consider not only the patient's immediate family and community, but future generations as well.

Native people of all groups are often faced with the question of whether to rely on traditional Native healing methods or to seek western medical treatment. Today, Native Americans can access a continuum of health care. Many traditional healers still practice independently within tribal communities. Other healers may work with western-trained primary care physicians to coordinate

care for Native American patients. Some healthcare institutions even offer both traditional and western medicine, often at the same location.

ROLE OF CEREMONY

Ceremony is an essential part of traditional Native healing. Because physical and spiritual health are intimately connected, the body and spirit must heal together. Traditional healing ceremonies promote wellness by reflecting Native conceptions of Spirit, Creator, and the Universe. They can include prayer, chants, drumming, songs, stories, and the use of a variety of sacred objects.

Healers may conduct ceremonies anywhere a sick person needs healing, but ceremonies are often held in sacred places. Special structures

for healing are often referred to as Medicine Lodges. Wherever they take place, traditional healing ceremonies are considered sacred, and are only conducted by Native healers and Native spiritual facilitators. Non-Natives may participate by invitation only.

THE MEDICINE WHEEL AND FOUR DIRECTIONS

The Medicine Wheel, sometimes known as the Sacred Hoop, is widely used by tribes across the nation for health and healing. It embodies the Four Directions, as well as Father Sky, Mother Earth, and Spirit Tree – all of which symbolize dimensions of health and the cycles of life.

The Medicine Wheel can take many different forms. It can be an



Tulalip elders routinely come together to harvest locally grown fruits and veggies at the community wellness garden.



Smudging is the most common form of ceremony used to clear people and places of negative energy.

artwork such as an artifact or painting, or it can be a physical construction on the land. Thousands of Medicine Wheels have been built on Native lands in North America over the last several centuries.

Movement in the Medicine Wheel and in Native American ceremonies is circular, and typically in a clockwise, or “sun-wise” direction. This helps to align with the forces of Nature, such as gravity and the rising and the setting of the Sun.

Different tribes interpret the Medicine Wheel differently. Each of the Four Directions (East, South, West, and North) is typically represented by a distinctive color, such as black, red, yellow, and white, which for some stands for the human races. The Directions can also represent:

Stages of life: *birth, youth, adult (or elder), death*

Seasons of the year: *spring, summer, winter, fall*

Aspects of life: *spiritual, emotional, intellectual, physical*

Elements of nature: *fire (or sun), air, water, and earth*

NATURE AS A SOURCE OF STRENGTH AND HEALING

A deep respect for and connection with nature is common among all Native peoples. Unlike modern society, which erects barriers between itself and the natural world, Native cultures derive strength and healing from the land and water. Individual wellness cannot be achieved when the connection to nature is missing or contaminated.

“The environment shapes the culture of the people,” explained Roger Fernandez, tribal elder from the Lower Elwha Band of Klallam. “Anywhere in the world, the environment they live in shapes that culture. You have the mountain people, and the lake people, and ocean people, and island people. That environment shapes the culture, and then the stories explain the people and their relationship with that environment, and the art becomes, to me, a visual manifestation of that whole process.”

PLANTS ARE MEDICINE

Indigenous healers (from the Americas, Hawaii and New Zealand) share a long history of using indigenous

plants for a wide variety of medicinal purposes. Medicinal plants and their applications are as diverse as the tribes who use them. Beyond the medicinal benefits, indigenous plants were a staple of Native peoples’ diet before European contact. Today, indigenous plants are central to efforts to improve dietary health for current generations.

In Hawaii, the “Waianae Diet” and “Pre-Captain Cook Diet” aim to reduce empty calories, fat, and additives and promote a healthier, more balanced diet by restoring the role of indigenous foods. Various Native tribes have similar projects emphasizing traditional foods. In this very real sense, food is medicine.

Dandelion is a generous source of Vitamins A, B, C and D and various minerals. It is also used for liver issues like hepatitis and jaundice and is a natural diuretic. All of the plant parts can be used: the root as medicine, food, or coffee substitute; the leaves as a poultice or salad; and the flowers as food or medicine.

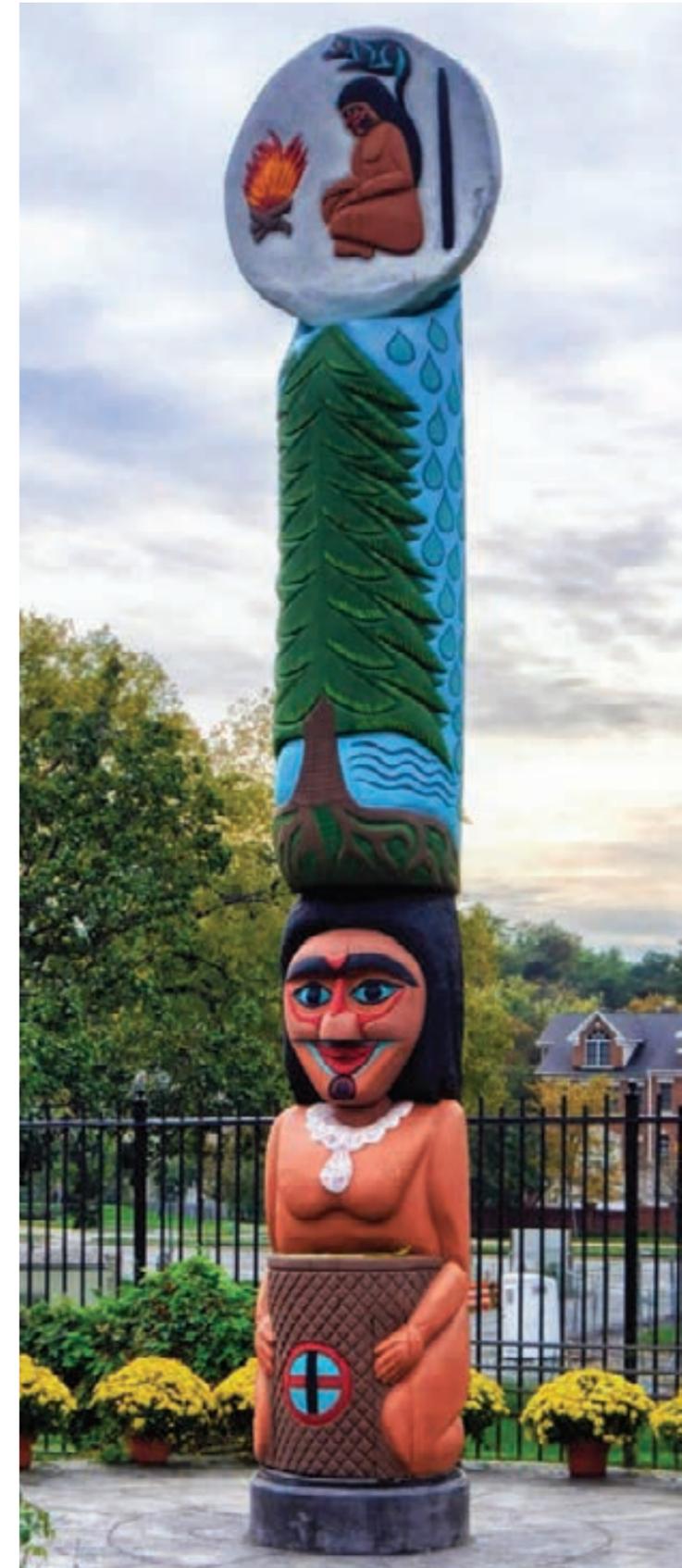
Willow leaves are used in a poultice or bath for skin infections or irritations and the leaves can be chewed and placed on insect bites for pain relief. Willow ash can be sprinkled on severe burns or to prevent infections in cuts. Willow is used in some forms of over-the-counter aspirin. Willow aspirin compounds are organic and less volatile than their chemically made counterparts.

Aloe is used for healing burns, as a tea to detoxify the body, and as a skin moisturizer.

HEALING TOTEM

The National Library of Medicine’s healing pole was commissioned and created by Lummi Nation’s House of Tears carvers in 2011. Its purpose is to promote good health, in keeping with the mission of the modern-day healers who work diligently to advance our knowledge of health and medicine.

“The figures in this pole are based on [our people’s] stories,” explained Master Carver Jewell James. “At the pole’s base is depicted a woman with a gathering basket, symbolizing the role of women in collecting traditional herbs and medicinal plants. Above her rises the Tree of Life, with its branches reaching for the sky and its roots deep in the Earth, symbolizing how all life on Earth is related. The Tree represents the forest from which medicines are gathered. Capping the pole is Medicine Woman in the Moon, looking to the Great Spirit to reveal new knowledge.” ♦



National Library of Medicine’s healing pole was created to promote good health, in keeping with the work done to advance our knowledge of health and medicine.

Funny Business in Everett

PNW Comedy Scene is Booming with Fresh Talent and New Venues

BY TAYLOR CLARK

A mechanic-themed bar in north Everett is nurturing a booming comedy community, a fish restaurant in Silver lake spawned a show big enough to fill theaters, and the new talent director of one of the longest running comedy contests on earth, is some wacky skater dude from Everett. Full disclosure: the aforementioned wacky skater dude is writing this article.

The Northwest comedy scene is on the verge of an explosion and Everett is at the center of the bomb. I say that humbly as the newly crowned boss of comedy, who also just happens to be from Everett. Cue gavel sound: Everett is the center of comedy now. Court dismissed. (This power is intoxicating)

SICC HISTORY LESSON

The Seattle International Comedy Contest (SICC) is owned and operated by the infamous Jon Fox who also owned "The San Francisco Comedy Contest" and the legendary Comedy Underground in Seattle (now permanently closed after 40+ years). The former talent director Peter Greyy did a phenomenal job wrangling comics for this contest from 2005-2021.

SICC (now in its 43rd year) has been a massive part of comedy history for decades. Winners have ranged from Mitch Hedberg, who inspired an entire generation of comics and opened for Nirvana, to Preacher Lawson, a runner-up on America's Got Talent in 2017 and currently one of the biggest comics on earth. The list of comics who have participated is littered with some of the most important comics working today.

Needless to say, SICC is rightfully regarded as "important" in the global comedy landscape, but in the PNW, it's the center of our universe.

It takes more than a good comedy contest in a neighboring town to make a comedy scene thrive, though. So why is Everett being regarded as the Brooklyn to Seattle's NYC? (By me and me alone, but buzz has to start somewhere!)

First, it takes good comics and good leadership. Everett has sent some good players to the Seattle comedy super bowl. A staple of this town's comedy scene has been "Everett Comedy Night" at Emory's, produced and hosted by Cory Michaelis. He was a finalist in 2015 and now has millions upon millions of views for his Dry Bar Comedy special. Instead of fleeing to



Photo by Mike Bryk

Taylor Clark performing in Bushwick, Brooklyn - Comedians at Skateparks Tour.

NYC or LA with his success like most do, he stayed in Everett and produces his own theater tours, headlines all over the country, and after the shutdowns, moved his show from Emory's to The Historic Everett Theatre. Ecstatic crowds and big names like Brad Upton and Aida Rodriguez have been filling the shows up every month.

What else makes this scene so special? Well, no good comedy scene can exist without a good open mic. Quinn Fitzgerald and Adam Tiller have catapulted Tony Vees open mic, and thereby the entire Snohomish County comedy scene, to its highest level to date.

Tony Vees has more the vibe you'd expect at a Hot Rod shop. It has less of the vibe you'd expect as an active hot bed for fresh new talent. But in classic Everett fashion, amazing things happen in these unexpected corners of the 425. Adam and Quinn have wisely used the show to harness their own talents and have quickly become some of the strongest comics in the Northwest.

Our little scene up here is now registering on the international comedy roadmap as a hub for talent, it's building a reputation for having hot crowds and killer comics.

As someone who helped build the Brooklyn comedy scene, performing and producing independent shows there for 10 years, I can point out at least one obvious parallel between our little Everett Comedy scene and the one in Brooklyn: Brooklyn has Manhattan and Everett has Seattle, and Seattle comedy has grown more in the last year than it had in the previous 40.

Two new clubs and a comedy festival have sprung up since the funeral of Comedy Underground, giving a massive comedy makeover to our entire state.

WHAT'S NEW?

The Tacoma Comedy Club has been a staple down south for years and the owners have opened clubs in multiple states with no signs of slowing down.

Here-after is a new club underneath the Crocodile Lounge in Bell Town. They are bringing in A-grade talent, booking locals, and hosting Indy-comedy nights that further increase the Northwest's foothold on the national comedy stage.

Club Comedy in Cap-hill is almost always packed out, and building an incredible community. The owner, Rick Taylor, goes above and beyond to nurture new talent. I personally teach a comedy class there and it will host several nights of the contest.

Laughs Comedy Club in the U-district has also grown immensely in the last year and the comics, staff and audiences are as loyal as they come. Angela Dennison and her husband Dave have been nurturing talent and bringing in the world's most widely respected comics at their club for years and they just keep getting better at it.

The Upper Left Fest is a comedy festival produced by Issac Novak (former SICC contestant). After hosting the first successful year in 2021, he will launch again this May with big names, hilarious acts and tons of local comedy stars.

Tacoma opened **Nate Jackson's Comedy Club** over a year ago, which has brought a much needed energy to the scene. Nate is easily one of the best and most accredited comics living in the Northwest and is moving mountains to improve the scene.

Between Nate's, TCC, three clubs in Seattle, a new SICC talent director, a new comedy fest, and a slew of local headliners choosing to stay in the scene instead of moving to LA or New York, the NW comedy scene may just be able to compete with those of the NYC's and Chicago's of the world — and Everett might end up being the Brooklyn to Seattle's Big Apple after all. ♦

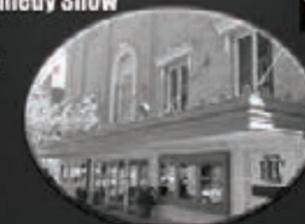
For more information on Seattle International Comedy Competition go to seattlecomedycompetition.org



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- October 6: T.J. Miller Comedian
- October 7: Hologram Concert: Buddy Holly/Roy Orbison
- October 8: Coast to Coast Live with George Noory
- October 15: Michael Grandinetti: Magician
- October 21: Superfekta and Friends Reunion Concert
- October 22: Aida Rodriguez Comedian
- October 23: Silent Movie/Pipe Organ - The Lodger (Hitchcock)
- October 28: Chad Prather - The New Mark Twain
- November 4: The ELO Experience
- November 5: Chris Perondi's "Stunt Dog Experience"
- November 12: Pauly Shore - Comedian
- November 13: The Kingston Trio
- November 16: Warren Miller Skie Movie
- November 26: The Dope Show - Comedy
- November 27: Silent Movie/Pipe Organ - The General (Keaton)
- December 2: Infinity Project - Journey Tribute
- December 3: The Lonely Hearts: Beatles Music
- December 10: Geoffrey Castle's Celtic Christmas
- December 11: Silent Movie/Pipe Organ - Phantom of the Opera
- December 17: Queen Nation - Queen Tribute
- December 30: March Fourth Marching Band
- January 14: Comedy Show
- January 28: Comedy Show
- February 5: Stickmen featuring members of King Crimson
- February 11: Michael Firestone's "I am King" Michael Jackson
- February 25: '80 Fab Years Tribute to George Harrison
- March 3/4: Banff Film Festival
- March 11: Comedy Show
- March 25: Comedy Show

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A patron and his best friend at The Independent in Everett. (Next Page) Kate in her favorite spot — Cole Art Gallery

Everett is a virtual hotspot for dog-friendly bars.

Owners pay a \$5 fee to get their dog in. Then humans and their pets can get a drink (craft beers for the bipeds, doggy-style, non-alcoholic beers for the quadrupeds). Chill while your doggo romps around with buddies on the astroturf. Be sure to check their website ahead of time to make sure that your dog meets all requirements like up-to-date vaccinations, and can meet proper behavior codes.

Everett is a virtual hotspot for dog-friendly bars. The Independent, Scuttlebutt Taproom, At Large Brewing, and Toggles Bottle Shop are all dog-positive places to wet your whistle. At Large has a big patio and Toggles has roll-up windows, perfect for letting your pup sniff the salty air of Everett while you catch up with some craft brews.

These establishments are all within about a three-mile radius, so if you pace yourself, you can visit a few of them while you're in town. Please drive (or walk) responsibly.

SELECT PET SHOPS & GOODS

Admit it: you love to spoil your pup. No judgment, because you're in good company. The average American spends \$1,480 on their dog every year. That goes above and beyond basic medical expenses to include the good stuff, like chew toys, adorable Halloween costumes, and cushy beds. Here's where to treat Rover when you're in Snohomish County.

Bridges Pets in Snohomish is a gift shop par excellence for dog lovers. They sell all manner of toys and supplies, all in a customer service-forward, boutique-style setting. Anything that you can think of – yep, they sell it, including the cushiest of doggy beds (fun fact: dogs of all ages dream).

Sam's Cats and Dogs Naturally is a health food store for cats and dogs, specifically. It's not the mega-chain type of big box that caters to lizards, birds, and the rest of the domestic menagerie.

It's a Dog's Life

Pup-Friendly Outings & Goods in Snohomish County

BY RICHARD PORTER

You love your dog. And your dog loves you way more than you know. Look at those big loyal eyes staring at you.

Snohomish County is a great place to be if you walk on four legs, pant, and have a certain thing for chasing cars.

Let's see what our county has in store for pets and the people that love them. Let's go fetch!

OFF-LEASH DOG PARKS

Time to get outside with Fido! Like humans, our four-legged friends need to get fresh air, social time and plenty of exercise to feel like the best version of themselves. These outdoorsy options will get your pooch feeling great and will give you a chance to commune with your fellow dog lovers.

Japanese Gulch in Mukilteo has an off-leash dog park that's quite popular with outdoorsy types. Next to the park is 147 acres of woodsy trails, just waiting for on-leash exploration.

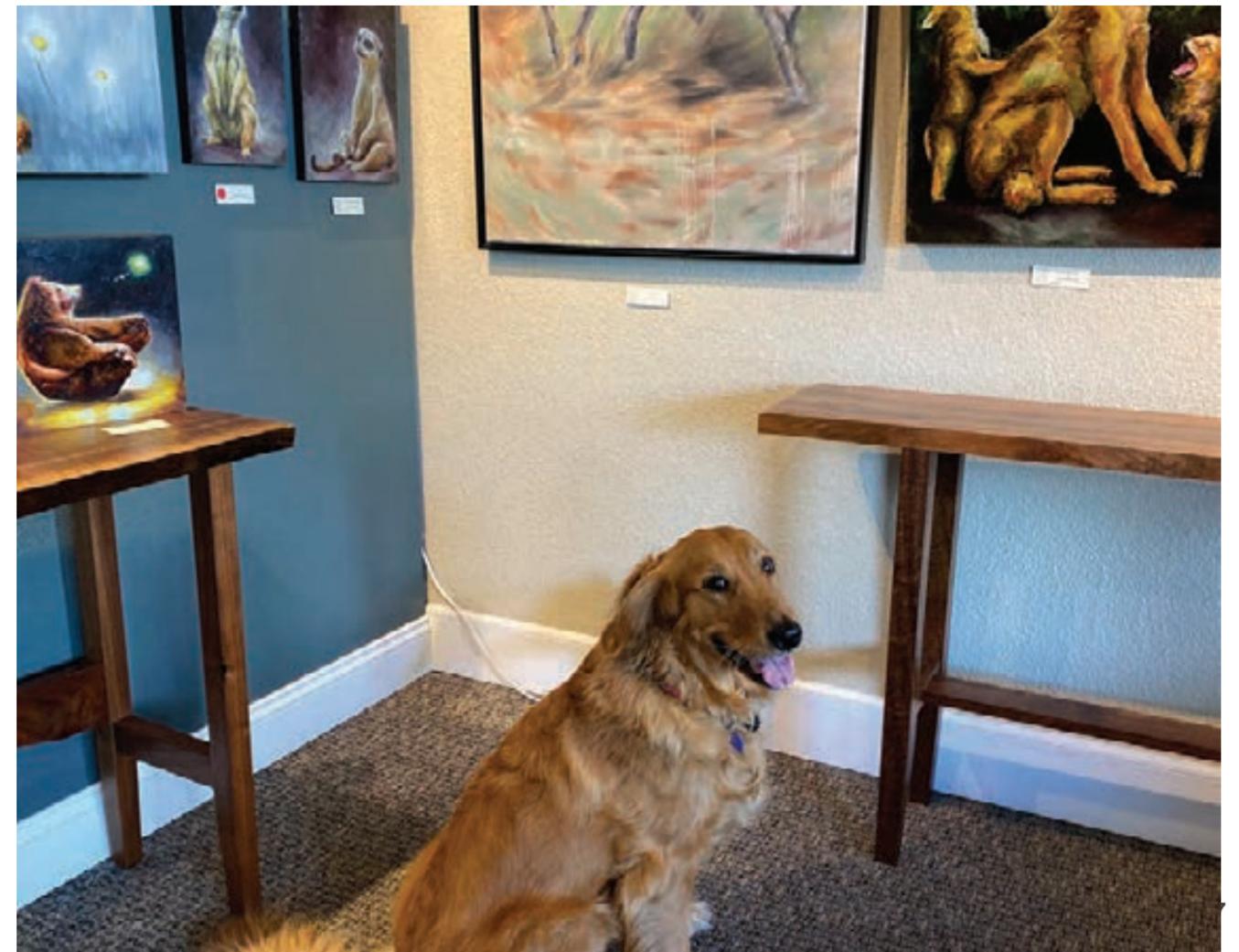
Everett offers a brand-new off-leash dog park at the south entrance to the Lowell Riverfront Trail. Take your dog for a social romp, then leash them up for a mile-long stroll on a paved path next to the Snohomish River. Enjoy glimpses of Mount Baker, and the occasional harbor seal, otter, or heron.

Marysville's Strawberry Fields off-leash dog park offers some serious acreage for Rover. If you're travelling the I-5 corridor (as most folks do for dog hiking or camping), this destination is an easy jaunt right off the freeway. Perfect.

Off Leash Area Edmonds is one of the few off-leash parks that provides a scenic and pleasant non-threatening place for dogs and their owners. Dogs are permitted to run free, swim, meet new friends and play.

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Pints and Pups... okay, hear me out on this. This is the ideal setup for well-behaved dogs of any breed.





As such, they really pride themselves on selling raw and organic foods. If you want your pup to feed like the king or queen they are, then be sure to treat them (and their 1,700 taste buds) to Sam's delicious gourmet treats.

DOG-FRIENDLY HIKES & TRAILS

Our woods are criss-crossed with so many paths for humans and canines to explore. Where to start? A good place is with basic trail etiquette for dogs. Research and respect leash laws, which can vary by hiking trail. Yield your dog's right-of-way to other hikers. And leave no trace on the trail - and, you got it, that includes dog poop. Enjoy!

Lord Hill Park, nestled between Snohomish and Monroe, is a 1,463 acre wooded park interlaced with walking paths through a nature preserve. Heybrook Lookout in Index is a relatively short but rewarding hike to a 1,700-foot fire lookout with panoramic views. If you're not keen on elevation gain (or your old doggo has arthritic knees) take it easy on the relatively flat Centennial Trail, which runs 30 miles from Snohomish to Arlington in Snohomish County.

Have fun out there with your furry bestie! And remember, when you're done exploring, you can always sit and stay in Snohomish County. It's a dog's life here, after all, and that's a good thing. ♦



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State of the Art Coworking Spaces Offer Connectivity and Collaboration

BY WENDY POISCHBEG
FOR ECONOMIC ALLIANCE
SNOHOMISH COUNTY



I first met Tracey Warren, Founder of InSpark coworking Space, at the EASC Small Business Summit in 2018. I was thrilled to discover Snohomish County had a shared work option as the highly successful models, WeWork and The Riveter were established fixtures in Seattle – but coworking hadn't caught on here at the time. Today, Tracey is not alone as shared workspaces are flourishing, with seven collaboration hubs accepting membership applications in the Snohomish County region.

When Tracey first opened InSpark, most of her members were entrepreneurs and start-ups with one or two employees who excelled in a shared work environment but were not ready for the expense and overhead of a traditional brick-and-mortar office. Now, it's remote workers who fill her desks and offices.

"This pandemic changed how people show up for their jobs," Tracey said. "For instance, it's been challenging on the extraverts who thrive around other people who are now secluded in their homes. Connection with others is a huge reason why people will pay to work in a communal space instead of working from home for free or renting an uninspiring office."

"Even now, we serve several people who just need to get out of their houses. They tell me that after working from home and weekend at home — they need to go to another setting to feel rejuvenated and inspired. The people who benefit from coworking spaces may just need a place to do an interview – and you can't do that at home or a coffee shop."

A recent survey compiled by CommonUnity, a Snohomish County consulting firm, reports that 70% of workers want to maintain some kind of remote work option.

“Coworking is about community. Hard stop.”

"It is clear that there is no desire to return to prior work structure in our jobs," said Kathy Solberg, CEO. "There is no normal here. For those employers that have the capacity to explore a combination of remote work and a physical presence in the workplace, they will retain and attract a greater number of employees by creating a hybrid work environment that reflects the individuals in their workforce."

When asked if she thought remote work was a thing of the past, Tracey responded, "I think we're barely scratching the surface. I believe we're trending towards more remote options, not fewer. Millennials are demanding different work situations. They are a powerful generation who want change and choice – and companies will have to embrace these options if they expect to attract and retain talent. Offering a coworking membership for your employees gives businesses a competitive advantage and should become part of your company's strategy to help your employees and your business thrive." ♦



(Top) Coworkers corroborating and sharing ideas at The Koop. (Bottom) Think Tank — Inside this historic building is state of the art design and technology for today's entrepreneurs.

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A gargoyle and an angel from the cathedral share a moment of détente. Both have had their once sure support gravely threatened.

The Elixir of Art

BY MARGARET NEWCOMB

“Art saved your life.” Father Robert Pelton, a counselor at a community in Ontario, Canada surprised me with this statement during my first conversation with him. I was a runaway 19-year-old searching for meaning and purpose in her life. I had just finished telling him the story of how an insightful nun witnessed my being bullied during recess, making middle school a living hell for me, and how she had rescued me.

Beginning in sixth grade, everything about me turned wrong. When the other girls wore pantyhose, I was stuck with fishnet stockings. When I was drafted onto the big girls’ softball team of seventh and eighth graders, my mother made me wear pedal pushers, while all the cool girls a grade or two older wore fashionable cutoff jeans. The coaches had pulled me onto the team after witnessing my prowess at recess. I could catch,

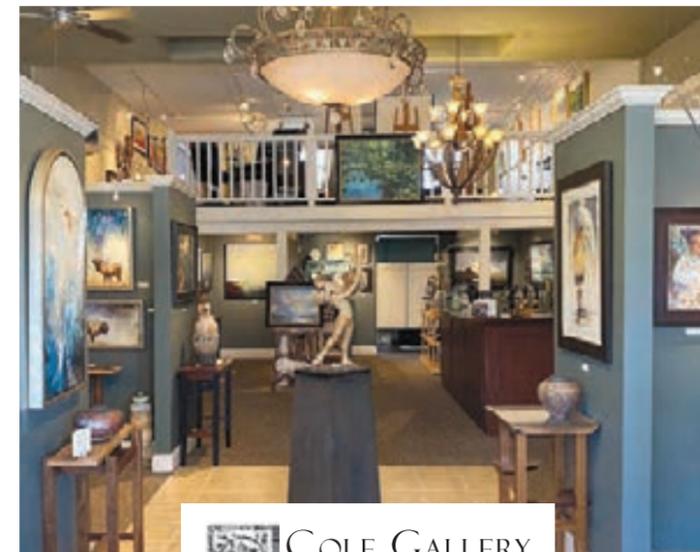


Summer 2019, when I had to fly to Michigan to bring Tim back from one of his escapades in the full early fury of Lewy Body Dementia’s onset.

pitch, and field, thanks to having played regularly with my tough brothers, who made absolutely no allowances, I’m grateful to say, for my being a girl. The coaches made me a first string shortstop. The offended older girls kept up a constant barrage of insults. Their sneers and insinuations tortured me, until one day, I took off my uniform and walked home, never to return to the team, never again to return to the game.

Then began a middle school nightmare. No one talked to me or played with me at recess, unless it was to mock me, my clothes, my shoes, the size of my feet. The kind nun who taught seventh-grade English must have seen what was happening, though she never directly addressed it. She simply took me aside one day and told me she could use some help with her bulletin boards. In the late 60s, troll dolls were all the rage. Using full-size poster board and markers, I filled the classroom with colorful mop headed trolls, each one carrying a big sign proclaiming a grammar, spelling, or punctuation rule. The adorable creatures earned the admiration of the other students and ended my sentence as butt of all torment. They did me the further service, by the by, of ensuring that I master the intricacies of English. The creative act of making art brings wellness. During middle school I experienced emotional healing when I lost myself in the delight of drawing those funny beings, working to make each one uniquely expressive. As a younger child, I had escaped the stresses of a tumultuous household by curling up into my bed and drawing stories with happy endings. The stories had no words. They were all pictures, though I would sometimes narrate them to my younger sisters and brother.

Throughout high school, college, graduate school, and all my life long, up to the present moment, art has lifted me out of anxiety and carried me into a place where peaceful energy reigns. Personal experience gives me the confidence



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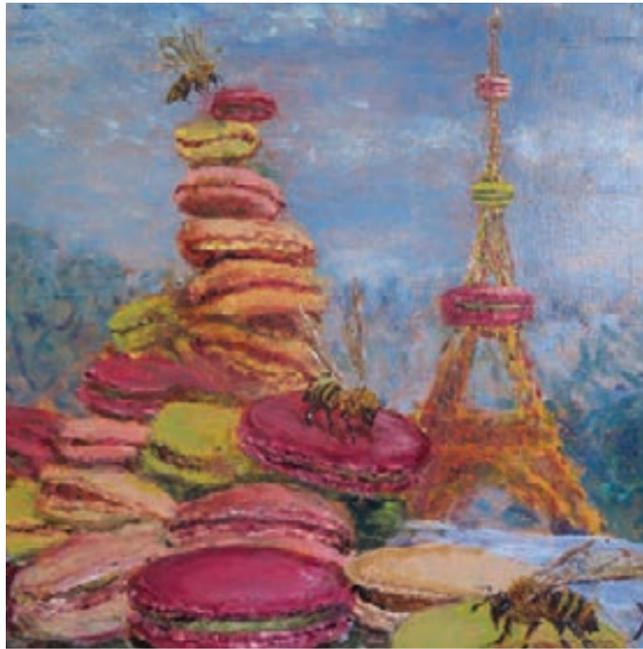
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(Top) Tour de Macarons (Bottom) My pets Freya and Governor, depicted in this little sketch drawn while I was going through chemotherapy, kept me feeling warm and loved throughout my treatment.

"I felt that I wanted to live after all, and that if I lived, I wanted to paint... This desire to become a painter helped me live."

to assert that making visual art is therapeutic. I assume that other creative activities such as writing poetry or fiction, sewing, composing or performing music, and other pursuits that have no focused practical purpose, but which instead arise from a desire to make something aesthetically or auditorily pleasing, that these activities, too, promote emotional health.

Late summer of 2022 seems a good time to consider the benefits of art to physical health as well as to mental wellbeing. Having not myself contracted the coronavirus, I cannot cite direct evidence that art helps heal such a disease, though I suspect that it helps with coping and recovery. I can, however, attest first hand to the role art has played in helping me face two life-shaking illnesses that have recently sent deep tremors across the surface of what I thought was my settled and mostly secure world.

First came disturbing changes to my husband's behavior and personality, culminating in wildly psychotic exhibitions that terrified me. My kindly and usually mild-mannered husband accused me of trying to poison him. I won't forget the morning I awoke to find my husband angrily bustling about, telling me that he'd called the police, accusing me of trying to kill him, of training our six-month-old standard poodle puppy to attack him. Those police officers became my friends over the next year, reappearing too often, to rescue me from Tim's rages and Tim from himself.

In late May of 2019, after a particularly extreme psychotic episode and three weeks of Tim's hospitalization in the University of Washington's Psych Ward, came the diagnosis of Lewy Body Dementia. I retired earlier than I had planned in order to manage the demands of this baffling and cruel disease. Receiving a phone call from an Amtrak conductor at 2 a.m. in France, while I was chaperoning students on an exchange trip, brought home to me just how very serious Tim's condition was turning out to be. The conductor told me he was putting Tim off the train and depositing him at the nearest hospital, which happened to be in Nebraska. Tim was seeing terrorists and shouting and scaring other passengers. More recently, just a year ago, while I was still in shock and struggling to find ways to navigate the demands of my husband's illness, my own body raised a ruckus and threw out its Jack-in-the-box surprise of non-Hodgkin's Lymphoma.

That first September of my retirement, to focus myself on something other than not being in school teaching art and French, I had plunged into a painting project for Burien Arts, their 20/20 benefit auction. I chose to put those two subjects into my nine 8" x 8" wood panels, using French monuments as my theme. The recent burning of Notre Dame Cathedral's medieval spires represented to me much that had gone wrong

with the world, Covid, yes, but also the vicious political and xenophobic divisions that were burning out of control, making our whole globe sick.

To my great relief, I found that Tim loved seeing me paint. He always had before, but so many of his behaviors had changed with the emergence of the disease that I feared he might react differently since. But, no. If anything, his admiration for my work only increased. He marveled at the images and noticed all kinds of little details. The "Morphing Monuments" project released both Tim and me from the unsettling effects of our life changes. My jump-started education about dementia has taught me that "creativity is the last to go." I would add that the same holds true of appreciation of creativity. My little studio became a peaceful safe space for the two of us.

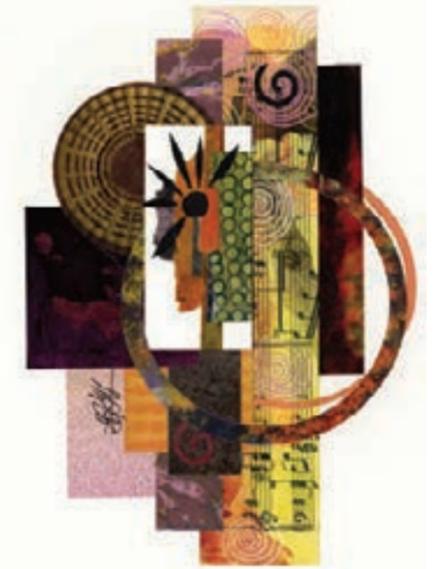
Then came the cancer. It's more or less accepted to say that stress can make you sick. Certainly, the past couple of years have been frightfully stressful for me. My reaction to my doctor's phone call, after she told me that my biopsy had come back positive, gives evidence of just how stressful. My first thought was not, "Oh, no! I've got cancer!" It was, instead, "Oh, thank God! I'm going to get a break from dealing with Tim's LBD!" That didn't happen, but even so, I survived and have come out strong and healthy, I am happy to report, with no evidence of cancer anywhere in my body.

With the return of health came a renewed desire to surround myself with art and artists. Colleen Bowen, of the lovely boutique C'est la Vie in Edmonds, put me in touch with Denise Cole, who has since taken me on as part-time help in her gorgeous Cole Gallery, thereby introducing me to Edmonds' vibrant artistic community. Meeting artists and seeing them teach inspires me on a daily basis to appreciate creativity in others as well as to pursue my own art.

Recently, while visiting Cascadia Art Museum, also in Edmonds, to view Maria Frank Abrams' work and learn her story, I read a note this artist wrote after all her close family were killed at Auschwitz. Herself imprisoned at Bergen-Belsen, she lost the desire to live. I will let her tell you in her own words how art saved her life. In comparison, my little middle school drama pales to nearly nothing.

There was a woman in the same barrack where I was... she was an artist; she talked about her work, about her life in Paris, about her past. It was throughout this period when I felt that I wanted to live after all, and that if I lived, I wanted to paint... This desire to become a painter helped me live.

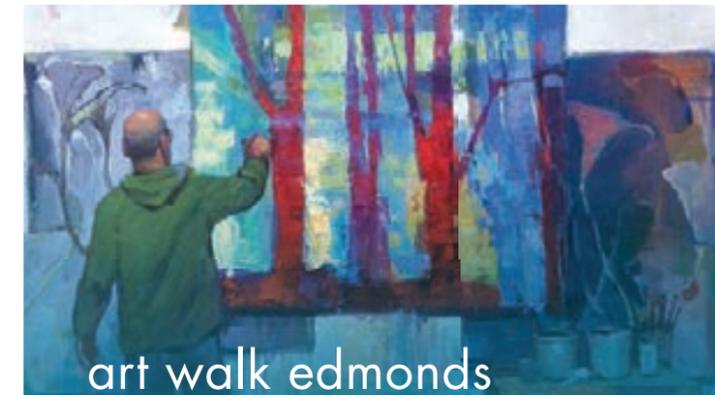
While I was going through chemotherapy, my artistic output diminished, but did not stop. Even when I was not actually painting, the thought that I would paint again soon, no matter what, comforted me. Maybe it even promoted healing. It clearly motivated me to get well, so that I might enter again into the creative energy that lifts my spirit, so that I might, maybe, leave a work or two of pleasing art behind when my time to leave the planet finally does arrive. ♦



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Helion's Polaris reactor will be about the size of a shipping container, and is expected to generate up to 50 megawatts of electricity.

“We need our data centers and our factories and our Tesla truck charging stations powered by industrial-scale, clean, carbon-free electricity,”

most-energetic state of matter. During fusion, two atomic nuclei smash into each other, forming a new atom and releasing free electrons — electricity.

This is essentially how the sun works: Massive amounts of superheated hydrogen atoms are smashing into each other every instant, creating helium atoms and giving off the energy that warms our planet.

But while the science behind fusion has been known for decades, the challenge of engineering a system to contain a fusion reaction big enough to support commercial use has lagged behind.

That’s because it’s enormously difficult to create an environment on Earth where fusion can take place, according to the University of Washington’s Chris Hansen, a research scientist who is collaborating with another fusion-energy company, CTFusion.

Hansen told GeekWire that the primary driver of advances in fusion technology has been the major leaps in computing power of the past decade. That’s allowed for rapid advances in computer modeling.

“It’s very difficult to make measurements in a fusion reactor because 100 million degrees is pretty hot,” he told the Seattle news website. “So as a result, we really rely on models and computer simulations to interpret and understand some of the things we’re seeing.

“The sophistication of those models has gotten better and we’re really getting to the point where we have a good enough understanding that we feel like we can make some of these big steps,” Hansen added.

Star Power

Everett Companies Pursue Carbon-Free Fusion Future

BY BRYAN CORLISS

Snohomish County may be on the cutting edge of an energy technology revolution, with two companies pursuing projects to commercialize technology that creates carbon-free energy by mimicking processes found on the sun.

One of the companies, Helion Energy, is set this fall to move into a new 25,000-square-foot plant off Seaway Boulevard in South Everett, paid for with part of a \$500 million investment that’s the largest-ever financing package for a clean energy project.

The other company, Zap Energy, made news this past summer when it landed its own \$160 million investment, with cash coming from blue-chip investors including Bill Gates’ Breakthrough Energy Ventures, plus the investment arms of oil companies Shell and Chevron.

The stereotypically cloudy Pacific Northwest may become a hub for this new energy technology that’s based on nuclear processes that occur within the sun. Along with the two Snohomish County companies, CTFusion in Seattle and General Fusion in Burnaby, British Columbia, are among

the companies pursuing different fusion energy technologies with ample financial backing from investors.

“The increasing amount of funding that’s going into fusion – and not just us, but others – it’s showing you that there’s a lot of smart people looking at the fusion space and saying ‘Hey, there are real advancements happening here,’” Helion founder and CEO David Kirtley told Seattle’s GeekWire.

FUSION GENERATES ENERGY THE WAY STARS DO IT

Fusion technology has been the holy grail of nuclear science for decades. Instead of splitting atoms – which gives off massive amounts of energy, but also deadly radiation – scientists have dreamed of creating energy the way the sun does, by smashing atoms together. Fusing atoms releases energy, without giving off anywhere near as many radioactive particles.

Fusion take place in plasma, which, you may recall from your high school physics class, is a superheated gas and the



Helion’s team is growing. The company expects to employ close to 150 people at its Everett site.

HELION'S TECHNOLOGY 'REALLY WORKED'

Helion's been around since 2013, when it was spun out of a small Redmond research and development firm, MSNW.

Fusion was one of the concepts that MSNW was pursuing back then, Kirtley told the Puget Sound Business Journal. "We had one of these technologies that really worked, and it really worked," he said. "It worked and it worked big. It worked better than we even expected."

It worked so well, in fact, Kirtley and his colleagues needed to take some time to understand exactly why it was working so much better than expected, he said.

The company continued in Redmond for several years, refining its process of using electromagnetic currents to contain the plasma where fusion occurred, before it started taking major steps in the summer of 2021.

In June that year, Helion announced that the plasma inside its prototype generator had reached 100 million degrees Celsius – the ideal temperature

at which a commercial power plant would need to operate.

The company also said it had successfully run its prototype reactor for 16 months.

"These achievements represent breakthroughs with major implications for how the world meets its expanding future electricity needs," Kirtley said in a press release announcing the milestones.

Then in July, the company broke ground on its new plant, in a ceremony that included local leaders and Washington Gov. Jay Inslee.

And then in November, it announced its record-shattering investment: \$500 million from a combination of individual investors and venture capital funds, with the potential to grow to \$1.7 billion, assuming Helion hits specified targets for its development. The funding package valued the company at \$3 billion.

Helion's funding deal was "the largest deal in clean energy ever and could be the beginning of a new era: abundant, clean energy from commercialized fusion technology," Svenja Telle,

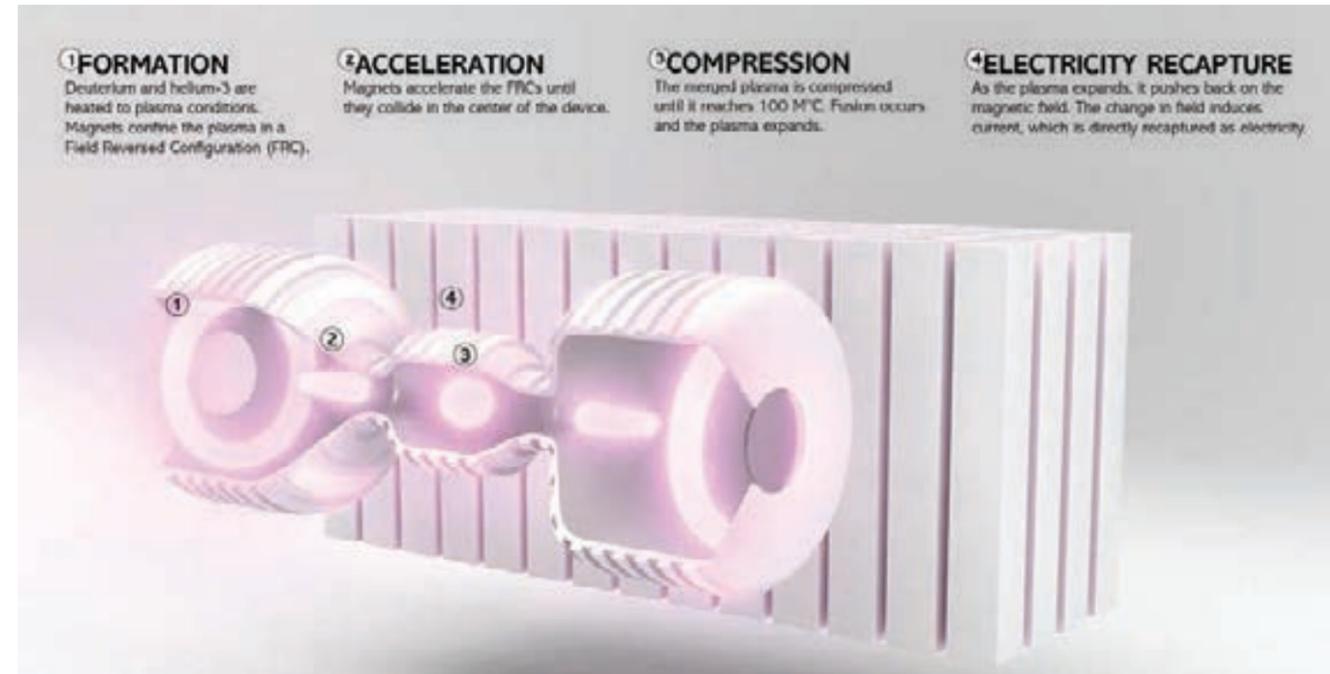
the emerging technology analyst at PitchBook said.

POLARIS IS THE NORTH STAR

Helion is calling its latest fusion reactor prototype the Polaris. It is different from many current power systems, in that it captures electricity generated by the fusion reaction, instead of using the heat to create steam that turns a generator. This results in a smaller and less-costly power generation system.

Helion says Polaris will be about the size of a shipping container and able to generate around 50 megawatts of electricity. That's enough to power about 39,000 homes (according to the Northwest Power and Conservation Council.) That means eight of them could just about power every household in Snohomish County.

Helion says it expects to employ close to 150 people at the new Everett site – engineers and machinists who will design and build the power plants. This summer the company was advertising for mechanical, electrical, nuclear and chemical engineers, test techs, master



Helion's approach directly captures electrons released during nuclear fusion, instead of using the energy to heat water to create steam that drives a turbine, like current nuclear technology.




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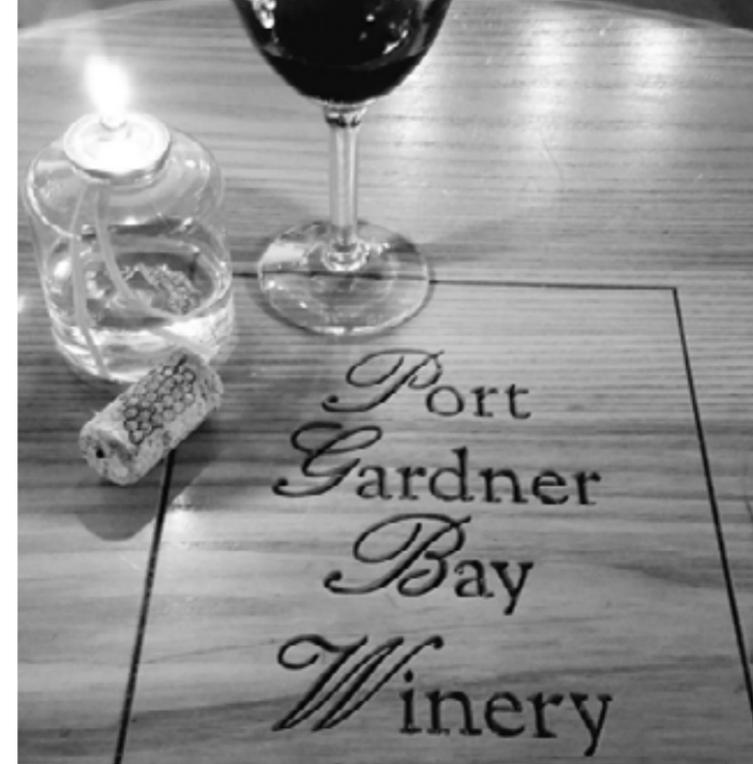
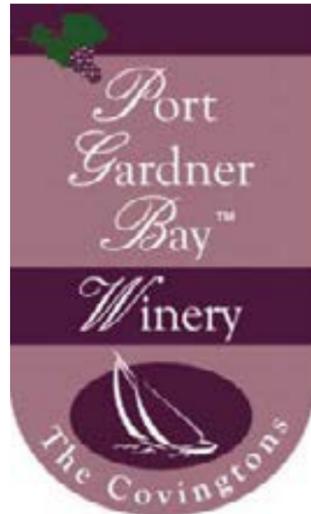
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Helion's 150,000-square-foot building in south Everett will be the place where the company reshapes "how the world obtains its energy," CEO David Kirtley said.

machinists and production leads.

They are the kinds of jobs Everett is trying to attract, said Everett Mayor Cassie Franklin. The city is building upon the pool of skilled workers already here through aviation.

"Helion is going to change the world," said Franklin. "I'm so grateful this amazing, innovative company has chosen Everett for this new fusion facility."

Kirtley told San Francisco-based TechCrunch that he foresees data centers being likely first customers for the new fusion generators. Data centers soak up huge amounts of electricity, already have power infrastructure in place and need reliable standby generators.

Helion's Polaris can do more than just be a standby, he told TechCrunch. "We are excited about being at the 50-megawatt scale and being able to get electricity costs down to a cent per kilowatt-hour. You can completely change how data centers work, and you can really start answering climate change."

A cent per kilowatt-hour is at least one fifth of the PUD's advertised lowest rate for large businesses.

ZAP PURSUES DIFFERENT FUSION REACTOR TECHNOLOGY

Zap Energy, which has offices in Everett and Mukilteo has raised a total of \$200 million from investors since 2017, including \$160 million this year that includes cash from Bill Gates' Breakthrough Energy Ventures, plus oil companies Shell and Chevron.

Instead of using magnetic fields to contain the plasma, as Helion plans, Zap energy uses a "Z-pinch" technology that uses an electromagnetic field generated within the plasma itself, which "pinches" the plasma in a confined space until it is hot and dense enough for fusion to occur.

While this has the benefit of avoiding the use of magnets, which have to be protected from the heat, scientists have doubted the practicality of the technique because of the inherent instability of the plasma itself. However, Zap Chief Science Officer Uri Shumlak said in a recent interview that the company has learned how to stabilize the plasma to make the technique work.

"We've shown through simulation and experiment [that we can] stabilize fusion plasmas, and that the stability

should extend to a commercially viable scale," Shumlak told the science and technology website New Atlas this summer.

As a result, Zap Energy is moving forward with a plan to develop mass-manufactured reactors that are small enough to fit inside a garage, providing power to remote communities, or scaled up to provide energy to entire cities.

"To be a practical energy source," said Zap Energy President Benj Conway, "the ability to iterate quickly on a small, cheap platform is absolutely vital."

MANY COMPETITORS CHASING FUSION TECHNOLOGY

The fusion energy space is crowded. Geekwire reports there are 42 fusion energy companies worldwide. California-based TAE Technologies is one. It raised \$410 million from investors last year. General Fusion in British Columbia raised \$78 million last year as well.

The science behind fusion is well understood. The challenge for all of the new energy companies is an engineering one: It takes a tremendous amount of energy to contain the

super-heated plasma where the reaction occurs and, to be commercially viable, someone will have to figure out how to create a fusion reaction process that generates more energy than it consumes.

Along with the engineering hurdles, fusion energy will need a new regulatory system and will need to figure out how to connect the power it generates to the existing electricity grid.

Helion says it plans to build a working demonstrator in its new Everett plant by 2024, and UW's Hansen says that Zap also is close.

Along with the engineering hurdles, fusion energy will need a new regulatory system and the puzzle piece of connecting the power it generates to existing electricity grid will have to be figured out.

But we are close to seeing the first commercial fusion reactor power plants, Hansen said.

"If something like (Zap) or something like Helion that's on this smaller scale, cheaper side, you could see that ramp up pretty fast," he said. "Depending on how quickly someone can get the fusion part of it to work, that could be very fast."

One reason there is so much interest in fusion energy is because it has so many advantages over all other power-generation technology available today.

"Fusion is fundamentally different," Hansen said. If there's an accident in a fusion power plant, operators shut it down, the plasma cools and the hydrogen and helium become inert gas again.

There have been major investments in solar and wind power energy – and there are likely to be even larger ones now that President Biden has signed the largest-ever climate bill.

But fusion power advocates say that while wind and solar are cheap and easy ways to generate carbon-free power, they remain intermittent power sources: Solar cells don't generate power at night; wind farms need at least a breeze to spin their turbines.

Fusion, advocates argue, can generate or distribute power during periods when the sun isn't shining and wind isn't blowing.

Helion's process used deuterium, a naturally occurring hydrogen isotope, and Helium-3, which is a byproduct of fusing deuterium atoms. There's enough deuterium in the Earth's oceans, the company says, to power fusion reactors for billions of years.

"We need our data centers and our factories and our Tesla truck charging stations powered by industrial-scale, clean, carbon-free electricity," Kirtley told GeekWire. "Fusion, we believe, is that power." ♦



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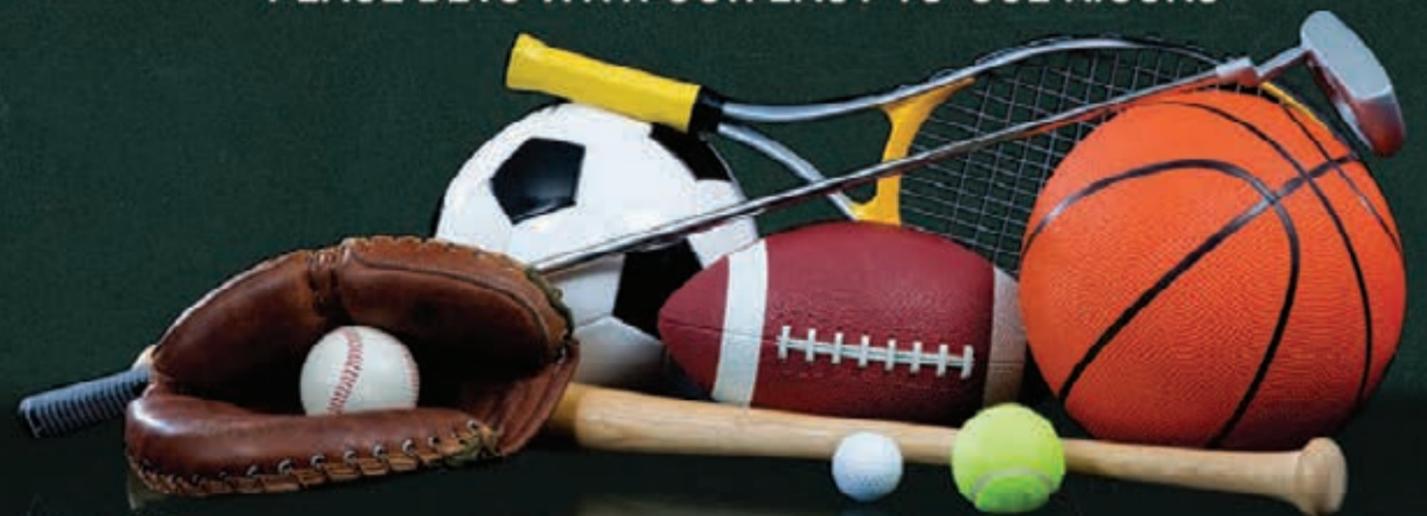
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