

Edmonds Beacon

YOUR HOMETOWN NEWSPAPER

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Edmonds Marsh gets \$135,000 grant for study

Work will be completed in partnership with the Edmonds Marsh Estuary Advocates

BY BRIAN SOERTEL

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The restoration planning effort for the Edmonds Marsh estuary just received a big boost, thanks in part to a partnership with the citizen group Save the Edmonds Marsh.

The National Fish and Wildlife Foundation and National Oceanic and Atmospheric Administration awarded the City of Edmonds a \$135,000 grant for studies and planning regarding soil contamination, flood risk, and the future of the marsh estuary.

There are four major objectives:

- hydrologic and hydraulic modeling to determine the impact of restoration alternatives on city flooding;
- the analysis of the potential impacts of site contamination on restoration actions;
- development of a planning process that supports community involvement in restoration design; and
- public outreach and engagement.

The City has a first right of refusal to purchase the adjacent 22-acre Unocal property for the purpose of excavating the site and restoring the estuary for the marsh through Marina Beach Park. The Unocal property is contaminated and undergoing clean-up under the direction of

see **MARSH GRANT** page 7 ▶

South County Fire Chief Thad Hovis will retire

Bob Eastman to be sworn in April 2

BY BRIAN SOERTEL

EDMONDSEditor@YOURBEACON.NET

South County Fire Chief Thad Hovis will retire July 1. The Board of Fire Commissioners selected Assistant Chief Bob Eastman to serve as the next fire chief. He will be sworn in at the commissioners meeting April 2.



Thad Hovis

Hovis, who grew up in Edmonds, has spent his entire fire service career in south Snohomish County. He started as a volunteer with the Edmonds Fire Department in 1995 and was hired by the Mountlake Terrace Fire Department in 1996.

Hovis moved up through the ranks over the next two decades as five local fire agencies combined to become South County Fire.

"It has been a gift to be part of the fire service and this organization," he said. "I am extremely proud of the men and women of South County Fire who do amazing work and serve the people of southwest Snohomish County with passion and compassion. They are truly the heart and soul of South County Fire."

see **HOVIS RETIRING** page 8 ▶



A Sanctuary for Healing

Oso: Local artist creates sculptures; former mayor reflects on his role

BY BRIAN SOERTEL

EDMONDSEditor@YOURBEACON.NET

Sculpturist Tsovinar Muradyan has created many important works, including a temporary installation at ArtWorks in Edmonds in 2022 and a permanent one at Esperance Park. You can also see two other permanent sculptures in downtown Edmonds atop flower poles, one in front of Waterfront Coffee on Main Street and the other between Salt & Iron and SanKai restaurants on Fourth Avenue North.

But her latest project is one that tops them all: a memorial for the 43 lives lost in the March 22, 2014, landslide just east of the small town of Oso on State Route 530 (Oso Slide Memorial Highway).

Muradyan will debut her creation Friday, March 22, on the 10th anniversary of the landslide, one of the worst disasters in Snohomish County history. The 10 a.m. debut of the Slide Memorial Project, with the landslide's deep scar still plainly visible in the near distance, is open to the public.

Muradyan's work follows temporary and permanent installations in place during the past decade. She constructed 26 panels after answering a call for public art.

"The story behind this art call resonated with me profoundly," said Muradyan, a Mill Creek resident.

"It struck me how crucial and life-changing this

see **HEALING** page 11 ▶

Photo courtesy of Vaghinak Petrosyan

The central piece in Tsovinar Muradyan's sculpture work for the Slide Memorial Project is the Beacon Memorial.



Happy Easter

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Dinner 4-7

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Two chances to hear from Mayor Rosen

State of the City and Edmonds Civic Roundtable

BY BRIAN SOERGEL
EDMONDSEditor@YOURBEACON.NET

Edmonds citizens will have two opportunities to hear new Mayor Mike Rosen speak about the city's present and near future.



Mike Rosen

First is his 2024 State of the City address, his first, Thursday, March 28, at 6:30 p.m. Doors open at 6:10.

It will be held at the Edmonds Waterfront Center and broadcast live via Zoom and TV channels 21 and 39.

It will be posted on the City website and YouTube for later viewing.

"Unlike traditional State of the City addresses, my inaugural State of the City as mayor of Edmonds will center exclusively around our city's finances and the roadmap ahead," said Rosen.

"I am eager to share this information with community members." In January, Rosen announced the launch of a so-called "Blue-Ribbon Panel" of experts to "help the City achieve financial resiliency and instill confidence and trust among community members."

In November, the City Council unanimously agreed on a resolution calling the City's financial woes a fiscal emergency, or a "structural budget imbalance."

The vote allowed the City to use general fund operating reserves for 2023 general fund expenses.

The second chance comes a week later, on April 4, when Rosen will appear at the Edmonds Civic Roundtable's monthly program in a structured discussion with an opportunity for participants to get to know him better, according to spokesperson Margaret Mesaros.

Rosen will make a brief presentation on his experiences and be interviewed by Ray Liaw, an attorney specializing in land use and the environment.

In addition to her law practice, Liaw, of Edmonds, is president of the Public Facilities District, the public entity that owns and operates Edmonds Center for the Arts.

Audience members can ask questions after Rosen's discussion.

There is no charge for the event, but participants should register in advance at edmondscivicroundtable.org/.

Rosen won his first term as mayor in November by defeating incumbent Mike Nelson.

CITY BRIEFS



Graphic courtesy of City of Edmonds

Speed tables will be placed on two streets in Edmonds.

Keep calm and slow down on 8th and OVD

If you're a regular traveler on Olympic View Drive and/or Eighth Avenue South,

you should prepare for a slowdown.

If not a regular traveler, you should also pay attention if you want to save your chassis.

The City's traffic calming program will be installing raised "speed tables" on Eighth be-



Photo courtesy of Hilmy Birch

House of Wisdom founder and President Ahmad Hilal Abid at a community event.

Ramadan Community Gathering coming to Waterfront Center

BY BEACON STAFF
EDMONDSEditor@YOURBEACON.NET

5:30-8:30 p.m. March 26.

The Lynnwood-based House of Wisdom's Cultural Introduction and Community Engagement program is partnering with the Edmonds Waterfront Center to host a Ramadan Community Gathering

The Ramadan Kareem is open to all, regardless of background, to celebrate a time of unity, compassion, and togetherness while highlighting the significance of Ramadan.

There will be cultural food and music. Ramadan is the ninth month of the Islamic calendar and is known as one of the third Pillars of Islam. It is a time for fasting and spiritual growth during the day hours, building self-control and gratitude, with reflections from the Qur'an and special prayers.

tween Elm Way and 15th Street SW and OVD between Olympic Avenue and High Street.

What's a speed table? It's not technically a table, as most tables are flat.

It's a raised area placed across the roadway to limit drivers' speeds as they travel over it. The City says the two locations were selected after a detailed evaluation that included collecting data on existing travel speeds.

In addition to the technical evaluation, the City conducted a survey of property owners along each street segment and well over 60% (minimum approval percentage) of the respondents gave the bumps thumbs up. The City's Public Works Department is scheduled to install two speed tables on Eighth in late March and four speed tables on OVD in April. The work may be postponed due to the weather.

When the sun sets, Muslims then break the fast with a festive meal called an iftar and visit their community of friends and family. The period begins and ends with the sight of the crescent moon, as it follows the lunar calendar.

According to House of Wisdom founder and President Ahmad Hilal Abid, the event will reflect on this sunset celebration by engaging in community connection, whether by getting to know another person, enjoying food together, or taking away a core memory.

"At the House of Wisdom Cultural Introduction and Community Engagement Program, we are working to bring our diverse community together and celebrate different cultures," said Hilal.

"We work to foster community engagement among our diverse communities, and we ensure that every community member should feel like they belong here."

Register: tinyurl.com/2jtzu93w
The Edmonds Waterfront Center is at 220 Railroad Ave.

Student exchange deadline extended

Students 14-18 years of age have a unique opportunity to experience the day-to-

see CITY BRIEFS page 9 ▶

LETTERS POLICY
The Beacon welcomes letters to the editor of 400 words or fewer and will print them as promptly as possible as space allows. However, letters must include a first and last name, address and daytime phone number for verification purposes. We also reserve the right to edit letters as necessary for brevity, grammar and taste. Published letters will include the author's name and city of residence. Send letters to: The Edmonds Beacon, 728 3rd St., Ste. D, Mukilteo, WA 98275 or by email: edmondseditor@yourbeacon.net

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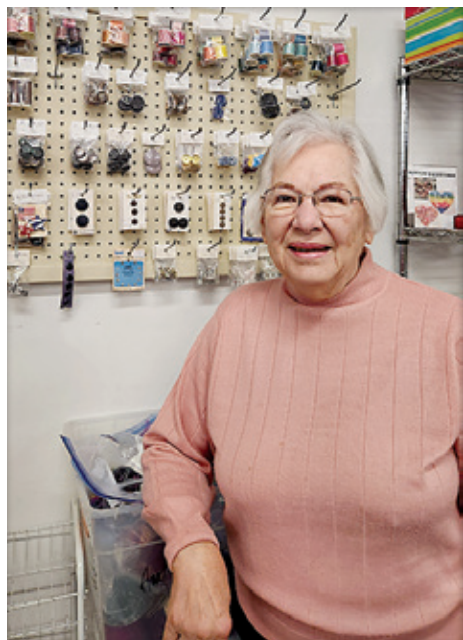


Photo courtesy of Edmonds Senior Center Thrift Store
Barbara Halseth: "It was wonderful to contribute to the community, and I found it personally enriching."

Barbara Halseth: Thrift Store volunteer retires

BY BJ WHITMAN

EDMONDS SENIOR CENTER THRIFT STORE

As a nonprofit organization, we recruit volunteers who will be dedicated to our cause, someone with a team player mindset and boundless creativity who enjoys working with others.

Barbara Halseth started at the Senior Center in 2003, doing a variety of tasks including organizing picnics, working on the grass-roots committee, and even making scrambled eggs for senior breakfast!

Her dedication to the Edmonds Senior Center spans over 22 years and is extraordinary.

Barbara's legacy is one of generosity of time – she managed the Edmonds Senior Center Thrift Store from 2011 to 2019. It is estimated that hundreds of volunteers were influenced by her leadership.

It was a place where seniors gathered after their classes at the waterfront building, passengers from the ferry boat stopped by to treasure hunt, and many grandchildren visited as grandma and grandpa shopped.

She assisted in the transition of the store from the waterfront to its current location in Westgate in 2019.

Since that time, Barbara has been running the notions department for the store. It is a very meticulous and demanding department, with organizing all the buttons, zippers, knitting needles, threads, yarn and more.

It is known as the "button" store to our sewing customers.

Barbara will retire for the second time at the end of this month.

"I enjoyed my volunteer time with Edmonds Senior Center Thrift Store and all the people associated with it," she said.

It was wonderful to contribute to the community, and I found it personally enriching.

– Barbara Halseth, Thrift Store volunteer

"It was wonderful to contribute to the community, and I found it personally enriching."

Congratulations and thank you, Barbara Halseth, for extraordinary service to your community, your positive attitude, and to

support of our school district, but also the support of our state when sharing information, which includes diverse experiences. "Thanks to Senator Liias for supporting our students and staff with this bill."

The Edmonds School District was unavailable for comment. Said Liias: "The contributions of gay Washingtonians deserve recognition, and just as importantly, students deserve to see themselves in their schoolwork. That leads to better attendance, better academic achievement and better overall quality of life, ensuring success for all our students," said Liias.

"I'm so pleased to see this critical bill make it across the finish line and signed into law."

According to the Gay, Lesbian and Straight Education Network, LGBTQ+ inclusive curriculum benefits all students, regardless of identity, and helps teach them about diverse experiences.

"This bill will ensure educators across Washington state can include the stories, history, and contributions of the LGBTQ+ community knowing they are supported by their state government," said Justin Raines, a high school history teacher and Montesano Education Association co-president.

The new law will go into effect June 6.

Marko Liias inclusive learning bill signed into law

Age-appropriate curriculum covers LGBTQ+ material in Washington schools

BY BRIAN SOERGEL

EDMONDSEditor@YOURBEACON.NET

Legislation to ensure the stories of LGBTQ+ Washingtonians are taught in schools was signed into law Monday.

Senate Bill 5462, sponsored by Sen. Marko Liias (D-Edmonds), requires school districts to adopt curriculum that covers inclusive, age-appropriate materials that tell the histories, contributions, and perspectives of LGBTQ+ Washingtonians.

Andi Nofziger, Edmonds Education Association president, supports the bill.

"It's unfortunate, but some of our educators get complaints from parents when books feature LGBTQIA+ characters or they share content that includes the contributions of LGBTQIA+ individuals," she said.

"Representation is crucial for both students and staff. It's helpful for our educators to know they not only have the



Marko Liias

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Edmonds Kiwanis 30th Annual Citizen of the Year
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List Nominee's:
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Reason for Nomination -
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GUESTVIEW

Edmonds: Where the sewer meets the sea?

Do the citizens of Edmonds really want changes made to the City's Comprehensive Plan (which dictates municipal operations in the City) so that we become known as "Edmonds - Where the Sewer Meets the Sea"?

The City's Planning and Development director, Susan McLaughlin, and her very highly-paid consultants (who don't live in Edmonds or apparently care about Edmonds citizens) are trying to force growth alternatives into the Comprehensive Plan update process without starting with consideration of:

GUESTVIEW



BY JOE SCORDINO
EDMONDS RESIDENT,
RETIRED MARINE BIOLOGIST

- Can our sewer system and capacity in some/all areas withstand increased toilets?

We already have terrible stink coming out of the sewer manholes in some areas of town due to increased sewage in the pipes. Shouldn't that be taken into account in developing alternatives on where to put increased housing and people's poop?

If sewer line pumps and sewer pipe size will need to be increased - who is going to pay - is it the senior citizens who are already being taxed out of their long-time homes or is it the developers who will just pass on the costs to new residents, thus making new housing further unaffordable?

Or should Edmonds start this planning with the premise that some of the state growth requirements and restrictions are unfunded mandates that the City has every right to say no to?

The Edmonds Wastewater Treatment Plant is already discharging too-high levels of nutrients into Puget Sound (in violation of the City's sewage discharge permit). More housing, more people, more toilets will only confound the problem. Don't we need to take this into consideration first in developing housing and growth alternatives?

- Can the City's stormwater system in some/all areas withstand increased flows without causing flooding or further damage to our creeks and wetlands?

The Edmonds stormwater infrastructure is already well over capacity in many areas of town and causing serious documented problems in several watersheds in Edmonds (Perrinville, Shell, and Shellabarger creeks).

- Do we really want to take the risk of contaminating our aquifers by placing additional housing on them?

People's health is dependent on good, safe drinking water - do we

see **SCORDINO** page 7 ▶

YOU HAVE MY WORD(S)

Don't let worry go dragon you down

I have some good news today for all of you Worry Warts and Nervous Nellies. And people like me. We all worry too much.

If you worry about money, careers, relationships, health, whatever, you're not alone. That's not the good news.

Turns out, according to a recent study by researchers at Cornell University, 85% of what people worried about never happened. Even better, of the 15% of their worries that actually did materialize, the study's subjects were able to handle those worries better than expected.

And the folks who were studied reported that they even were able to learn something of value from their worries that surfaced. So the majority of things we all worry about either never happen or we handle successfully and possibly learn something valuable from during the process.

Hooray!

Which brings me to wonder why nearly everyone I happen to know isn't sailing along as smoothly and happily as possible on our dear Puget Sound. Why have they somehow missed the love boat?

The U-Dub's "The Boys in the Boat" didn't seem to worry too much. Am I simply hanging out with family and friends who haven't gotten the Cornell study memo?

To quote with a slight twist from an old refrain: "The answer my friends is not blowin' in the wind."

It's not easy to breeze over worry, depression or anxiety. Merely saying chill out, be happy, quit worrying, or take a chill pill isn't particularly empathetic or helpful.

Stopping your worry or anxiety is easier said than done. I'm sorry to admit, I struggle with worry and anxiety myself. One of the reasons I write is to distract myself from these mental malaises.

I am trying meditation, medicine, "A Course in Miracles," therapy and breathing exercises, even eating better, to hopefully slay these dragons.

I wish Puff who lived by the sea had some magic left to help me. But then, Puff was never real.

YOU HAVE MY WORD(S)



BY ALAN BINÉ
WHIMSICLE@COMCAST.NET

'TIKTOK IS SINISTER AND NEEDS TO BE SOLD, OR WE WILL BAN IT.' - U.S. CONGRESS



MOMENT'S NOTICE

The opportunity in curiosity

What is your go-to question when a conversation stalls or you are meeting someone for the first time?

What was your first concert?

Who would you invite to dinner if it could be anyone?

Where are you from? Or maybe where would you love to live or visit?

What is your favorite book?

How do you feel about the Oxford comma? (Ok, I might be one of a few who would use that as an icebreaker.)

We are inherently curious about others and our environment on some level unless we are true narcissists. Our curiosity does more than create a comfortable conversation - it says quite a bit about us and does quite a bit for us.

Psychologists say that humans interact with others and our world based on our levels of curiosity in five distinct dimensions: joyous exploration, deprivation sensitivity, stress tolerance, social curiosity, and thrill seeking.

Each of us pursues learning through these five mechanisms but at dramatically different levels.

Some prefer to engage with other people through conversation and observation to bring new information into our perspectives (those socially curious ones), while the deprivation sensitives want to dig into difficult questions or inexplicable philosophical questions to reduce what they see as gaps in their knowledge.

I am definitely higher on the scale of joyous exploration (learning is fun!); stress tolerance (enjoy being in a position of doubt or confusion if it comes from a new experience); a touch of thrill seeking (taking on some risk to acquire more varied experiences, if the data tells me it's not too risky); and maybe a healthy dose of deprivation sensitivity thrown in there.

My social curiosity manifests through asking questions and listening, which I have learned is a bit of a defense mechanism to prevent divulging too much. It is all about our relationship with knowledge.

How much do we know? Do we know what we do not know? Do we want to know more?

Both our genes and our environment influence our curiosity, neuroscientists and psychologists have discovered. The dopamine our brain produces when engaged in novelty-seeking behavior influences how

see **MONTALVO** page 5 ▶

MOMENT'S NOTICE



BY MARIA MONTALVO
MARIA@MAM.CONSULTING

LETTERS TO THE EDITOR

Shouting from the rooftops

"Amazement" and "adoration" are the words that come to mind when describing all the hard work, fun, and love you pour into making the Edmonds Beacon so successful.

Thank you, Mr. Editor, for sharing your gifts of journalism, photography, and being a communicator extraordinaire.

You and your talented staff are to be commended for getting subscribers a quality weekly publication, not to mention an outstanding triannual magazine. It's the icing on the cake.

Please consider this a shout-out from the rooftops in appreciation of the Edmonds Beacon. You rock!

Janet Pruatt
Edmonds

Mr. T did it. Edmonds shouldn't

My wife and I so agree with the letter from Marjie Fields ("No tree code protection for healthy redwood on 5th," March 7).

I moved here from the Chicago suburbs, where the famous Mr. T bought a beautiful mansion with about 4-5 acres of beautiful old-growth oak and elm trees and proceeded to clear-cut the entire property, hundreds of trees.

(Editor's note: This action led the town of Lake Forest to enact a tree preservation ordinance to prevent developers and homeowners from chopping down trees.)

Let's not wait for this to happen in Edmonds. Just recently so many of the large cypress, pine, spruce,

etc., in our neighborhood have been removed. It is so sad. We need a tree code, and now.

Ed Thomas
Edmonds

This is Edmonds, not Seattle

I'm concerned, as there is a homeless encampment on 244th Street SW by Highway 99, right outside of Arby's. I'm pretty sure this is inside the city of Edmonds, though across the street is Shoreline.

Someone, possibly the City, has placed "sidewalk closed" signs on both ends of the sidewalk before the encampment. This has been there for at least two to three days. While I have sympathy for the homeless, why are we condoning this behavior?

There is trash and belongings all over the ground and someone, or possibly the City, has simply shut the sidewalk down to pedestrians rather than solve the issue. I reported this to the Edmonds Police Department, but have yet to hear back.

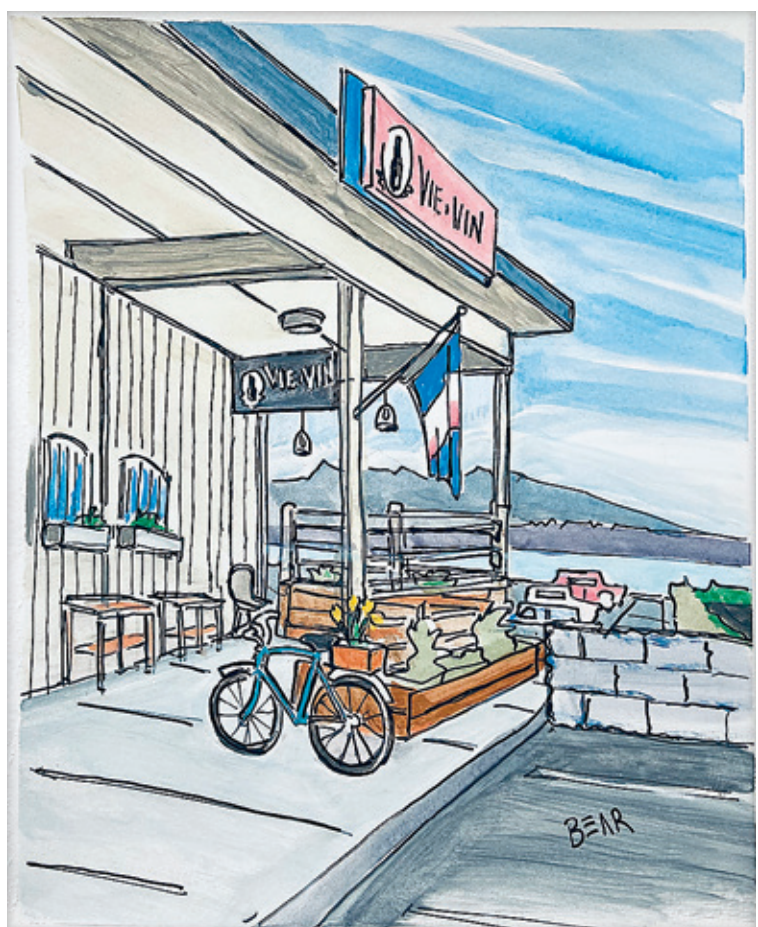
Has anyone tried to connect the homeless man there with services? My two big concerns here are no public/safe public access to the sidewalk and allowing this type of behavior to occur and possibly encourage others to do the same.

This is Edmonds, not Seattle.

David Wagner
Edmonds
(Council public written comment)

see **LETTERS** page 5 ▶

SKETCHING EDMONDS



The corner wine shop

After a few intense hours finishing an acrylic piece, I decided on some sketchwork. I like drawing. It's relaxing and allows me to chill out on art before starting my next painting.

My sketch style recalls similar techniques I once used for watercolor, and I like that part best. The art goes quickly. For my sketch here, I relied on photos taken that morning at Vie & Vin, and then completed the art at home. The work began with pencil and ink line drawings before adding the acrylic color washes.

SKETCHING EDMONDS

BY BEAR CARPENTER
EDMONDS ARTIST

Setting out to find a subject

Before retiring last month, my daily work commute began on the Edmonds to Kingston ferry. It seemed natural heading toward Dayton Street and Sunset Avenue in the morning, only now for my artwork. My stop was at

Salish Crossing, located between the ferry line and the waterfront. It's a familiar place.

The wine shop at the northwest corner grabbed my attention. Maybe it was the front porch with the blue bike and yellow flowers, the signage style, and colorful flags.

But I was also drawn in by the shop's view of the mountains across the water and of Puget Sound, where the ferry travels all day. And that was also my connection with the subject.

There are many corners of Edmonds for artists to connect with. There are countless creative spaces I have yet to discover outside of our town.

But the beauty here still amazes me, still draws me in, and I am grateful for it.

from MONTALVO page 4

much we like to explore, but we can also encourage our brain to become more curious by asking more questions and actually improve our neuroplasticity (creating new neural pathways).

That sounds good, no? Well, curiosity is complex.

The kicker is that we have to satisfy our basic needs first, so if we are hindered by fear or hunger or a lack of safety, it is more difficult to even have the time to be curious and expand our perspectives and to want to understand each other's.

The dimensions of curiosity fall into two categories: positive (epistemic, or anticipation of the reward of new knowledge) and negative (perceptual, or the discomfort from the unknown).

We can get to a point where we choose not to learn more or believe ourselves not capable of learning more or potentially be in an environment where curiosity is exceedingly difficult (age, difficult life circumstances, trauma).

How much time can a person spend wondering about their

neighbor when worried about where their next meal is coming from or if they believe their safety is at risk?

And yet some of us are curious enough about curiosity to study it, to write about it.

I know why I do.

My parents raised me to feel safe asking questions. I benefitted from demographic fortune (where and when I was born, when I entered the job market, housing market). My brother taught me to relish intense experiences and to talk to anyone.

My husband appreciates my dissatisfaction with the status quo. My employers gave me space to take risks to learn. My friends share my passions and interests and quest for joy.

My world taught me to believe that not only experiencing and learning but gaining understanding are gifts, every new experience at a time, and I am forever grateful.



HEALTH AND WELLNESS

Processed foods: Is the fear warranted?

Processed foods have been the latest nutrition super-villain and the subject of a lot of confusion and misinformation.

They have been linked to cancer, heart disease, metabolic syndrome, and depression, yet they are also a major part of our food system.

"Processed food" refers to any food that has been altered from its natural state. This means almost everything we eat is technically "processed," but processing also occurs on a spectrum from unprocessed to ultra-processed.

HEALTH & WELLNESS

BY ALAINA BROWN
DIETETIC INTERN, EDMONDS WATERFRONT CENTER

Many in the media refer to "ultra-processed foods" (UPFs) being connected with poor health outcomes.

The term also has no standardized definition, but UPFs are generally packaged foods that include multiple ingredients like flavorings, coloring, sweeteners, and emulsifiers.

So are all UPFs as bad as some in the media say? The short answer is no; there is not sufficient evidence to suggest that processing itself affects our health.

While higher rates of UPF consumption are associated with higher risk of these diseases, there is no proven *direct* relationship. It is difficult to tease apart the effects of diet from other variables that affect health such as age, previous health conditions, income, stress, sleep, access to healthcare, and genetics.

It is crucial to remember that correlation/association does not equal causation. Currently, the majority of studies on UPFs are observational, so we cannot say UPFs *cause* any particular disease.

It could be that people consuming higher amounts of UPFs more often engage in other behaviors that contribute to poor health. Popular media often leapfrogs science due to misunderstanding study conclusions and knowing dramatic headlines draw more attention.

Many processes and preservatives are used to make food safer, more nutritious through fortification, and longer-lasting, which decreases food waste and the rates of some foodborne illnesses and nutrient deficiencies.

The words "processed" or "preservatives" should

not automatically be translated as negative. Processed foods are often more accessible and affordable, with longer shelf-lives and less time and energy to prepare or use.

These are important factors for many of us.

There are more and less nutritious options in all categories of processed foods. A loaf of whole-wheat bread is more nutrient-dense than white bread, but they are equally processed.

In many studies making claims about the harms of UPFs, the negative effects are often linked to increased consumption of saturated fat, sodium, and added sugar. We know these worsen our health when eaten in excess, but they are not unique to UPFs.

Additionally, foods like sliced whole-grain bread, fruit yogurts, and hummus are also UPFs, but offer high nutritional value.

Choose foods based on nutritional value versus how they are packaged or processed. When buying processed foods, try to more frequently buy whole grains, options with fiber, and items that include servings of vegetables. Look for minimal added sugars, saturated fats, and sodium by looking at the nutrition label to make informed food decisions.

One trick is to look at the % Daily Value: 5% or less is low and 20% or more is high. Many products have no-sugar-added or no-salt-added alternatives, as well.

Aim to eat as many whole foods as possible (fruits, vegetables, whole grains, lean proteins), but there are also processed versions of these items that are still nutritious, like frozen fruits, canned vegetables or beans, etc.

Try pairing UPFs with less processed choices such as adding sauteed spinach or broccoli to a frozen meal or canned soup, and canned beans to a fresh salad or salad kit.

With food costs rising, we should not be stigmatizing a group of food that includes many lower-cost and accessible options. This is not suggesting that your diet should be all UPFs, but they can certainly be part of our diet.

Nuance is important in nutrition, foods are not inherently "good" or "bad."

Some are more nutrient-dense and should be eaten more often, but nutrition is not all-or-nothing. It's not an exciting headline: The key to an overall healthy diet is variety, balance, and moderation.

from LETTERS page 4

Bring back executive session minutes

Former Open Government Ombudsman Tim Ford represented the following about the confidentiality of City Council Executive Sessions back in 2011:

"RCW 42.23.070(4) does not apply to all matters discussed in Executive Session. Only that information made confidential by law. The Executive Session provisions do not create any express confidentiality for public records subject to disclosure under the Public Records Act. ACLU v. City of Seattle ...

"Nor do the Executive Session provisions create any confidentiality for discussions. You are still doing the public's business, even in an Executive Session."

Following is the legislative declaration of Washington State's Open Public Meetings Act:

"The people, in delegating authority, do not give their public servants the right to decide what is good for the people to know and what is not good for them

to know. The people insist on remaining informed so that they may retain control over the instruments they have created."

With full knowledge of this, the 2016 Edmonds City Council voted to stop keeping minutes of executive sessions.

I often wonder just who it is elected City officials think they represent. Last July, citizens of Edmonds witnessed an effort to get rid of the catch-all email address for councilmembers. Thankfully, that effort was short-lived.

Months later, the following is included as "Council Business" for the March 5, 2024: "Council Meeting: Consideration of

Change of Council Meeting Minutes Style."

Why would the 2024 council consider changing the style of City Council meeting minutes we've used for decades? If the 2024 City Council has the time available to consider change, isn't the first thing a councilmember should do is find out whether citizens want a change?

This latest effort brings back memories of 2016.

I tried for years to encourage improvements to our executive session minutes and related procedures. Instead of doing that,

see MORE LETTERS page 7

Sudoku solution

7	9	8	6	4	3	2	5	1
4	5	1	2	8	9	7	3	6
2	6	3	1	7	5	4	8	9
6	7	2	5	1	4	8	9	3
8	1	9	7	3	2	6	4	5
5	3	4	9	6	8	1	2	7
3	2	6	8	9	7	5	1	4
1	4	5	3	2	6	9	7	8
9	8	7	4	5	1	3	6	2

M	A	T	H	F	O	A	L	S	B	O	D	E		
A	L	O	E	U	B	O	A	T	E	O	I	T		
J	E	F	E	G	E	N	I	I	O	E	L	A		
C	U	L	T	U	R	E	D	P	E	A	R	L	S	
				R	E	O		B	E	R	M			
M	I	A	D	U	N	B	A	E	N	D	L	I	P	
I	O	L	E	R	S	E	R	A	R	N	A			
D	I	A	M	O	N	D	N	E	C	N	L	A	C	E
I	O	N		R	O	I	T	H	O	M	A	S		
S	T	A	G	E	C	H	N	P	A	G	A	P	E	
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B	A	E	Z											
S	A	I	L											
P	A	N	E											

News Tips

The Beacon invites readers to share story tips and ideas. If you see or know of some news deserving of coverage, email Editor Brian Soergel at edmondseditor@yourbeacon.net or call the newsroom at 425-347-5634 ext. 235.



WANDERLUST

Take your palate around the world on food tour

Food tours are a great way to explore a city and get to know its vibe, as typically these experiences not only provide an opportunity to sample local dishes, but also offer information and insight into a community.

I've been on a number of these forays, and each time I come away with newfound knowledge and appreciation of the destination and its culinary highlights.

WANDERLUST



BY DEBBIE STONE
TRAVELSTONE@COMCAST.NET
TRAVEL WRITER

Portland is well-known for its food scene and was recently ranked "second-best foodie city in the country" according to WalletHub. It scored high in terms of restaurants per capita, as well as affordability and accessibility of top-rated restaurants, craft breweries, and wineries.

It's also a haven for gourmet specialty-food stores and coffee and tea shops, and is notable for its fresh food, featuring local ingredients and Pacific Northwest flavors. Many would claim that it's perhaps the greatest city for food carts, too.

Culinary innovation is synonymous with Portland, and chefs from across the globe come here to showcase their talents. They know the liberal-minded, creative residents that call this town home are open to trying new things, embracing uniqueness and celebrating culinary artistry at its finest.

The region's abundant terroir also attracts chefs and restaurateurs to the Rose City. This terroir takes center stage as it's responsible for the abundance of fresh ingredients from land and sea.

Portland by Mouth is a highly rated food tour company in town. Owner Sherri Brown is a longtime Portland resident with a passion for food and her city. She is a font of knowledge about both and her tours take visitors and locals through some of the area's most charming neighborhoods, while tasting culinary delights from an array of locally owned eateries.

Along the way, she sprinkles in plenty of fun facts about the chefs, Portland history, and what makes this place special.

Portland by Mouth offers three tours: The Vibrant Kerns Hood – East Burnside and More; The Bustling Buckman Hood – Hawthorne, the Goat Blocks and More; and Brunch on Mississippi.

Each includes five or six stops that feature everything from upscale markets and specialty shops to James Beard-nominated establishments. The tours last from three to three and a half hours and you'll walk an average of 1.5 miles.

You'll get a "true" bite of Portland on these tours and the experience will most likely be one of the highlights of your visit. And if you're a local, you might be surprised at what you'll learn about your own town (like how Portland got its name. Hint: a coin toss be-

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Tasty.



Photo courtesy of
Debbie Stone

tween two men, one from Boston and the other from Portland, Maine), plus you'll get a chance to discover new eateries that you're sure to frequent again.

I chose the Bustling Buckman Hood tour. Though I've been to Portland numerous times, I wasn't familiar with this part of the city. The neighborhood, according to Sherri, was once exclusively industrial, but it has undergone a Renaissance in recent years.

It has come into its own as a favorite place for hipsters to live, hang out and of course eat at the diverse assortment of cafes, bistros, and restaurants.

Today, the Buckman Hood is an eclectic hodgepodge – a mix of industrial, retail and some residential. You might find shops on the bottom level of a building and living spaces above. And then the next block over will be lined with charming Victorian and vintage-style homes.

In regards to architecture, this too is a meld of old, historical and lovingly restored buildings alongside simply old and rundown structures.

The Yale Union Laundry, for example, dates back to 1908 and is on the National Register of Historic Places. This handsome, well-preserved, brick building is designed in the Italian Renaissance commercial style with Egyptian Revival elements.

It's an excellent example of a commercial laundry built to meet the demands of the

growing laundry industry in the early 20th century. Known among Portland's arts and cultures community as one of the town's great historical treasures, the Yale Union Laundry is now under the umbrella of the Native Arts and Cultures Foundation for the creation of the Center for Native Arts and Cultures.

First stop on the tour was Hat Yai. Chef-owner Earl Ninsom, who originally hails from Bangkok, is one of the city's most celebrated chefs and restaurateurs. He has been nominated for several James Beard Awards and has opened numerous restaurants over the years.

Each time he does, the establishment rapidly rises to Portland culinary royalty. Hat Yai is no exception.

Next up was Kachka, a renowned Russian restaurant owned by James Beard Award-nominated chef Bonnie Frumkin Morales and her husband, Israel Morales. The name of the restaurant means "duck" in Belarussian and Ukrainian and is a reference to a part of Chef Morales' family history.

This multistory mecca of Russian eats has a small deli/grocery on the top, called Kachka Lavka, where you can buy homemade charcuterie, cured fish, and freshly baked Eastern European breads.

We sampled Kback, a lacto-fermented, non-alcoholic drink made with rye bread. It tasted a bit like cream soda to me, and I didn't mind the taste.

Along with the Kbac, we had some sour

cherry Vareniki. Similar to Pierogi, Vareniki are dumplings with a variety of sweet or savory fillings.

Straightaway Cocktails was stop number three on the tour. Owners Casey Richwine and Cy Cain opened Straightaway after years of perfecting their drink recipes for friends and family. They create drinks with one standard in mind: "I.N.M.O.T.I.M.L. I need more of this in my life."

The company specializes in "lively liquid masterpieces," with top-tier ingredients, which you can try in its tasting room on Distillery Row. The Row boasts a large concentration of craft distilleries, eleven at last count.

Enjoy a flight of cocktails, Italian-inspired spritz, Accompani amaro/liqueur, boozy hot chocolate, or if you aren't imbibing, a mocktail, while kicking back in Straightaway's hip lounge. We tried one of the signature cocktails, Lintik, a refreshing concoction of gin with lemon, housemade bitters and simple syrup, and an effervescent Apicco Spritz with sparkling pinot gris, muscat and housemade bitter orange amaro.

Hand-crafted sandwiches are the focus at Lardo, stop number four. Owner Rick Gencarelli started Lardo as a food cart in 2010 and it has since morphed into one of the city's most beloved spots. The place has gained a reputation for its innovative menu items, craft beer program and hard rock soundtrack. Currently, there are four locations: two in Portland, one in Lake Oswego and one in Las Vegas.

The tour ended at Hawthorne Asylum, a food truck pod built on the site of Oregon's first state asylum. It's one of numerous iconic food truck pods in Portland. The city is often credited with making food trucks popular.

Back in 2008, when many brick and mortar restaurants went out of business due to the financial recession, the food truck scene really boomed. Although that was 95 years after the first food cart set up a portable shop in the city!

A lot of unemployed people at the time became entrepreneurs and discovered that starting a food cart was a lot more financially feasible than opening a brick and mortar restaurant. The number burgeoned to 450 carts. Fast forward and today there are around 600 in operation.

Unlike in some cities, however, the carts are not removed each night. Here they are more permanent in nature, though they still have to be able to move. A cart can often stay in the same spot for years. With so many in existence, the culinary diversity is wide ranging.


At Hawthorne Asylum, we made a beeline for Smaaken, where waffles are king. Smaaken means "tasty" in Dutch, and the Jamalicious ones we ate definitely lived up to the cart's name. Made with raspberry jam and maple butter, then covered in a mound of whipped cream, they were heavenly.

Glad I went hungry to this tour! Website: www.portlandbymouth.com.

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▶ from **MARSH GRANT** page 1

the Department of Ecology. There are certain risks due to potential remaining contamination, the City reports.

Saltwater estuary

Restoration of the marsh involves connecting it to the Puget Sound and removing fill to create a saltwater estuary.

The grant was awarded under the 2023 National Coastal Resilience Fund to “restore, increase and strengthen natural infrastructure, to protect coastal communities while also enhancing habitats for fish and wildlife.”

A proposal drafted by citizen volunteers from the Edmonds Marsh Estuary Advocates was edited by the Edmonds Public Works and Utilities and Parks, Recreation and Human Services Departments.

The Public Works Department submitted the application. One of only 109 successful applications throughout the United States, the full project proposal can be viewed at tinyurl.com/34wvhxzp.

The Edmonds Marsh Estuary restoration project closely matches the National Fish and Wildlife Foundation’s goals: it will add rare estuary habitat to Puget Sound and decrease flood risks to Edmonds.

The grant will address questions about flood elevation associated with restoration alternatives, the potential impact of contaminated soils, and will help define a process for community marsh restoration planning.

The depth of community support for the Edmonds proposal was crucial, said the City.

The Tulalip Tribes, Mid-Sound Fisheries Enhancement Group, League of Women Voters of Snohomish County, Sound Salmon Solutions, Port of Edmonds, Sno-Isle Sierra Club, Edmonds Marsh Estuary Advocates, Pilchuck Audubon Society, and Interfaith Climate Action all submitted letters



Beacon photo by Brian Soergel

A \$150,000 grant will help the City with studying and planning of the marsh.

expressing the importance of the project. A qualified environmental consulting firm will provide flood modeling, contaminated soil impact, and community planning expertise.

A request to approve the start of the hiring process was approved by councilmembers unanimously on March 19. Their vote of yes means the selection of the consulting firm and start of work will begin soon.

The total project cost will be \$226,000, with no impact to the City budget. With a grant of \$135,000, local matching funds of \$91,000, including community labor (\$22,000) and citizen cash donations (\$35,000), are important.

The City of Edmonds will contribute \$34,000 of staff time, primarily through grant administration by the Publics Works Department.

Why it’s important to proceed with this grant work now

This information collection effort is an early step that can help answer basic feasibility questions. It will also help potential future Unocal landowners make informed decisions. Preliminary design, land transfer, final design, and restoration implementation are subsequent, future phases of the long restoration process.

The grant, according to the City, “is an important step towards a long held dream: a restored, healthy Edmonds marsh.”

For more information about the Edmonds Marsh Estuary Advocates: edmondsmarsh-estuary.org/

For more information about the National Coastal Resilience Fund: nfwf.org/programs/national-coastal-resilience-fund.

▶ from **MORE LETTERS** page 5

the 2016 City Council repealed Resolution 853, adopted because the 1996 City Council believed it was in the “public interest” to keep minutes of executive sessions.

Instead of changing the style of our regular City Council meeting minutes, why not use council’s limited time to initiate a legislative process to repeal what was done in 2016? Please restart what is in the public interest, the keeping of executive session minutes. Thank you for considering this.

**Ken Reidy
Edmonds**

North, south, east, west: From one end to the other

The referenced article (“Speak up: Housing future is at stake,” March 14) states that the Edmonds Planning and Development Department is collecting feedback from citizens in certain areas of Edmonds. It appears that certain other areas of Edmonds and citizen opinions therefore are excluded, either from your article or from the City of Edmonds.

For example, the opinions of citizens in the area of the city east of Highway 99 and the Meadowdale area (everything north of Seaview) seem not to be requested. Is there any logical reason that feedback from these areas is not of value?

Thank you for your time and efforts. I look forward to hearing from you.

**John Quast
Edmonds
Meadowdale Community Club**

Editor’s note: In mentioning that the City was looking for comments from the entire city, we wrote: “It wants to hear from a broad representation of the community, from the Bowl, south to Westgate and Firdale Village, north to Seaview, and east to Highway 99.” It was an attempt to describe the sweep of the city. In any event, the link to have your say in a survey is in the story. It’s edmonds2044.infocommunity.org. Thanks for writing.

▶ from **SCORDINO** page 4

want to intentionally change Edmonds into a bunch of sick senior citizens and infants (i.e., those most susceptible to bad drinking water)?

- Do we really want all our current and/or future trees and greenery everywhere (or maybe just somewhere) replaced by concrete and asphalt?

- Does the City’s Planning Department and their overly paid consultants have any idea of the impacts on the health of our watersheds (and current citizens) from more impervious surfaces (especially in the wrong place)?

That consideration should be step one in developing a City growth alternative – not some misaligned ideology that should not be applied to a City that is already built out, in some cases beyond its capacity.

If any readers of this agree with me that we must have a totally new growth/housing alternative that takes into account our existing infrastructure and desire to preserve our living style and what’s left of our natural environment, please write to your councilmembers.

This is the only way I can think of, other than protests, boycotts, or walk-outs at pub-

lic meetings to stop the crazy.


The Council can/should direct City staff on the alternatives that City staff prepares on the behalf of the council, since it is the

council that has to approve the changes to the comp plan.


Joe Scordino, who oversees the Edmonds Stream Team, is a retired marine biologist.

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March 21

Senior Social Hour

9:30 a.m.-noon. Rosehill Community Center will be host-

Art Walk Edmonds

5-8 p.m. Downtown Edmonds businesses featuring art, artist shows, hand-crafted jewelry, portrait sketches, paintings, poetry, and author events.

Cocoon House Founder Reading

6 p.m. Whidbey Island author and therapist Sarri Gilman will be reading from her book "Cocoon."



Stop the Bleed Class

2-3 p.m. Life-threatening bleeding can happen to those injured in serious accidents or disasters.

March 22

Acoustic Guitar and Ukulele Lesson

Noon-1:30 p.m. Free introductory music lesson with Hannah Parkerson.

March 27

Lynnwood Regional Job Fair

4-7 p.m. Meet a variety of hiring employers and interview onsite.

March 29

Storytime at Edmonds Bookshop

9:30 a.m. Local children's author and teacher Kim Hellenen will be reading "Mrs. H and Icelyn Go Hiking with Primary Colors."

March 30

Edmonds Winter Market

10 a.m.-3 p.m. Sponsored by the City of Edmonds. Includes artisan packaged food, jewelry, locally made home items, and more.

Rotary Easter Egg Hunt

10 a.m. Sponsored by the Daybreakers Rotary Club. Bring your own baskets. Three events based on age: First, ages 8-10; second, ages 5-7; third: ages 3-4.



March 30

Eggstravanza

10:30 a.m.-noon. Heatherwood Middle School, 1419 Trillium Blvd. SE, Mill Creek.

Easter Egg Hunt

2 p.m. All welcome to the event designed to meet the needs of all abilities and is wheelchair accessible.

April 1

Amazing Magic Show With Jeff Evans

11 a.m.-noon. Magician Jeff Evans visits the library for April Fool's Day with his show packed with amazing magic, funny stunts, and audience participation.



April 8

Amazing Magic Show With Jeff Evans

11 a.m.-noon. Magician Jeff Evans visits the library for April Fool's Day with his show packed with amazing magic, funny stunts, and audience participation.

EDITOR'S NOTE: The Beacon publishes FREE events, open to the public in Edmonds, Mukilteo, Mill Creek, and some surrounding areas.

ONGOING

Mahjong

12:30-3:30 p.m. very Thursday. Ages 50 and up. Play mahjong at Rosehill Community Center.



"Stills: Scenes From Film on Industry & Empire"

Through March. 8:30 a.m.-8:30 p.m. Monday-Friday, 9 a.m.-2 p.m. Saturday Art show from Kathryn Rantala at the Frances Anderson Center.

Rosehill Art Show

Through April. The Mukilteo District Secondary School Art Show features works from Kamiak and Mariner high schools and Voyager Middle School.

Local Artists Art Display

The Edmonds Waterfront Center Art Gallery is featuring four local artists: Bear Carpenter, Bill and Sharon Grader, and Roger Whitlock.

"Uncommon Threads"

A fiber arts experience. Open 9 a.m.-4 p.m. during normal business hours through June 14.

consideration online at edmondsbeacon.com/calendar and select "Post an Event."

Police Beat

March 12

Grocery theft

Theft from grocery store. Suspect was located and booked into jail for their charges.

Go home

Adult male discharged from hospital and refused to leave after causing disturbance. Male trespassed from property.

Still, home

Male arrested for trespass after returning to medical facility for nonmedical purpose.

March 11

F

Adult male making vague threats about teacher from over 20 years ago.

Spokesperson needed

An adult male discovered an abandoned bicycle on the street.

Pointed situation

A man was seen on Highway 99 pointing a knife at people.

The man was identified, arrested, and charged for harassment and obstruction.

March 10

Not him

Male occupant contacted in vehicle registered to subject with a federal felony warrant.

4 strikes

Male suspect wanted for attempted burglary, attempted vehicle prowl, theft 3, and malicious mischief.

Question (by) authority

Adult male questioned in theft investigation.

March 9

Warrant arrest

Adult male arrested for a felony warrant.

Meet Tiny

Adult male booked into Snohomish County Jail for theft.

Free grub

Adult male dined and dashed from restaurant. No suspect information.

March 8

Consoles broke

Juveniles trespassed from business for shoplifting.

Forehead L

Adult male stole mail from assisted living facility. Suspect outstanding.

Jackpot for thief

Firearm stolen during vehicle prowl. No suspect information.

March 7

Girlfight

Juvenile female assaults juvenile female.

Fraud

Fraudsters attempted to convince woman that her daughter was being held hostage for a ransom.

Valley of the sum

Adult male cashed fraudulent checks at bank. Suspect located and in custody in Arizona.

March 6

Fleeeeeee

Adult male shoplifts from store and flees on foot.

Little, Rich

Adult male reports criminal impersonation in internet rental scam.

Not funny

Counterfeit currency reported at retail store.

MORE POLICE BEAT AT EDMONDSBEACON.COM

HOVIS RETIRING page 1

Hovis, 53, has led the county's largest fire agency since 2020. The regional fire authority serves more than 300,000 residents

in Brier, Edmonds, Lynnwood, Mill Creek, Mountlake Terrace, and unincorporated southwest Snohomish County.

Earlier this year Hovis informed the board of his plans to retire in 2024. He will be

stepping down from his duties as fire chief on April 1 and serve as a transitional consultant until his retirement July 1.

Hovis took the helm as fire chief in 2020 during the early days of the COVID pandemic. He encouraged and supported countywide fire service collaboration to provide unified response planning and secure crucial resources so firefighters could safely serve the public throughout the outbreak.

During Hovis' tenure, voters overwhelmingly approved a benefit charge to provide a more sustainable way of funding emergency services. Hovis also played a key role in the successful annexations of three cities into the regional fire authority: Mill Creek in 2022 and Brier and Mountlake Terrace in 2023.

Edmonds contracts with South County Fire.

"Chief Hovis has given so much heart and leadership to this community," Lynnwood Mayor Christine Frizzell said. "From his early days as a firefighter in Mountlake Terrace, to his leadership through the transition to a regional fire authority, and now through the early years as South County Fire, Chief Hovis has helped us navigate through many changes and challenges."

"He has helped South County Fire be-

come not only a regional model but a national model for excellence in fire and medical service. I am thankful to Chief Hovis for leading such an amazing group of fire and emergency response individuals with immense passion and commitment to our communities in south Snohomish County. I wish Thad a wonderful retirement."

North County Regional Fire Authority Deputy Chief Dave Kraski described Hovis as "a trailblazer for fostering agency cooperation and regionalization, recognizing the power of collaboration in enhancing the effectiveness of our ability to provide emergency response."

Kraski is president of the Snohomish County Fire Chiefs Association.

"(Thad's) visionary leadership has laid the foundation for a stronger more resilient fire service that will continue to thrive long after his departure," he said

"Chief Hovis has done an outstanding job leading our regional fire authority through a time of unprecedented challenges and growth," said South County Fire commissioner and retired fire chief Ed Widdis.

"Most importantly, he leaves a legacy and a culture of supportiveness and excellence that has been embraced at all levels within the organization. We are grateful for his service and wish him well in his retirement."

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Photo courtesy of Edmonds-Woodway High School

Edmonds-Woodway's swing dance is March 22 at the Edmonds Waterfront Center.

Edmonds-Woodway High School has Big Band Swing Dance

The Edmonds-Woodway High School Music Program will host its annual Big Band Swing Dance March 22 at 6:30 p.m. at the Edmonds Waterfront Center, 220 Railroad Ave. Doors open at 6.

All are welcome to stop by for an evening of music and dancing. This all-ages event kicks off with a free swing dance lesson for attendees presented by professional instructors Kevin Buster and Julia Bakke.

The event will also feature performances by student jazz bands from College Place Middle, Madrona K-8, and Edmonds-Woodway High.

A variety of refreshments will be available for purchase at the "Savoy Café." Admission is free, but suggested donations of \$10 are welcome.

For more information: <https://ewhsmusic.com/2024-swing-dance/> and the dance instructor web page at <https://www.kevin-buster.com>.

► from **CITY BRIEFS** page 2

day life, language, and traditions of Japan through an exchange program coordinated by the Edmonds Sister City Commission and the Hekinian Sister City Association.

The deadline to apply has been extended to Monday, April 1, with priority given to the first three applications received.

While in Japan, students live with a Japanese family and are immersed in the Japanese culture. Weekdays are spent exploring Hekinian and the surrounding area as a group, with daily activities hosted by the Hekinian Sister City Association.

Weekends are spent enjoying time with their host families. Upon their return, the Edmonds students and their families offer the same consideration to the Japanese students.

"After a four-year hiatus, we are so excited to be able to resume this amazing program. I've seen firsthand the growth and transformation of the students participating in this trip, and I would recommend it to anyone with an interest in other cultures and people," said

current chair and past chaperone Katy Renz.

Edmonds students will travel to Hekinian July 29 through Aug. 8, and then host a Japanese student during their stay in Edmonds from Aug. 19 through Aug. 28. Student cost for the trip will be approximately \$2,400, depending on the cost of airfare.

To apply: tinyurl.com/emx5y77c; 425-771-0247; or email sister.city@edmondswa.gov.

7	9			3	5	
	5					6
2				5		9
	7		1	8		3
			7	3	2	
5	4		6			2
3			8			4
1						7
	8	4				6
						2

Sudoku solution on page 5

CROSSWORD Puzzle Level: Medium

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
	20			21						22				
				23				24						
25	26	27	28			29	30			31		32	33	34
35					36		37		38			39		
40						41				42	43			
44					45				46					
47			48	49		50			51		52			
			53		54			55	56					
57	58	59					60				61	62	63	
64						65					66			67
68						69					70			
71						72					73			

Answers on page 5

Across

- Algebra or trig
- things on fingers
- Farm young
- Protest singer
- Presage
- Already sketched
- Century plant
- Guitar bar
- Destroyer destroyer
- Go boating
- Spanish chief
- "Chicago" star
- Mensa members
- Moonwalker Shepard
- Boxer Oscar ___ Hoya
- Sheet of sorts
- Jewelry grown in the sea
- Noses (out)
- Stutz contemporary
- Mrs. Alfred Hitchcock
- Narrow ledge
- Cat-like sound
- Eventually become
- High protein soy
- Lazybones
- Achilles ___
- Two or more periods
- Musical composition
- Part of a gene's makeup
- Midsummer Night's Dream character
- Expensive bling
- First-class
- Charged bit
- Uncovered
- Marseilles monarch
- Tank engine of children's fiction
- Produce
- Michael of R.E.M.
- Econ. statistic
- Wish harm upon
- Open-mouthed
- Seasoning
- ___ the crack of dawn
- Some flight data
- "Horrors!"
- Cape Cod resort town
- Blue/purple glittering
- Before, poetically

Down

- Calf-length skirts
- Little one
- Einstein opposite
- Tennis champ Agassi
- Singer Davis with the 1998 hit "32 Flavors"
- Sea flock
- Singer with the 1998 hit "32 Flavors"
- Original manufactured equipment, for short
- Dahomey, once
- Serious story
- Open, in a way
- Fed. regulator since 1970
- Bel ___
- Last year's jr.
- Do film work
- Exhausted
- Shorts material
- Journal
- Chug-a-lug
- Fed. regulator since 1970
- Little one
- Tennis champ Agassi
- Sea flock
- Spoon measurement
- Tiny battery size
- Teutonic turndown
- Sharp flavor
- Final Four org.
- Irritate greatly
- Junk E-mail
- ___ hunch

Puzzle by Myles Mellor

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Edgar Arno Schmeisser: 1934-2024

Edgar, formerly of Edmonds, passed away peacefully at home on January 28, 2024. He was an extraordinary man who lived an amazing life. As the oldest child of three, he overcame severe deprivation and the harsh conditions of eastern Germany during World War II.

He went on to work for the field service of Ford Motor Company of Europe, after his family fled the East, and later became a successful Ford dealer in Lorrach on the Swiss border.

Edgar was born at home on January 2, 1934, in a small village, Langenwetzendorf, East Germany. He had a younger brother and sister, Siegfried and Waltraud. Their parents, Arno and Frieda, both worked at Zeiss Optical, walking five miles each way to Zeiss.

When war broke out, their father was conscripted as a mountain paratrooper, although not a Nazi. He was later captured by the Russians in 1944 and forced to work a Siberian lead mine. The family suffered greatly

during this time, especially under Russian occupation; Edgar and Siegfried had to steal food and firewood from nearby farms and woods to survive.

His family did not know that their father was still alive until he was released from Russia in December 1951 and returned to Zeiss for his old job in the patent office. The doctor who examined him told him secretly that they planned to put him to work in a uranium mine. Arno told his family that they would leave on a train the next day with one suitcase each.

The Berlin Wall had not yet been built. They took a train to Berlin, traveling in two separate groups so they would not be suspected of escaping. The Americans ultimately flew them to the West, where they landed in Cologne and set up a new life.

Edgar was apprenticed at Ford and worked his way up to own a Ford dealership in Germany. He began his love affair with America in 1959 when Ford sent him for training to

the U.S. and he traveled across the country.

A lifelong skier from the age of 5, Edgar's other athletic accomplishments were legendary. An avid tennis player until his early 80s, he also learned to sail, on Swiss lakes and the North Sea, and he survived an Atlantic hurricane with four friends when the boat capsized and rolled 360 degrees off the coast of Africa.

He also ski mountaineered and summited many of the Alps. In his late 50s he climbed Mt. Kilimanjaro in Tanzania. He also soloed Mt. Rainier in his early 60s after moving to Washington. He took up golf in his mid-80s with his partner of 28 years, Gwynne, in Birch Bay Village, where they lived.

His infectious smile, debonair outfits, stories, and sweet spirit were unparalleled. Some of his happiest memories were when the U.S. tanks liberated his German town and a GI gave him his chocolate bar and first chewing gum ever, and the proud day he became a US citizen in 2002.

The memory of his smile, love and kindness will live on in his survivors: three children, Frank, Bellingham, Jorg (Susan), Kodiak, Alaska, and Ellen, Hamburg; grandchildren Justin (Kayla), Dillon, Montana, Len, Hamburg, Mitchell and Jessica; nephews Marc, Stuttgart, Volker (Tina), Stetten, Germany, Olaf Hoffmann; nieces, Silke and Meike Schmeisser, Britta Hoffmann; and cousin, Christina Anders, Griez, Germany.

He is also survived by Gwynne's children, Megan (John) Ellingsen, Sarah (Matt) Rose and Joshua Briggs and grandchildren, Emma Ellingsen, Kate, Spencer and Warren Rose. Edgar, Gwynne and family shared many laughs and sunny and wintry adventures, sailing, skiing, and tennis.

A private memorial for family and friends will be held this summer at Birch Bay Community Clubhouse.

In lieu of flowers, please send contributions to Whatcom Hospice at 2800 Douglas Avenue, Bellingham, WA 98225.

Edmonds-Woodway, Meadowdale athletes are honored

Athletes from Edmonds-Woodway and Meadowdale high schools have been announced as receiving 2023-24 Wesco All-League honors.

Girls Basketball 3A/2A

Meadowdale senior Gia Powell was named first-team MVP of Wesco's 3A/2A first team. Second-team honors went to Edmonds-Woodway senior Natalie Durbin,

Meadowdale junior Audrey Lucas, and Meadowdale sophomore Mia Brockmeyer.

Honorable mention went to Edmonds-Woodway sophomore Indira Carey-Boxley and Meadowdale freshman Lexi Zardis.

Boys Basketball 3A/2A

E-W sophomore DJ Karl earned an honorable mention, as did Meadowdale seniors

Tate Lynch and Jaymon Wright.

Boys Wrestling 3A South

First team honors went to E-W senior AP Tran (113 pounds), junior Ever Yamada (175 pounds), and junior Mike Serafinas (215 pounds).

Meadowdale honorees are senior Madox Millikan (132 pounds) and sophomore Chris Ramirez (138 pounds).

Boys Swimming 3A South

Honorable mention went to E-W's 200 freestyle relay team of senior Jude Willcox, junior Patrick Kotwis, and sophomores Austin Chiu and Lennox Norenberg.

Honorable mention also went to E-W's 400 freestyle relay team of Willcox, Kotwis, Chiu, and Norenberg.

Classified Ads

Classified Ads grid with categories: ANNOUNCEMENTS, FOR SALE, SERVICES. Includes ads for missing person, building supplies, cleaning services, and garden rescue.

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▶ from **HEALING** page 1

memorial park could be for family members, and how sincerely they wanted to share stories about loved ones they have lost in this tragedy. I know how it feels to lose someone you love and care about."

The Oso Slide Memorial Committee worked with Snohomish County Parks and Recreation to build the permanent memorial, which honors those who died, as well as survivors, responders, and surrounding communities.

The families, survivors, and responders participated in a multiyear process with Parks staff to generate ideas and settle on a consensus about the memorial. The County's 2022 budget included \$4.8 million for funding of the Slide Memorial Project.

March 22, 2014

On Saturday, March 22, 2014, a massive chunk of the rain-soaked hillside broke loose without warning. It left 43 dead, re-routed State Route 530 and the north fork of the Stillaguamish River, and destroyed 49 homes, most in the Steelhead Haven community. It was the deadliest landslide in U.S. history.

The victims ranged in age from 4-month-old Sanoah Huestis, killed along with her grandmother, Christina Jefferds, to 91-year-old Bonnie Gullikson, whose husband of 55 years, Larry Gullickson, was rescued.

Among those killed were Steve Harris, 52, and Theresa Harris, 53, who lived in an Edmonds condo during the week and spent weekends at their cabin near a bend in the Stillaguamish. Their memorial service was held at Holy Rosary Church on Seventh Avenue South.

Rescuers descended on the site immediately, picking through mud and debris for survivors.

Former Edmonds Mayor Gary Haakenson was serving as executive director of public safety for Snohomish County at the time. It



Photo courtesy of Snohomish County

An aerial view of the landslide and new memorial in Oso.

fell to him to lead the long-term recovery team as the County liaison.

"I got a call from Snohomish County Public Works on a very rainy Saturday morning about a mudslide on State Route 530," he said this week. "My first thought was, 'Why was staff notifying me about a slide on a state highway?'"

That question was answered quickly.

Beginning on Tuesday after the slide, Haakenson was on site every day to represent the County's executive office and to fill in as public information officer when necessary. As the mission began to turn from rescue to recovery, he was put in charge of recovery operations. That meant meeting with families, finding food and shelter for

survivors, and helping them to understand what happens next.

He also helped set up a building that

housed all the personal items found in the debris and scheduled times for families to privately claim their items if they wanted to.

"The hardest part of those months," said Haakenson, "was meeting with those who lost loved ones."

He has photos he took during his assignment that he often looks at.

"It's been 10 years but the images still remain fresh for me. A mangled bicycle, cars destroyed and covered in mud, a basketball, and a Girl Scout uniform. I was asked often during those days if I needed to speak to a counselor. I declined; I was just doing my job."

As the Snohomish County Sheriff's Office continued its relentless search for the last missing person of the landslide, Haakenson was speaking to a Rotary Club about Oso.

"I never had my phone on me when I was speaking, but this day we were nearing the end of the search so I kept my phone close by. As I was speaking to the Rotarians, I got a call and had to excuse myself."

It was Sheriff Ty Trenary, and he spoke three words: "We found her." That would be 44-year-old Molly Kristine "Kris" Regelbrugge, whose remains were found four months after the slide.

The remains of her husband, John Regel-

see **REMEMBERING OSO** page 12 ▶

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► from **REMEMBERING OSO** page 11

brugge, were discovered earlier, about 100 yards away.

"I shared that with the audience, and I cried," Haakenson said. "Maybe I needed that counseling after all. Recovering all 43 missing family members meant the world to the survivors and the Snohomish County Sheriff's Office and all other searchers should be proud of their work."

Not long after the landslide, Haakenson retired from the County. He won't be attending the memorial.

But he has this thought: "I wish for peace for all the families who lost their loved ones."

A spiritual place

"I truly believed that I could create personalized panels," said Tsovinar Muradyan, "which would express and highlight the uniqueness of each of the victims and bring up bright memories and remembrance."

Muradyan, who moved to the U.S. more than six years ago from the former Soviet republic of Armenia, has a master's degree in architecture and a doctorate in sustainable architecture. She and her husband own Melting Rock LLC.

She said she envisioned the park as a space where family members and all visitors could encounter peace and harmony amid its surroundings. She dedicated herself to creating an inspiring environment enriched with distinctive artworks.

"Following numerous discussions and meetings with committee and family members, we concluded that families should share inspirations and motives tied to their loved ones. This would enable me to integrate these unique aspects into the design, thereby personalizing it.

"Consequently, the heartfelt stories were transformed into works of art, highlighting the uniqueness of each victim. Each individual panel experiences its own time of glory."

Muradyan – who will be at the dedication – said there were technical challenges in incorporating epoxy into the bent corten



Artist Tsovinar Muradyan stands next to sculptures she designed for the memorial for victims of the Oso landslide that occurred 10 years ago on Saturday, March 20, 2014.

steel. She polished the epoxy so it could keep light inside.

"That is why, as viewers walk in and

around the panels, these sculptures create surprising experiences of elements, colors, and shapes, which opens endlessly changing

emotional scenes."

The centerpiece of Muradyan's installation in the gathering plaza is the 19-foot Beacon Memorial. It's a monumental work of art with its simplicity and deeply spiritual philosophical symbols.

The monument itself has distinct architectural lines that give dramatic looks from different perspectives, surrounded by mountain views.

Much like Muradyan's sculpture at Esperance Park, the Beacon is placed so light is directed to the memorial stone. The bronze inlay resembles a four-pointed star on the ground and embraces the monument with spiritual guidance and meaning, Muradyan said

"The monument comes alive when people stand on the missing part, making it complete with their presence, memories, and prayers. Looking up, you can see 43 butterflies soaring upwards, representing the 43 victims of the slide. The butterflies symbolize rebirth and resurrection of the souls."

The Responders sculpture, meanwhile, is meant to be a poignant tribute to first responders. It features a large rock mimicking a landslide that tragically struck a community. The central focus of the composition is the Memorial Coin carefully placed on the polished surface surrounded by the coins of First Responders, forming a symbolic representation of unity and tribute within the sculpture.

"This memorial park should be a place of honor to the lives unexpectedly lost and hope to those left behind," said Muradyan. "The park should serve as a sanctuary for healing for the family members, who carry on with this pain in their hearts. Those we love never truly leave us. We must hold onto that light in our hearts and move forward.

"I genuinely hope that the memorial park can be that spiritual place radiating light and hope."



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