

Discover Snohomish Community Guide



Spring/Summer 2017

Evergreen State Fair Aug. 24 – Sept. 4 "Harvest the Memories"



Doug Ramsay photo

For over 100 years, Western Washington has enjoyed the hometown, authentic feel of a real country fair in the heart of Snohomish County. If you're looking for some real country fun, the Evergreen State Fair in Monroe is the place to be. The fair runs for 12 days, ending on Labor Day each year. This year the fair will run from August 24-September 4.

But fun at the Evergreen State Fair isn't confined to these 12 days. No, the grounds are used all year round. There are animal shows, both domestic and farm; swap meets; collectible and special interest shows such as quilt shows, woodcarving shows, antique shows and craft markets; as well as auto racing and mystery dinners.

The 2017 Concert lineup for the Evergreen State Fair will be for King and Country August 28; Josh Turner August 29; Joan Jett and the Blackhearts August 30; Kenny Loggins August 31 and Trace Adkins September 1.

All concerts begin at 7:30 p.m. and tickets include gate admission into the fair. Tickets can be purchased online at Etix.com; on the phone (800) 514-3849; or in person at the Evergreen State Fairground's Administration Office. "Harvest the Memories" is the theme of the 2017 Evergreen State Fair

For more information on current events call 360-805-6700 or visit the fair online at www.evergreenfair.org.

Welcome to Historic First Street

Can you find something odd about this clock on First Street? (answer below picture)



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



First Street has an atmosphere all its 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.



Cin-a-mon Stick and The Country Cupboard are together at:
1102 1st St.
Snohomish, WA 98290
360-568-7077
Shopkeeper: MaraLee Gibson
Primitives ★ Colonial ★ Antiques

BEAT ST.
Unusual Gifts. Apparel & Shoes
Tianello, NYDJ, Tribal, Josef Seibelt & Born Shoes Plus More
1010 First St. • Snohomish, Wa 98290
(360) 568-7254

WORTHY
Home • Lifestyle • Fashion
1200 First St. 360.568.9990
Snohomish worthyhlf@gmail.com

REMEMBER WHEN Antique Mall
Open Daily 11am-5pm
(Sometimes later after hours)
20 plus Dealers, Over 4,500 sq ft
Prints, Glassware, China, Jewelry, Linens, Tools
Vintage Kitchenware, Pottery & More!
Like us on Facebook!
908 1st St., Snohomish 360-568-0757

Antique and Classic Motorcycle Show returns May 21



Thousands of people are expected to flock to downtown Snohomish Sunday, May 21 to admire classic motorcycles and enjoy live music and other activities. The ride-in show takes place on First Street in downtown Snohomish. The Sky Valley Chapter of ABATE tries to make money

from the show in order to give it to a charitable cause such as the Snohomish Community Food Bank.

This will be the 21st annual event by the Sky Valley Chapter of ABATE. For more information visit www.skyvalleybikeshow.com

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 PCs, eight non-reservable catalog only PCs and offers wi-fi.

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

2017 Calendar of Snohomish Events

MARCH 2017

18: Citywide Volunteer Cleanup, www.cityofsnohomish.com

APRIL 2017

1: Community Breakfast/Bingo Bonanza, Senior Center, 506-4th St.

8: Spring Bazaar, 9am-4pm, Snohomish Senior Center, 506-4th St.

15: Easter Parade & Bonnet Contest, First Street www.cityofsnohomish.com

22: Larry Eason Invitational Track Meet, Snohomish High School, www.shs.sno.wednet.edu

29: Snohomish on the Rocks Distillery Festival, featuring 25+ distilleries. Thomas Family Farm, 9010 Marsh Rd. www.SnohomishRocks.com

29: 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). Roberta Alley, 602-684-9923; www.snohomishgardenclub.com

MAY 2017

4, 11, 18, 15: Farmers Market, Thursdays, 3 p.m.-7 p.m., Cedar Avenue and Pearl Street. www.snohomishfarmersmarket.com

6: Community Breakfast/Bingo Bonanza, Senior Center, 506 4th St. 360-568-0934

11: Snohomish Women's Run, half marathon and 10k; www.snohomishwomensrun.com

13: Spring Tea Party, Senior Center, 506-4th St. 360-568-0934

20: Family Fun Day, north Snohomish Little League ballfields, www.northsnohomishbaseball.com

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

JUNE 2017

1, 8, 15, 22, 29: Farmers Market, Thursdays, 3 p.m.-7:30 p.m., Cedar Avenue and Pearl Street. www.snohomishfarmersmarket.com

3: Community Breakfast/Bonanza Bingo, Senior Center, 506 4th St. 360-568-0934

3-4: Harvey Cup, Snohomish Lacrosse, Harvey Field, www.snolax.com

4: Snohomish Wedding Showcase, 11 a.m. - 5 p.m. Over twenty beautiful venues with vendors. 360-563-9900 www.mysnohomishwedding.com

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

17-18: The Rose Festival, 12220 Springhetti Road, 360-568-1919

JULY 2017

6, 13, 20, 27: Farmers Market, Thursdays, 3 p.m.-7:30 p.m., Cedar Avenue and Pearl Street. www.snohomishfarmersmarket.com

1: Community Breakfast/Bonan-



za Bingo, Senior Center, 506 4th St. 360-568-0934

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

12-16: Klah Ya Days, city wide festival, parade, carnival, arts & crafts, entertainment, soccer tournament and more. Parade July 19 at 10:30 a.m. www.klahayadays.com

14: Outdoor Movie at Pilchuck Park- Elf, 8:45 p.m.

21: Outdoor Movie at Pilchuck Park- Finding Nemo, 8:45 p.m.

28: Outdoor Movie at Pilchuck Park- Zootopia, 8:45 p.m.

29: Snohomish Hard Cider Festival: Historic Downtown Snohomish, Noon - 5 p.m.; www.snohomishciderfest.com

AUGUST 2017

1: National Night Out Against Crime, 6-9 p.m. Activities for children; free giveaways. 360-568-3115, Averill Field

3, 10, 17, 24, 31: Snohomish Farmers' Market, 3-8 p.m. Cedar Avenue and Pearl Street. www.snohomishfarmersmarket.com

5: Summer Festival, Delta Rehabilitation Center, 1705 Terrace Ave., 360-568-2168

5: Community Breakfast/Bonanza Bingo, Senior Center, 506 4th St. 360-568-0934

6: Outdoor Movie at Pilchuck Park- Rugrats, 8:45 p.m.

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

18-20: Taste of Music, Downtown Snohomish. www.historicdowntownsnohomish.org

18-21: Bigfoot Soccer, Stocker Field, 11 Lincoln Avenue www.snohomishyouthsoccer.org

SEPTEMBER 2017

2: Community Breakfast/Bonanza Bingo, Senior Center, 506 4th St. 360-568-0934

7, 14, 21, 28: Farmers' Market, 3 p.m.-Dusk, Cedar Avenue and Pearl Street. www.snohomishfarmersmarket.com

9: Sunsets in Snohomish, Sip, shop, dine and stroll, 5-8 p.m. www.historicdowntownsnohomish.org

16: Zombie Walk, First Street, 5:30 p.m.

17: Historical Society's 46th Annual Home Tour, City wide, 12-5 p.m., 360-568-5235, 360-568-2526 www.snohomish-historicalsociety.org

23: Tweed Bike Ride, 23: Health Fair, Senior Center, 506-4th St.

24: 34th Annual Classic Car & Hot Rod Display, Downtown, 10 a.m.-4 p.m., 360-568-2526,

www.cityofsnohomish.com

OCTOBER 2017

The Month of October: Snohomish Festival of Pumpkins, Citywide and local pumpkin patch farms. Farms have special activities every weekend.

TBD: Festival of Pumpkins, Special community activities 360-568-2526, www.cityofsnohomish.com

7: Community Breakfast/Bonanza Bingo, Senior Center, 506 4th St. 360-568-0934

15: Snohomish River Run, half marathon, 10k; www.snohomishriverrun.com

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

NOVEMBER 2017

3-4: Snohomish BrewFest, Snohomish Events Center, 1101 Second Street www.snohobrewfest.com

4: Community Breakfast/Bingo Bonanza, Snohomish Senior Center, 506-4th St.

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

25: Snohomish Home for the Holidays, Santa comes to town! Shops remain open late for your convenience. Enjoy the hometown holiday hospitality. www.historicdowntownsnohomish.org

DECEMBER 2017

The month of December: Home for the Holidays Activities, www.historicdowntownsnohomish.org

2: Community Breakfast/Bingo Bonanza, Snohomish Senior Center, 506-4th St.

3: Chase the Grinch out of Snohomish, 5k and 10k runs

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

16: Holiday Tea Party, Senior Center, 506 4th St. 360-568-0934

16: Freestyle Christmas Lights Cruise, downtown

21: Winter Solstice, Downtown Snohomish Riverfront Trail

31: New Year's Eve Dance, Senior Center, 506 4th St. 360-568-0934

JANUARY 2018

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

This calendar is subject to change Visit www.cityofsnohomish.com

Snohomish boasts a beautiful senior center



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

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 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.

org for more information.

Upcoming Events

Community Breakfast April 1; Bingo Bonanza April 1; Spring Bazaar April 8; Community Breakfast May 6; Bingo Bonanza May 6; Spring Tea Party May 13; Community Breakfast June 3; Bingo Bonanza June 3; Snohomish Wedding Tour (registration/check-in location) June 4; Community Breakfast July 1; Bingo Bonanza July 1; Community Breakfast Aug. 5; Bingo Bonanza Aug. 5;

Murder Myster Dinner Aug. 12; Community Breakfast Sept. 2; Bingo Bonanza Sept. 2; Bingo, Brats and Brews Sept. 16; Health Fair Sept. 23; Community Breakfast Oct. 7; Bingo Bonanza Oct. 7; BrewFest Nov. 3-4; Community Breakfast Nov. 4; Bingo Bonanza Nov. 4; Holiday Bazaar Nov. 18; Community Breakfast Dec. 2; Bingo Bonanza Dec. 2; Holiday Tea Dec. 16; New Year's Eve Dance Dec. 31.

Events subject to change.

Snohomish Farmers Market open May 4 – Sept. 28

The lively evening market is celebrating its 26th season, starting in May with more farmers and events but still remaining small enough for the community feel.

Folks enjoy talking to those who grow their food and to learn more about seasonal growing methods.

Snohomish's market has the charm of a small town, nestled among the trees, welcoming 500 - 800 visitors every Thursday during the peak Summer season to the Historic

downtown community.

Street performers, pie baking contests, musical performers and different events entertain visitors.

The market has a variety of organics, fresh fruits, vegetables, organic coffee, nuts and berries, herbs, vegetables, bread, wine, honey, ice cream, meats and eggs.

Along with the variety of food, the market is also known for selections of bedding plants, flowers, herbs and other nursery stock.

You will also find an array of crafts from ceramics to jewelry to woodwork.

Starting in June, a Washington State University master gardener is on hand to answer visitors' questions.

To read more about the market or apply to be a vendor, visit www.snohomishfarmersmarket.com or email snohomishfarmersmarket@gmail.com.

The market is held on Cedar Ave. in front of the historic

Carnegie Building.

There are many exciting things planned for this year. There will be incentive programs for kids along with more farms and produce.

The Market is open May 4 through September 28 and is located in historic downtown Snohomish.

For more information visit www.snohomishfarmersmarket.com



Doug Ramsay photo

Snohomish Station On Bickford



2727
Bickford
Avenue

New boat launch open; Cady Park launch closes



By TRIBUNE STAFF

The new boat launch at 20 Lincoln Ave. is complete and open for use.

With the support of the former 44th District House Rep. Hans Dunshee, the Washington Department of Fish and Wildlife (WDFW) was awarded \$500,000 from the Jobs Now program for the design, permitting and construction of the new boat launch.

“We’re very grateful for the involvement of the state legislature and Snohomish County that made this project possible,” Council member Karen Guzak said. “This is a

gift to our community that will be enjoyed by recreational boaters for many years.”

The launch is located at a 20-acre property at 20 Lincoln Avenue along the Snohomish River that was purchased by the city with a \$500,000 grant from the Snohomish County Conservation Futures program.

It is now a City-owned and maintained recreation facility surrounded by unimproved future parkland.

The facility’s parking lot has eight trailer spaces, two ADA-accessible spaces, 11 standard spaces and overflow parking.

Parking is free for the time being, however the City

Council will review options to institute a parking fee in the future.

The boat launch was built in response to requests to replace the outdated and undersized parking lot of the city’s damaged and deteriorated Cady Park boat launch off of First Street, the city said.

Since the 1960s, Snohomish has had a boat ramp at Cady Park with free parking for all vehicles.

The Cady Park boat ramp has been decommissioned from use for vehicle-launched boats upon completion of the new boat launch. The ramp will be retained for hand launched, non-motorized boats.

Annual Rose Festival

Roses, roses and more roses are a sight to be seen at the Antique Rose Farm in the beautiful Snohomish river valley.

The roses start blooming in May and continue through the first fall frost.

The Antique Rose Farm is a great destination nursery featuring roses (antique to modern), perennials, hydrangeas (for those shady spots), and an old dairy barn full of antiques and gifts.

The annual Rose Festival will be June 17-18. The Rose Show will be Sunday, June 18.

The Antique Rose Farm is located just south of Snohomish city limits at 12220 Springhetti Road and is open Tuesday through Saturday from 10 a.m. to 5 p.m. Come on out and smell the roses!



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

County has acquired 12 miles of Eastside Rail Corridor



Photo courtesy Andrew Kim

In 2013, dignitaries held an event called "Let 'Er Boom" to celebrate the Eastside Rail Corridor.

By **MELANIE RUSSELL**

Snohomish County is taking ownership of 12 miles of the Eastside Rail Corridor, which has been envisioned for a

tourist train to Snohomish. The negotiated price was \$3.5 million for the section which runs from Woodinville to Snohomish. The county is paying for it from its Conservation

(BNSF) in 2009 for \$80 million. County leaders say the agreement between the county and Port of Seattle

Futures Fund, which derives its funding from a sliver of annual property tax revenue.

The County Council and Port of Seattle commissioners approved the deal.

The port bought the entire 42-mile Snohomish-to-Renton line from Burlington Northern Santa Fe

County leaders say the agreement between the county and Port of Seattle

will protect rail and trail space.

County Executive Dave Somers cheered the acquisition.

"We will keep this corridor under public ownership and are committed to preserving this rail with trail asset," Somers said in a press release. "This is the first step of many to protect a valuable community property."

Former Snohomish Mayor Karen Guzak, a longtime proponent for putting a tourist train on the corridor, was enthusiastic about the acquisition.

"We are pleased to hear this. This purchase has been 'in the works' for quite awhile, and we are glad to have the County as a major partner in developing the corridor for public purpose," Guzak

said. "The City of Snohomish supports the County in their commitment to developing both trail and rail. This

corridor gives us connections to Woodinville and King County and validates the potential for future growth."

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

steak, etc.; as well as 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.



Jake's Cafe
ON SECOND STREET

Breakfast all day long
Homemade Burgers & Fries
Homemade Soup Daily

709 2ND ST. • SNOHOMISH
(360) 563-0896



For your dining pleasure

Sponsoring restaurants:

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

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

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

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

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

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

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

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

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

• **Collector's Choice Restaurant and Entertainment**
215 Cypress Avenue
360-568-1277

• **Hungry Pelican**
113 Avenue C
360-243-3278

• **Papa Murphy's Take 'n Bake Pizza**
1207 13th Street
360-568-7272

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

• **Randolf Cellars**
1007 First Street

• **SnoTown Brewery**
511 Second Street

• **Simply Sweet Cupcakes**
2705 Bickford Ave. Bldg. 5
360-863-2956

• **Snohomish Bakery First & Union Kitchen**
101 Union Avenue
360-568-1682

• **Sound to Summit Brewing**
1830 Bickford Ave. #111
360-294-8127



Fresh Brewed Craft Beer ♦ Dog & Family Friendly
Locally Owned and Operated
511 2nd Street • Snohomish (Next to Ixtapa) 



Thin Crust New York Style Pizza
Lunch Specials
Gourmet Salads
Beer & Wine
360-563-5400
102 Union Ave. • Snohomish

Authentic Hand Tossed Gourmet Pizza and the BEST Fresh Squeezed Cocktails in Town!
Dine In or Take Out!

Kla Ha Ya Days Festival



The Native American greeting of Kla Ha Ya means welcome, and that's the spirit behind Snohomish's annual community celebration, Kla Ha Ya Days.

The old fashioned festival, featuring the Grand Parade will be held July 12-16.

Kla Ha Ya Days offers a carnival with entertainment for young and old, musical entertainment, salmon bbq and silly contests such as bed races, cherry pit spitting, ice cream eating, pie eating and

so much more old fashioned fun for all!

The 2017 Kla Ha Ya Festival celebrates 104 years of old fashioned summertime fun.

The Parade will be 10:30 am on Saturday, July 15; the Car Show will be on First Street between Avenue A and Maple, Union, Glen, Pearl and Cedar on Sunday, July 16; and Beer Gardens will be open both Friday and Saturday (two different locations).

The Frogtastic Kid's Fair will be held at Snohomish Station

Friday, July 14. Also at the Frogtastic Kid's Fair will be the Evergreen Speedway's Mini Cars, Kid's Bike Rodeo, Bouncy House, Crafts, Photo Booth, Basketball Contests, Bean Bag Toss, Cupcake Walks, food samples and so much more!

There will be a shuttle from the Snohomish Station to the carnival at Harvey Field.

Mark your calendars and come to Snohomish for some old fashioned family fun at Kla Ha Ya Days July 12-16!

www.klahayadays.com

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 Health, Fitness and Beauty needs

Four strategies for a healthy you

(BPT) - "Mental health and taking time for yourself can greatly improve your chances of achieving your health and wellness goals," says the Mayo Clinic. "It's important to realize that changing any behavior is often a complex process that requires you to address the mental as well as physical aspects of the change you want to achieve."

Below are helpful strategies from the wellness professionals at Mayo Clinic to assist you in achieving your goals:

Be on your mental game
Weight loss is a common goal, but to achieve it, you'll likely need to do more than simply change your eating habits. Behaviors, thoughts and emotions may be playing a role in keeping you from shedding pounds. For example, not getting enough sleep can thwart better eating and exercise habits. Sleep deprivation can hinder your ability to control your emotions, interfere with positive thought processes and make you too tired to exercise regularly.



Being aware of factors that contribute to negative habits not only can help you succeed, it can also help you sustain the changes.

Be aware of self-talk
Everyone has an integral dialogue, and it's the voice we all believe the most. Is yours negative or positive? The voice of your self-talk can greatly affect your confidence level. Pay attention to your self-talk and evaluate if what you're telling yourself is actually true.

When self-talk turns negative, try to challenge it and find a more positive way to look at the situation. For

example, turn "I always fail at losing weight because I eat too much" into "I enjoy eating fruits and vegetables and can easily eat three servings a day."

It will take time and practice to learn how to turn negative self-talk into positive, so be patient with yourself.

Fight boredom with fun and creativity

People fail at wellness goals for many reasons, including boredom. Approaching your goals with a creative and fun attitude can help keep them fresh and exciting - and keep

See STRATEGIES on page 11

Vision Plus

Eye Exams for \$80!

We have a nice selection of stylish, quality frames.
Most insurance plans accepted.
We also accept CareCredit

Please call 360-568-6868 to schedule an appointment.
1800 Bickford Ave, Ste B 202 • Snohomish

20% OFF
Glasses

* Some restrictions apply.

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

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.



For your Health, Fitness and Beauty needs

Strategies *continued from page 10*

you on track!

Try learning something new or vary your routine. For example, try a new recipe or modify your usual food choices. Learn to use a new piece of equipment at the gym, or take an exercise class to learn something you've always wanted to do.

Dance around the house, take a healthy cooking class, read a book, travel, check an item off your bucket list or create a list if you don't have one. However you define "fun," if you enjoy what you're doing, you're more likely to want to keep doing it.

Prepare to overcome setbacks. No matter how committed you are to a goal, setbacks are normal. Don't let them derail

you. Planning for setbacks and how you'll overcome them can help you stay on track for the long term.

When planning how you'll reach a desired behavior change, try including some what-if scenarios. For example, if your fitness routine includes a yoga class after work and you get delayed, think about what you could do to still meet your exercise goal. You might be able to substitute another class or use body weight exercises at home. Having a back-up plan in case your original goal doesn't work out can help you avoid "all-or-nothing" thinking.

If you experience a setback, be compassionate with

yourself; change is rarely easy. Giving yourself a break will help you dust yourself off and get back on track.

By taking a mindful and proactive approach to your health, you'll be on the way towards achieving your wellness goals through 2017 and beyond. To learn more about healthy living, visit www.mayoclinic.org/healthy-lifestyle. For more information on customized wellness programs at Mayo Clinic, view our Healthy Living Program.

What to know about eye health

(StatePoint) Did you know that doctors now recommend that children as young as six months old should have their first comprehensive eye exam? And not only is correcting vision problems crucial for happiness and success, but an eye exam can detect such health problems as diabetes, high blood pressure and high cholesterol.

Experts say eye care should be a lifelong commitment, with eye exams beginning in infancy and progressing at different intervals as you age.

Unfortunately, visits to the eye doctor can be a financial hurdle for families without vision insurance. To help these families overcome this obstacle, the vision care experts at VSP have built a free online service at vsp.com where you can now find eye doctors and affordable vision plans.

"Little eyes are precious

things to protect, and ensuring our kids can see well grants them not only a richer view of the world, but better tools to learn," says Tracie Fobes, the blogger behind Penny Pinchin' Mom. "Thankfully, we have great vision insurance, and keeping up on our kids' vision care has not been a financial burden."

Centennial Trail: popular recreation area



The Centennial Trail is an enormously popular recreational trail for walking, bicycling, hiking, and horseback riding and is accessible to persons of 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 scparcsrec@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 settlement was first called West Cathcart and then Cathcart Heights. The 1930 Census lists 624 residents in Cathcart. On Armistice Day 1931 a celebration was held in recognition of the new name of Clearview.



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.

Snohomish Wedding Tour June 4

Are you considering getting married in 2018? Plan to attend the 9th Annual Snohomish Wedding Tour, proudly sponsored by the Snohomish Wedding Guild, on Sunday, June 4 from 10a.m. – 5 p.m. With over twenty wedding and event venues in the community, Snohomish is quickly becoming known as the “Wedding Capital of Washington.” Well known throughout the Northwest for its picturesque surroundings and old world appeal, Snohomish is the perfect location for a destination wedding. The 2017 tour will showcase over 20 of these venues along with nearly 100 of the Snohomish Wedding Guild vendors.

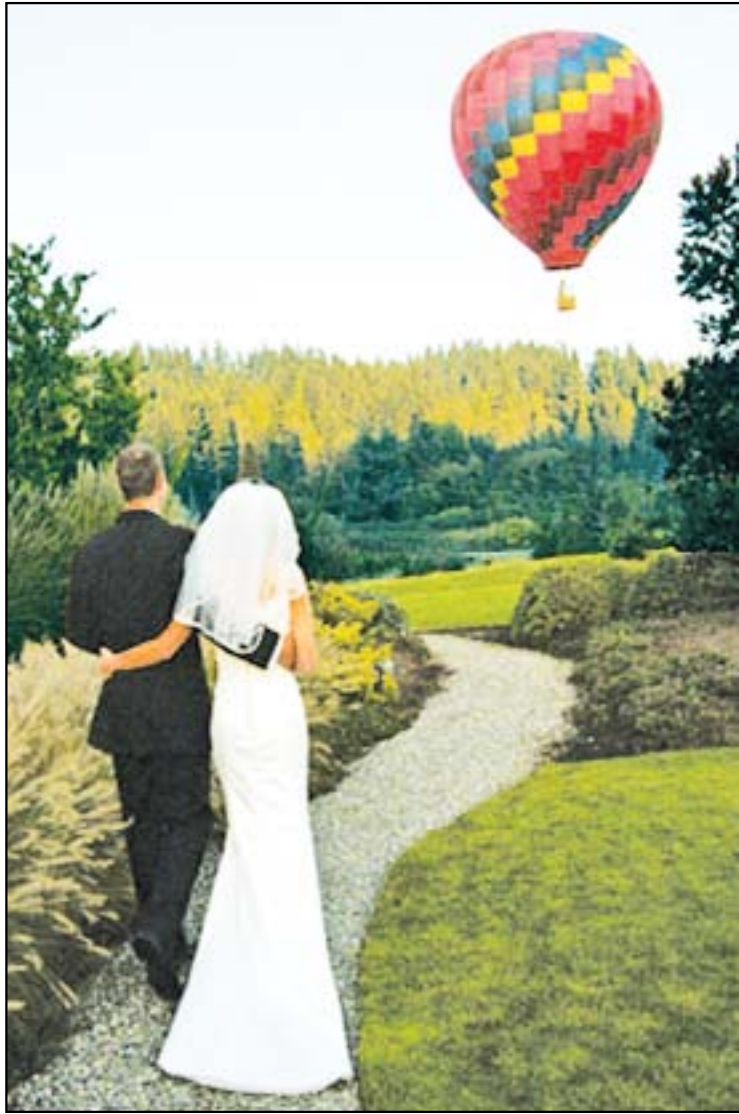
The Snohomish Wedding Tour is a special event designed to give couples, their families and friends an opportunity to view each venue and meet with industry professionals that can help them plan their special day. Caterers will have tasty food to sample, florists will have flowers to admire, DJ’s will have music to get you dancing and photographers will have photos to inspire. Meet nearly 100 top wedding vendors including wedding coordinators, cake and chocolate makers, bridal shops, rental suppliers, beverage servers and officiants to make this a “one stop” shopping opportunity for all of your wedding planning.

Get a jump-start on planning your 2018 wedding and reception!

The Snohomish Center, located at 506 4th Street will host the registration center and will be open at 10 a.m.

Tickets for the tour cost \$12 each and can be purchased at www.mysnohomish-wedding.com. Check online for additional information on the tour.

Each venue will have a sweepstakes drawing so enter to win at each venue. Don’t miss this event!



Taste of Music



Doug Ramsay photo

Historic Downtown Snohomish will host the Taste of Music Festival August 18-20 on First Street in downtown Snohomish.

The Festival will include three days of music on two stages offering amazing local musical talent. Local musical favorites will be returning this year and more new musicians will be joining them to experience the big street party.

The Festival will be Friday, August 18 from 7-9:30 pm; Saturday, August 19 from noon-10 pm; and Sunday, August 20 from noon-7pm.

For more information visit www.historicdowntownsnohomish.org

**Don't miss
Kla Ha Ya Days
July 12-16!**

Visitor information center

The Center’s design is modeled after the old Snohomish Railway Station. The Center replicates what the station used to look like when trains steamed through town on several different lines.

The Center, located at First Street and Avenue D, is open 10 a.m. to 5 p.m. For more information call 360-862-9609.



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 Madrona Dr.

Morgantown Park: 200 Long St.



Cabins are available for rent at Flowing Lake County Park.

Cady Park: 40 Maple Cypress Ave.

Kla Ha Ya Park: 1117 Ave. First St.

Averill Youth Complex/Skate Park: 400 Second St.

Claytown Park: 329 Ave. I

Pilchuck Park: 169

Snohomish – Rich in history

Snohomish has an irresistible charm with its turn of the century architecture and living history.

Those who love Victorian architecture will enjoy the stately, restored homes in the Historic residential area. Most of the commercial buildings on First Street have also been preserved so the downtown looks much the same as it did in the city's early days.

Relax, take in the scenery and Discover Snohomish. You'll be glad you did.

These local offices are here to help you with all your banking and financial needs

Support your local businesses

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 swimming 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 open.”

(on the natatorium side), we can still have the rec side

Profits made from admission fees, lessons, parties,

etc. will go straight into the school district’s general fund.



Doug Ramsay photo, dougramsayphoto.photoshelter.com

Community members enjoy the Lazy River feature at the Snohomish Aquatic Center.

Thrilling Aviation Adventures Abound at Harvey Field



HARVEY AIRFIELD

Serving the Community's Air Transportation Needs Since 1944

Harvey Field is your local general aviation airport dedicated for over 70 years to providing air transportation, economic benefit, area recreation, and, most importantly, jobs for the Snohomish community and greater Puget Sound region.

You're in the pilot seat when it comes to flight explorations, flight training and adrenaline pumping aviation adventures... all available at our own HARVEY FIELD in Snohomish. You are guaranteed the exciting activity of your choosing will be remembered for a lifetime.

Take a Sport Pilot **Discovery Flight Lesson** in the Evektor SportStar for just \$95; an **Introductory First Flight Lesson** in an airplane (\$95) or helicopter (\$175), or enjoy a

full half hour local picturesque **Scenic Tour** for three in an airplane (\$145) and for two in a helicopter (\$195).

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.

Harvey Field is located at 9900 Airport Way in Snohomish.



B&H Body Repair

Since 1976

All insurance work accepted. Towing and rental cars arranged.

(360) 568-7676
9516 Airport Way
in Snohomish



Award Winning

Street Rod Upholstery to Sofas and Chairs!

10204-A
Airport Way
Snohomish

TRIM CRAFT
CUSTOM UPHOLSTERY
425-338-2935

