

Discover Snohomish Community Guide



Fall/Winter 2015

Supplement to the Tribune



Historic First Street



First Street has an atmosphere all it's own, with a wonderful selection of stores and restaurants offering country charm, antiques and fine foods .

Visitors and locals alike can enjoy a leisurely stroll along the city's Riverfront Trail. This ADA-accessible path begins at the Cady Park Boat Launch on the east and stretches along the bank of the Snohomish River, gradually rising to Avenue D on the west. The Riverfront Trail is one-third of a mile in length. Trail parking is available just east of the Historic District at Cady Park, 40 Maple Avenue. Benches, picnic tables and public restrooms are available at points along the trail.



Can you find something odd about this clock on First Street? (answer at right)

Answer to clock question: This clock on First Street has two 12s (XII) and no 11 (XI).





REMEMBER WHEN Antique Mall
 Open Daily 11am-5pm
(Sometimes later after hours)
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 Vintage Kitchenware, Pottery & More!
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GroundFrog Day January 30, 2016

GroundFrog Day is scheduled for January 30, 2016, where the Northwest Frognostication Ceremony will be held at 11 a.m. at First Street and Avenue A in downtown Snohomish.

Snohomish Slew, the Meteorologist Frognosticator extraordinaire and mighty small hero to all the weather weary 'Gets the Jump' on Punxsutawney Phil and his shadowy claim to fame.

The Community Frogorama will be held at First Street and Avenue A from 11 a.m. to 1 p.m. Slew's passion continues at the Frogorama with frogtabulous games and



great entertainment.

Learn how you can win the title of King, Queen, Prince and Princess to reign as the 2016 GroundFrog Day Royalty and represent Slew at the Snohomish Easter Parade, Klaha Ya Days Parade and Festival

of Pumpkins.

GroundFrog Day is organized by the Snohomish Chamber of Commerce with assistance from the City of Snohomish. Visit www.cityofsnohomish.com for more information.

Pumpkin Hurl & Medieval Faire

This popular event has expanded to two days. Outrageous trebuchets launch pumpkins over 1,800 feet in this crazy competition! Watch mounted knights battle on horseback and get your chance to launch a pumpkin!

Experience authentic living history, hands-on crafts, pony rides, kids scavenger hunt, mock battles, artisans, spirits and wine tastings, music and great food at the Medieval Faire. Costumes are encouraged.

Be dazzled by the Pirates of Treasure Island and the Seattle Knights, the Pacific Northwest's premier sword-fighting and jousting theatrical troupe.

All this and more takes place at this annual event Sept.



Above, a boy interacts with a warrior at the Medieval Faire.

12-13 from 10am to 4pm at Alexander Farm, located at the corner of 43rd Ave. SE and Ebey Island Road.

Tickets are only \$8 per person, children age 4 and

under admitted free. Parking is \$5 per car. Purchase your tickets in advance and get free parking.

www.festivalofpumpkins.org.

Snohomish Festival of Pumpkins



When fall is in the air, the pumpkins are prime for pickin'. Make it a fun day for

the whole family by coming to one of the great family farms to find the perfect pumpkin, enjoy harvest decorations, take a hayride or just savor the beautiful countryside.

A favorite activity for families is getting "lost" in a corn maze. There are

a variety of mazes to choose from, some are even "haunted"

at night for that extra-special scary experience!

Several of the farms allow you to reserve use of their maze for group outings. Visit each farm's website to confirm cost and the days/hours each maze is open to the public.

A couple of the farms offer Zombie Paintball Hayrides (and even a Haunted House) for an outing you will never forget!

Bring the kids, bring the grandparents and bring your camera to catch all the fun!

For more details visit www.festivalofpumpkins.org

Festival of Pumpkins Pumpkin Patches

- Bailey's Farm - www.baileyveg.com
- Bob's Corn and Pumpkin Patch - www.bobscorn.net
- Carleton Farm - www.carletonfarm.com
- Craven Farm - www.cravenfarm.com
- Stocker Corn Maze & Pumpkin Park - www.stockerfarms.com
- The Farm at Swans Trail - www.thefarm1.com
- Thomas Family Farm - www.thomasfamilyfarm.com

Snohomish boasts a beautiful Senior Center

The Snohomish Senior Center is a lovely 6,000 square foot building that cost \$1.5 million in cash to build, not counting the hours of pro bono labor that went into the project.

The City of Snohomish offered the space the nonprofit center sits on under a free 30-year lease, receiving the building after the lease is up.

Today, more than 300 seniors enjoy the center and there are more than 45

different programs available, including a Community Pancake Breakfast the first Saturday of each month and entertainment the fourth Tuesday of each month.

This facility is a wonderful venue for events such as weddings, meetings, gatherings of most any kind. The facility includes a great room, two meeting rooms and a complete kitchen.

The center is located at 506 Fourth Street and

is a wonderful asset to the community.

Visit www.snohomishcenter.org for more information.

Upcoming Events

Health Fair Sept. 12; Community Breakfast Oct. 3; Bingo Bonanza Oct. 3; BrewFest Oct. 23-24; Community Breakfast Nov. 7; Bingo Bonanza Nov. 7; Holiday Bazaar Nov. 21; Thanksgiving Dinner Nov. 26; Community Breakfast Dec. 5; Bingo Bonanza Dec. 5; Holiday Tea

Dec. 12; New Year's Eve Dance Dec. 31.

Events subject to change.

The Snohomish Senior Center is a great gathering place for senior citizens as well as a nice venue for weddings, birthdays, anniversaries, etc.



Snohomish Station On Bickford

2727
Bickford
Avenue

2015-2016 Calendar of Events

Snohomish VIC

AUGUST 2015

7, 14: **Movies at Pilchuck Park**

16, 23, 30: **Sunday Farmers Market**, Sundays, 11 a.m. - 3 p.m., Third and Lincoln

13, 20, 27: **Snohomish Farmers' Market**, 3-8 p.m. Cedar Avenue and Pearl Street. www.snohomishfarmersmarket.com

8: **Sunsets in Snohomish**, Sip, Shop, Dine & Stroll, 5-8 p.m., www.historicdowntownsnomish.org

13-16: **Bigfoot Soccer**, Stocker Field, 11 Lincoln Avenue www.snohomishyouthsoccer.org

14-16: **Taste of Music**, Downtown Snohomish. www.historicdowntownsnomish.org

SEPTEMBER 2015

3, 10, 17, 24: **Farmers' Market**, 3 p.m.-Dusk, Cedar Avenue and Pearl Street. www.snohomishfarmersmarket.com

5: **Bingo Bonanza**, Snohomish Senior Center, 506 Fourth Street

6, 13, 20, 27: **Sunday Farmers Market**, Sundays, 11 a.m. - 3 p.m., Third and Lincoln

12: **Sunsets in Snohomish**, Sip, Shop, Dine & Stroll, 5-8 p.m. downtown Snohomish, www.historicdowntownsnomish.org

15: **Indoor Garage & Yard Sale**, Snohomish Senior Center, 506-4th Street

12-13: **Pumpkin Hurl**, Alexander Farm, corner of 43rd Ave. SE and Ebey Island Road, www.festivalofpumpkins.org

19: **Zombie Walk**, Carnegie Parking Lot, 110 Cedar Ave., 5 p.m.

20: **Historical Society's 43rd Annual Home Tour**, City wide, 12-5 p.m., 360-568-5235, 360-568-2526 www.snohomishhistoricalsociety.org

26: **Tweed Bicycle Ride**, 10 a.m. at Snohomish Senior Center, 506 Fourth St. www.historicdowntownsnomish.org

27: **32nd Annual Clas-**



sic Car & Hot Rod Display, Downtown, 10 a.m.-4 p.m., 360-568-2526, www.cityofsnohomish.com

OCTOBER 2015

The Month of October: Snohomish Festival of Pumpkins, Farms have special activities every weekend.

3: **Bingo Bonanza**, Snohomish Senior Center, 506 Fourth Street

10: **Pumpkin River Race**, www.historicdowntownsnomish.org

17: **Enchanting Fall Ball**, Lord Hill Farms

23-24: **Snohomish BrewFest**, Snohomish Events Center, 1101 Second Street www.snohobrewfest.com

31: **Trick-or-Treat Downtown Businesses**, 3-5 p.m. www.historicdowntownsnomish.org

NOVEMBER 2015

7: **Bingo Bonanza**, Snohomish Senior Center, 506-4th St.

21: **Holiday Bazaar**, Snohomish Senior Center, 506-4th St.

27: **Snohomish Home for the Holidays**, Santa comes to town! Shops remain open late for your convenience. Enjoy the home-town holiday hospitality. www.historicdowntownsnomish.org

DECEMBER 2015

The month of December:

Home for the Holidays Activities, www.historicdowntownsnomish.org

5: **Bingo Bonanza**, Snohomish Senior Center, 506-4th St.

6: **Historical Society Christmas Parlour Tour**, city-wide, 12-4 p.m., 360-568-5235, 360-568-2526 www.snohomishhistoricalsociety.org

21: **Winter Solstice**, Downtown Snohomish Riverfront Trail

JANUARY 2016

30: **Groundfrog Day**, (West Coast's version of Groundhog Day). Family fun for all. 360-568-2526 www.groundfrogday.com

FEBRUARY 2016

TBA: **Citywide Antique Sale**

MARCH 2016

12: **Snohomish Chocolate Walk**, www.historicdowntownsnomish.org

19: **Citywide Cleanup**, www.cityofsnohomish.com

26: **Community Easter Parade and Bonnet Contest**, Bonnet Contest after parade, register at www.cityofsnohomish.com. Parade 11 a.m., First Street.

APRIL 2016

9: **Larry Eason Invitational Track Meet**, Snohomish High School, www.shs.sno.wednet.edu/easoninvite/

9: **Household Cleanup**, www.ci.snohomish.wa.us

9: **Vendor & Gift Show**, Snohomish Senior Center, 506 Fourth St., 360-568-0934

22: **Earth Day**, Avenue A Gazebo, 10 a.m. - 6 p.m.

23: **Garden Club Plant**

Sale, 9 a.m. - 1 p.m. at The Farm at Swan's Trail, 7301 Rivershore Road. (3.5 miles west of Snohomish) e-mail: smiley_gardener@yahoo.com; www.snohomishgardenclub.com

MAY 2016

5, 12, 19, 26: **Farmers Market**, Thursdays, 3 p.m.-7:30 p.m., Cedar Avenue and Pearl Street.

www.snohomishfarmersmarket.com

15: **Antique & Classic Motorcycle Show**, Downtown Snohomish. www.skyvalleybikeshow.com

JUNE 2016

2, 9, 16, 23, 30: **Farmers Market**, Thursdays, 3 p.m.-7:30 p.m., Cedar Avenue and Pearl Street.

www.snohomishfarmersmarket.com

5: **Snohomish Wedding Showcase**, 11 a.m. - 5 p.m. Thirteen beautiful venues with vendors. 360-563-9900

www.mysnohomishwedding.com

3-5: **Snohomish Lacrosse Harvey Cup Tournament**, www.snolax.com

4: **Sunsets in Snohomish**, Sip, Shop, Dine & Stroll, 5-8 p.m., www.historicdowntownsnomish.org

JULY 2016

7, 14, 21, 28: **Farmers Market**, Thursdays, 3 p.m.-8 p.m., Cedar Avenue and Pearl Street.

www.snohomishfarmersmarket.com

9: **Sunsets in Snohomish**, Sip, Shop, Dine & Stroll, 5-8 p.m., www.historicdowntownsnomish.org

15-17: **Kla Ha Ya Days**, city wide festival, parade, carnival, arts & crafts, entertainment, soccer tournament and more. Parade July 20 at 10:30 a.m. www.klahayadays.com

24: **Snohomish Garden Tour**, 12-5 p.m., 425-374-8622

www.snohomishgardenclub.com

Subject to change



Photo courtesy of Todd Elvig

Snohomish guests get a dose of local history when they step through the VIC's doors. The center's design is modeled after the old Snohomish Railway Station that was located just east of the Carnegie Building's parking lot. With touches such as a 20-foot length of railway track outside and antique furniture inside, the center replicates what the city used to look like when trains steamed through town on several different lines.

The Center boasts a Northern Pacific Railroad inspired logo.

Snohomish antique dealers donated or sold all of the VIC's furnishings which are pieces from the "schoolhouse period," and the Chamber of Commerce stocked the building with office equipment.

City Manager Larry Bauman said Snohomish boasts one of the best VICs in the state because of its historic design and its outdoor deck overlooking the Snohomish River.

The Center is open 10 a.m. to 5 p.m. For more information call 360-862-9609.

Important Phone Numbers

- **City of Snohomish**
360-568-3115
www.ci.snohomish.wa.us
- **Fire Department**
Non-emergency 360-568-2141
Emergency 9-1-1
- **Police Department**
Non-emergency 360-568-0888

- Emergency 9-1-1
- **Snohomish County PUD**
360-563-2200
- **Snohomish School District**
Communications 360-563-7263
www.sno.wednet.edu
- **Library**
360-568-2898

- **Boys & Girls Club**
360-568-7760
- **Snohomish Tribune**
360-568-4121
www.snoho.com
- **Chamber of Commerce**
360-568-2526
- **Visitors Information Center**
360-862-9609

- **American Legion**
360-568-5340
- **Eagles Club**
360-568-8406
- **Blackman House Museum**
360-568-5235
- **Snohomish Senior Center**
360-568-0934

For your dining pleasure

Discover Snohomish's many dining varieties

While visiting and shopping Snohomish, be sure to take advantage of the wide selection of eateries offered. Restaurant selection varies widely in Snohomish, from American, British, Japanese, Korean, Thai, Chinese, Mexican and European. You'll find food choices such as organic, seafood, pizza and grass-fed beef, etc.; as well as crepes, pies, cupcakes and soups. Snohomish also

boasts coffee and sandwich shops, ice cream and frozen yogurt shops, delis, wine tasting and more.

Enjoy a fine dining experience in Snohomish with everything from casual to fine cuisine.

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 fax (360) 568-7999

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Andy's Fish House



Live, Fresh and Local.
 Best outdoor seating in Snohomish.

360.862.0782
 1229 First Street, Snohomish
 (Historic Snohomish next to the bridge)

Quaint accommodations can be found in Snohomish



The town of Snohomish is listed on both State and National Registries of Historic Places with its beautiful Victorian and Arts & Crafts period homes built at the turn of the century.

Activities range from architectural tours and balloon rides to shopping and dining.

Even rainy weekends that make you want to take shelter from the elements can make for romantic getaways with more comforts than home at the Inn at Snohomish. The Inn is located within three blocks of shops and restaurants and next to Pilchuck Park which overlooks the river and has a one-half mile walking path.

Other accommodations in Snohomish include bed and breakfasts.

For more information or for a complete list of accommodations, call the Snohomish County Tourism Bureau at (888) 338-0976, or visit www.snohomish.org.

Boys & Girls Club

The Snohomish Boys & Girls Club is proud to be a vibrant and active part of the Snohomish Community.

The Club believes youth learn best through positive and ongoing relationships with supportive adult role models and mentors.

Because academic success is important, the whole Club

stops and does homework together EVERY DAY during the school year. Many of the staff are college students who model the importance of post secondary education.

Through the athletic programs, the Club promotes the importance of health and fitness.

Above all, the Snohomish



Boys & Girls Club is FUN!
 The Club is located at 402 Second Street.

Visit the Sno-Isle Library

From the base of the Cascades to the salt waters of north Puget Sound, the Sno-Isle Libraries provide library services to more than half a million residents of Snohomish and Island Counties.

Sno-Isle Libraries now offer a 3M Cloud Library. This new eBook lending service gives you access to free library eBooks across several devices with ease. Browse, borrow and read eBooks from your computer, mobile device or eReader.

The Sno-Isle Library Snohomish branch, located at 311 Maple Ave., offers a meeting room with seating for 80. The meeting room has 10 tables, a projector that is DVD and VHS capable and a kitchen with sink and microwave.

The library has 34 reservable Internet PC's, eight non-

reservable catalog only PC's and offers wi-fi.

For more information visit www.sno-isle.org or call 877-766-4753.



This 12 foot, 5-inch diameter log is displayed at the Carnegie Building on Cedar Ave. It is from a Douglas Fir felled June 15, 1940 and is estimated to be 620 years old.

For your dining pleasure

Sponsoring restaurants:

• **Alfy's Pizza & Pasta**
1020 Avenue D
360-568-0804

• **Andy's Fish House**
1229 First Street
360-862-0782

• **Blazing Onion**
2811 Bickford Ave.
360-568-7200

• **Brava Pizza & Pasta**
120 Glen Avenue
360-862-0900

• **Burger King**
1426 Bickford Ave.
360-568-7855

• **Cabbage Patch Restaurant**
111 Avenue A
360-568-9091

• **Cathouse Pizza**
1120 First Street
360-863-3626

• **Collector's Choice Restaurant and Entertainment**
215 Cypress Avenue
(Pilchuck Landing - behind Rite-Aid and JC Penney)
360-568-1277

• **El Paraiso Restaurant**
1431 Avenue D
360-568-5406

• **Fred's Rivertown Alehouse**
1114 First Street
360-568-5820

• **Grilla Bites**
1020 First St.
360-568-7333

• **Jakes Cafe**
709 Second Street
360-568-0896

• **Maltby Cafe**
8809 Maltby Road
425-483-3123

• **Papa Murphy's Take 'n Bake Pizza**
1207 13th Street
(Safeway Shopping Center)
360-568-7272

• **Piccola Pizza**
102 Union Street
360-563-5400

• **Randolf Cellars**
1007 First Street

• **Simply Sweet Cupcakes**
2705 Bickford Ave. Bldg. 5
(Snohomish Station)
360-863-2956

• **Stewarts on First**
709 First Street
360-568-4684



709 1st Street • (360)568-4684

Stewarts on First

Happy Hour Daily Mon-Fri 4pm-7pm, Sat 3-6pm, Sun 12pm-3pm

\$3.00 Wells & Micros • \$2.25 Domestic Drafts

BEST BURGERS IN TOWN! Hand formed and NEVER frozen!

- **Mon** - Stewarts Prime Rib Dip \$8.00 • **Tues** - Baby Back Ribs, 2 dinners \$14.00
- **Wed** - 2 Sirloin Steak Dinners \$12.50 • **Thur** - 2 loaded Soft Tacos \$2.00
- **Fri** - Fish & Chips \$6.00, Shrimp Cocktail \$6.00 • **Sat** - Burger of the Week \$7.75
- **Sun** - Prime Rib Dinner 4-9pm, Single \$9.50. 2 Dinners \$16.00 Served with salad and potato

Boeing employees, join us after work, 25% off appetizers & 1/2 off 1st drink (not available on specials or happy hour)



\$3.75

Bloody Mary's on Sundays



Centennial Trail: popular recreation



all levels of physical ability. A separate six foot wide equestrian trail runs parallel to the ten foot wide paved trail. The trail is lined with benches and picnic tables for your convenience. Portable style restrooms are located at the trailheads.

The trail, now over 30-miles long, provides a safe alternative transportation route and extends from Snohomish to Skagit County. Eventually the trail route will be from the Bothell area to Skagit County. The linear park also serves as a conservation corridor protecting sensitive and important natural and cultural resources.

The closest trailhead to Snohomish is located at 5801 S. Machias Rd., just north of town. There is also parking available along the north end of Maple Avenue for outdoor recreational enthusiasts.

Trail users are also invited to visit the trailhead and rest stop in the community of Machias. This facility is a replica of a railroad depot built in the late 1890s. The depot once served a rail line which today is the Centennial Trail. The Machias Trailhead facility is available for rent. Call (425)388-6600 or e-mail scparksrec@gmail.com for reservations.

Park History:

The Centennial Trail is constructed on the original railway right-of-way built in 1889. The railway eventually connected Seattle north with Canada and linked Everett east with Stevens Pass. Operation ceased on the Hartford-Edgcomb section in 1972 and on the Snohomish- Hartford section in 1987. To the south in King County, a section of this same abandoned railway line has become Seattle's heavily-used Burke-Gilman Trail, and King County's Sammamish

River Trail.

The railroad provided local and international mail, freight, and passenger service. It carried timber from the forests, lumber from the saw mills, and iron, copper, lead, silver, and gold from Mount Pilchuck and Monte Cristo mines. Tourists could ride in open rail cars to Monte Cristo and back for the day, winding through the steep canyons of the South Fork Stillaguamish River, or go to the Big Four Inn at the ice caves on the "Mountain Loop" to the east.

Development of the trail began in 1989 during the state's centennial, hence the name, Centennial Trail.

The trail is open for use during regular park hours, from 7 am to dusk. The trailheads are locked during off-hours.

All Roads Lead to Clearview

Situated high atop the hill south of the city of Snohomish is the small community of Clearview.

True to its name, the hilltop vantage offers breathtaking views of the patchwork of farmlands in the valley set against the backdrop of the Cascade Mountains.

Centered at the intersection of Highway 9 and 180th Street Southeast, the community has adopted the saying that "all roads lead to Clearview."

The rural character of the Clearview area provides the perfect setting for those seeking a country lifestyle within commuting distance to Seattle, as it is only a short

distance from Highways 522 and 527.

The Centennial Trail is an enormously popular recreational trail for walking, bicycling, hiking, and horseback riding and is accessible to persons of

Snohomish Area Parks

Flowing Lake County

Park: 17900 48th SE

Bob Heirman Wildlife Preserve at Thomas' Eddy: 14913 Connelly Road

Lake Roesiger Park: 1608 S Lake Roesiger Road

Lord Hill Park: 12921 150th St. SE

Lowell Riverfront and Rotary Park: 3505 Lowell-Snohomish River Rd.

Fobes Hill Park Willis D. Tucker Park: 6705 Puget Park Dr.

Ferguson Park: 1330 Ferguson Park Road

Hill Park: 1610 Park Ave.

Fischer Park: 1214 Madronna

Morgantown Park: 200 Long St.

Cady Park: 40 Maple Ave.

Averill Youth Complex/Skate Park: 400 Second St.



Cabins are available for rent at Flowing Lake County Park.

Pilchuck Park: 169 Cypress Ave.

Kla Ha Ya Park: 1117 First St.

Claytown Park: 329 Ave. I

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Supplement to the Tribune Newspapers

Snohomish Aquatic Center enjoyed by everyone

By MELANIE RUSSELL

Words used to describe the Snohomish Aquatic Center include “magical,” “truly great” and “an aquatic wonderland.”

Aquatic wonderland is certainly one way to describe the 52,000-square-foot facility that for many is a dream come true for the community.

Among the many activities offered at the Snohomish Aquatic Center is swimming lessons for children as young as 36 months old, all the way up to teen and adult swim lessons.

The center is split into two main areas: the recreation side and the natatorium side.

On the recreation side are all the family-oriented “fun”

pool perks, such as a recreation pool, warm-water therapy pool, spray-play and zero-entry area for children, the Flowrider, which is the in-house surf-simulation machine, a lazy river and the Splashtacular water slide.

“This is an aquatic wonderland,” said Kristin Foley, spokeswoman for the Snohomish School District, which built the facility. “Both sides (of the pool areas, separated by a large window) are saline. Our water is a saline system that produces natural chlorine. There are different bodies of water that are all inter-connected. Our lazy river is not very lazy. It moves along pretty quickly and kids love it!”

On the natatorium side of the facility is the much-needed competition swim-

ming pool.

The 10-lane, 25-yard by 25-meter pool boasts a technologically advanced Colorado timing system, complete with touch pads and time board. It also holds a deep diving well and two diving boards, as well as 10 starting blocks. The natatorium can seat 420 spectators. “We have this large glass window here, so that the two areas — the Rec side and the competition pool side — can operate independently of each other,” Foley said. “So if there’s a swim meet over (on the natatorium side), we can still have the rec side open.”

Profits made from admission fees, lessons, parties, etc. will go straight into the school district’s general fund.



Doug Ramsay photo, dougramsayphoto.photoshelter.com

Eric Schoonover of Snohomish holds his 14-month-old daughter Ellee as they wind their way down the Lazy River feature at the Snohomish Aquatic Center.

City buys Stocker land for future park, boat launch

By MELANIE RUSSELL

The city has come to terms with the Stocker family to buy 20 acres along the Snohomish River.

Among the many intriguing conditions the Stocker family required to sign the \$500,000 deal included agricultural and water rights, naming rights and continued parking access for the youth soccer club across the street when it holds large tournaments.

Ed and Edith Stocker’s son Keith Stocker said his family has long supported the community and the spirit of recreation. But they kept their agricultural and water rights

– they need river water for the family’s adjacent farmland properties – as part of their farming needs, he said. “They were all things important to my parents,” Keith Stocker said of the deal’s conditions.

State and county grants bankrolled most of the \$500,000 deal. A significant chunk came from the Snohomish County Conservation Futures Fund, which gets its money through a sliver of property tax revenues.

The city of Snohomish has wanted to obtain the land for years to create a riverside park and boat launch. Constructing the boat launch is on the

city’s front burner. The rest of the recreational park and extended trail system will follow if more funds can be allotted from more grants.

The city is anticipating the boat launch to open October 2016. State department of Fish and Wildlife grants would pay to build it and they have designed the plans for its construction.

The master plan for the city to make the property into a park will not be available until 2016 after public input is taken. The property is not open for public access at this time.

What the future park will

be called remains a mystery, however, the Stocker family is open to calling it Cady Park or Riverfront Park.

“(We) just think it should

be named generically for the community and would prefer not to see it attached to any individual,” Stocker said. “We’ve always said we’d

sell that land out there. We’ve never been opposed to seeing that land used in a recreational fashion. It’s actually going to a use that we support.”

Snohomish, Washington, the only town included from the west coast, was voted in the Top 10 of the Budget Travel Coolest Small Towns in America 2015.

For your Health, Fitness and Beauty needs

Sustainable healthy habits for the whole family



(BPT) - It's important to establish healthy eating habits for your family, but it's not always easy to know where

to start. We spoke to Rebecca Scritchfield, a registered dietitian nutritionist (RDN), to find out what she recommends her clients do to form healthy routines that can be maintained through even the busiest seasons.

"It's all in the little things," Scritchfield says. "Every day, find something that connects health with enjoyment - something that

works for you." Here are a few tips to get you and your family started:

Fill your home with enjoyable foods. Kids' eating habits start at home, so make sure they have healthy options to choose from. I keep healthy foods like yogurt, cheese, berries, avocados, eggs and vegetables in the refrigerator, as well as frozen fruit, veggies and fish in the freezer. You can also stock up on oatmeal, granola and nuts for the pantry, and having a big bowl of fresh fruit on the countertop makes

it easy for the whole family to grab and go.

Cover your nutritional bases. Despite our best intentions, we don't always get everything we need from a healthy diet. I recommend vitafusion for adults and L'il Critters for kids - they're gummy vitamins that taste great, so you'll remember to take them every day.

Create colorful plates. Bring kids into the kitchen so that they learn how to build their own beautiful meal. Let them choose vibrant vegetables like carrots, beets and peppers to decorate their dinner plates, and encourage them to try new vegetables and fruits made in different ways. For young kids, you can even turn it into a fun art project, creating shapes and figures made from produce.

Set a good example. Kids learn best by watching you. Fill your own plate with fruits, vegetables and other healthy options even if they aren't eating them as much as

you wish they would. Ask the kids to express their likes and dislikes so they learn about preferences. Ask the family for more meal ideas. Everyone has a role.

Gather around the table. For the family that eats together, meals are a time to reconnect, reprioritize and reinforce healthy habits. Let them know how much you value this time together. Eating on the run or in front of the television makes it easier to overconsume without realizing it. Instead, sit together over a freshly prepared breakfast or dinner (or lunch, if you can!).

Remember that healthy living doesn't begin and end in the kitchen. Make exercise a family affair by allowing each family member to choose a weekend activity that everyone can get involved in. It can be as simple as trying a new walking route with the dog, or as adventurous as trying a new sport like rock climbing. It's a great way to bond and build memories associated with health and enjoyment.

"Take it one step at a time, and don't aim for perfection," Scritchfield says. "Do what works for you, and remember to enjoy it!"

To learn more about vitafusion and L'il Critters gummy vitamins and Rebecca Scritchfield, registered dietitian and vitafusion and L'il Critters partner, visit www.gummyvites.com.

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Healthy how-tos from 100 & 10 year olds

(BPT) - Spinning and yoga classes are no longer reserved for only the young and restless. Take a closer look around, and you might just find that it's great-grandparents who are out-pedaling you on the stationary bikes. In fact, according to UnitedHealthcare's 100@100 survey, 24 percent of 100-year-olds report doing cardiovascular exercise indoors at least once a week; 29 percent meditate or do other stress-relieving activities; and 34 percent say they exercise to strengthen their muscles.

Every year, UnitedHealthcare polls 100 centenarians for their insights and perspectives on reaching the century milestone. In 2015, UnitedHealthcare also polled 100 10-year-olds to compare responses among the generations.

Findings from the survey suggest 100-year-olds are staying active, feeling positive, and embracing the present. And the kids? Though they may be small, their thoughts are anything but. Here are



some key takeaways.

1. Embrace your smile lines. Mind and body are linked, according to 1 in 4 centenarians surveyed who say the key to staying healthy is having a positive attitude.

When it comes to positivity, the 100-year-olds have an

edge on the kids. More than half (61 percent) say they feel very positive, while only 44 percent of 10-year-olds say the same. On the bright side,

centenarians say it gets easier to maintain a positive attitude with age, so 10-year-olds have the next 90 years to catch up. Both groups say family and

friends makes them happy, and two-thirds of 10-year-olds agree.

What's more, almost half (45 percent) of 100-year-olds and

40 percent of 10-year-olds say they'd prefer to spend time with a family member above anyone else in the world. And when it comes to childhood role models, both groups cite family above teachers, celebrities or others, with mom being the most popular choice.

2. Nurture family relationships.

Despite many years together, centenarians feel anything but "stuck" with their families.

In fact, they actively stay in touch, with 83 percent saying they speak with extended family members at least weekly. Nearly 9 in 10 centenarians (89 percent) say visiting with family and friends makes

them happy, and two-thirds of 10-year-olds agree.

3. Remember, age is just a number.

While both groups say it's good to be young, many centenarians embrace their age. Perhaps that's because, on average, the 100-year-olds report feeling more than two decades younger than they are, and 60 percent say they do not feel old. Given the choice between being their current age or 10-years-old, more than half of centenarians (58 percent) say they would rather be 100.

For more information on UnitedHealthcare's 100@100 survey, visit UHC.com/100.

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Tim Noah Thumbnail Theater thrives on community

By MELANIE CROWSON

Those who run the Tim Noah Thumbnail Theater at Fourth Street and Avenue D see “the Thumb” as a community beacon that sheds light on local talent.

Tim Noah, who settled in the Snohomish area 15 years ago has several Emmy awards, National Academy of Arts & Sciences awards, and spots on HBO and The Disney Channel.

He brought his experience to the local scene to give others the opportunity to shine in the spotlight.

Together with partner Cyndi “Soup” Elliott, Noah founded the Tim Noah Thumbnail Theater in 2002. The theater was the Church of Christian Science for 100 years.

Noah said their first musical theater class all those years ago had 14 children.

Following the initial success of working with local folk and teaching classes in the church-turned-theater, Noah and Elliott focused their sights on performances, open mic nights and mu-



Doug Ramsay photo

sic-related events.

Although they insist on being mindful of “little ears” that come into the Thumb for shows or lessons, they also want to stress the fact that the Thumb is also a place for adults and families.

“This theater is for everyone. All ages – we get from 95 to 9 months. It’s here for everybody,” said Elliott.

Elliott runs programs such as The Imagine Inn, and the two regularly put on the Kaddywompas Radio Show to local delight.

Noah said he believes the main way the Thumb serves the community is how it provides a rare thing: An

inter-generational gathering place for young and old to have an enjoyable experience together; coming together for arts-related events. It breaks down the barriers between ages by giving them a common ground – finding joy in music.

“How wonderful it is that we can all gather in a place like this, and have a shared experience,” Noah said. “That’s high on my list. I love to see people walk through the door, and I love to see them walk out with a big smile on their face. I like extending that hospitality.” www.thumbnailtheater.com

Holiday Parlour Tour December 6



The Snohomish Historical Society will present its annual Parlour Tour on Sunday, December 6, 2015 from noon to 4 p.m.

Snohomish parlours will be dressed in their festive best for your holiday pleasure.

The town's annual tradition of opening beautifully decorated parlours will include at least eight private homes this year, as well as a

museum.

Tickets are \$15 for adults and \$12 for senior citizens (over 62). Tickets may be purchased the day of the tour at the Blackman House Museum, 118 Avenue B.

For more information, please contact the Blackman Museum at 360-568-5235 or visit www.snohomishhistoricalsociety.org

Visit Blackman House Museum

Be prepared to take a step back in time to the 19th Century when you enter Snohomish's Blackman House Museum.

This structure was originally built as a small farmhouse in 1879 for Hyrcanus Blackman, an early settler of Snohomish. He lived in the house with his wife and two children. Later, Blackman's daughter, Eunice, lived there with her husband, Dr. W.S. Ford.

In the 1930s, Dr. Ford enclosed the entrance to the home to create a sunroom for Eunice's plants.

The home was family-owned until 1970 when it was purchased and restored by the Snohomish Historical Society.

Much of the furniture in the Museum came from Emory C. Ferguson, the founding father of Snohomish, and the Norman Lenfest family.

The original etched-glass door and some of the original wallpaper, carpets, furniture and pictures remain intact



The Blackman House Museum was originally built as a small farmhouse in 1879. It is now owned by the Snohomish Historical Society.

and on display in the home. The Historical Society arranged the furniture using photographs of the inside of

old Victorian homes.

The museum is open (beginning in April) from noon to 3 p.m. Saturdays and

Sundays.

For tour information, call 360-568-5235.

Snohomish, Washington, the only town included from the west coast, was voted in the Top 10 of the Budget Travel Coolest Small Towns in America 2015.

Discover Historic Snohomish

Historic Downtown Snohomish Main Street (First Street) has much to offer visitors and residents alike. Downtown is a multi-use area that appeals to many different customers. Retail and gift shops, restaurants and coffee houses, art galleries and antique stores, entertainment, and a wide variety of hobby businesses that are all part of the mix.

The City of Snohomish had a redevelopment plan in 1965 that proposed the destruction of the historic structures along First Street in order to make way for a covered mall. Fortunately, the plan was not carried out due to lack of available funds and as a result, the area remains today as it has through much of history.

In the 1990s, First Street was redeveloped to take advantage of its historic buildings as a tourist attraction. The sidewalks were rebuilt and public restrooms were added in order to further serve the community and visitors. The city hall and police station were moved away from First Street and a new fire station was built, allowing those historic buildings to be renovated as well.

Today, Snohomish is very much a model of how cities can reinvigorate their business districts by preserving their

historic charm. The town has continued to grow with much of the development to the north along Bickford Avenue. The city has nurtured a great balance between regular businesses in modern facilities which serve the community and specialty shops in the historic part of town.

Come stroll along First Street and admire the architecture and murals, enjoy refreshments at the many establishments and discover the great treasures to be found at many of the shops.

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Classic Car & Hot Rod Display



On Sunday September 27, The Snohomish Chamber of Commerce will present the 33rd Annual Snohomish Classic Car & Hot Rod Display in downtown Snohomish.

In 1982, with fewer than 10 Vintage Cars on display, this event began as the Snohomish "Vintage Car Display." The name was changed in the early 1990's and is now one of the state's largest annual "Car Shows." The event became so popular with car enthusiasts, a "real" organizational

committee was formed and the scope was broadened by inviting Classic cars, Hot Rods, specialty and popular present day dream cars.

The Snohomish "Best of the Northwest" Classic Car & Hot Rod Display continues to be run by a very dedicated group of volunteers as the main annual fundraising event for the Snohomish Chamber of Commerce.

www.cityofsnohomish.com

Snohomish Chamber of Commerce



The Snohomish Chamber of Commerce serves the community of Snohomish and its surrounding area as the advocate for business issues, economic concerns and quality of life. The Chamber works both independently and as a partner with other groups and individuals to help realize the vision of the entire community by ensuring a prosperous, healthy economic and natural environment.

The Chamber of Commerce office is located at 802 First Street. For more information visit www.cityofsnohomish.com or call 360-568-2526.

Aquatic Center FlowRider is a favorite attraction



The FlowRider wave simulation machine at the Snohomish Aquatic Center, the only one in the Pacific Northwest, continues to be a large attraction. In this 2014 photo, instructor Kathryn Crowe demonstrates the machine. The Aquatic Center is located at 516 Maple Ave. For more information visit www.snohomishaquatic.com.

Snohomish Zombie Walk September 19

All Zombies and ghouls are invited to Downtown Snohomish for a friendly (or not!) visit. In preparation for the impending Zombie-Apocalypse, all participants and spectators are asked to bring "rations for the survivors" (to benefit the Snohomish Food Bank).

Zombies gather September 19 at the Carnegie Parking Lot, 110 Cedar Avenue, at 5 p.m. for instructions and guidelines. Please park on the street.

Walk begins at 5:30 p.m. Lurch west on First Street to Avenue D, then U-turn back toward the east on First Street.

Sidewalk only (approx 1/2 mile total).

Participating restaurants and taverns will offer food and drink specials for Zombies in Downtown Snohomish.



Olivia Coleman, 9, (left) and Madelynn Murphy, 9, both of Snohomish, participate in the first annual Snohomish Zombie Walk through downtown in 2014. Nearly 100 people, the majority of which were dressed as zombies, strolled First Street during the event. For more information visit www.festivalofpumpkins.org

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For those desiring a more extensive **daytime or sunset adventure** escape, **SNOHOMISH FLYING** offers air tours of downtown Seattle and the Puget Sound region, the San Juan Islands, the breathtaking Cascade or Olympic Mountains, the Snohomish, Monroe, Snoqualmie Valleys, or a venue of your very own choosing ranging in price from \$150 to \$350.

Or, experience man's first form of flight while floating

across the valley in a **hot air balloon!** **AIRIAL BALLOON COMPANY** offers daily sunrise and sunset flight from \$195 to \$215, including sparkling beverages, meals and your very own personalized "Certificate of Ascension."

Finally, visit **SKYDIVE SNOHOMISH** and for \$225 experience the ultimate freedom and enjoy the amazing landscape from high above as you and your instructor exit in free fall on a **Tandem Instruction Skydive** from 10,000 feet to experience the most exhilarating adrenaline pumping adventure of a lifetime.

If you prefer your aviation adventures from the ground up, we will make arrangements for you to tour the **Future of Flight-Aviation Center** and Boeing Facility (\$20 per person) or the **Flying Heritage Museum** Collection (\$14 per person).

For more information, visit HarveyField.com, SnohomishFlying.com, SkydiveSnohomish.com or AerialBalloon.com or call (360)568-1541, ext. 222.



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