

FW celebrates Independence Day with relatively few fireworks calls

By ALEX BRUELL
alex.bruell@soundpublishing.com

A popular city fireworks show and lack of any major emergencies made for a relatively safe — and successful — Independence Day in Federal Way this year.

Federal Way Police Department (FWPD) Deputy Chief Kyle Sumpter broke down the numbers during the July 5 city council meeting.

“It’s a very busy day,” Sumpter said. “It’s our biggest staffing day (for the police department) of the year.”

Thankfully, the city’s Red, White and Blues festival “couldn’t have gone better” from a safety perspective, and emergency calls related to fireworks were at a 5-year low, Sumpter said. Year-by-year on July 4, Federal Way saw:

- 2019: 110 fireworks calls
- 2020: 146 fireworks calls
- 2021: 189 fireworks calls
- 2022: 82 fireworks calls
- 2023: 79 fireworks calls

Personal-use fireworks are illegal in city limits with “virtually no exceptions,” Sumpter said. Fireworks remain illegal in unincorporated King County and in most city limits in the county.

South King Fire and Rescue (SKFR), which averaged 69 incidents per day last year, saw a rough estimate of 110 incidents on July 4 this year. That count is preliminary and may change.

SKFR Captain and spokesperson Brad Chaney said the department has counted a total of 25 fires from July 2 to July 5, ranging from brush to building fires. While the cause of most was undetermined due to the difficulty of proving how a fire started, “25 fires is a very alarming number for just a few days,” Chaney said.

As of Thursday morning, Chaney said he wasn’t aware of any reports of injuries caused by fireworks, though there were still some reports to be finalized at the department.

Residents with concerns about their neighbors or others who light off fireworks can contact FWPD to ask for an officer to make an informational visit to a neighbor in question by contacting the police department. The best time to do so is three or four days before Independence Day, Sumpter said, and police will make a visit to ask that neighbor to voluntarily comply with fireworks rules.



PHOTO BY BRUCE HONDA.
A pair of stilts gave this Elvis impersonator a ‘leg-up’ on the competition at Federal Way’s Red White & Blues festival July 4.



PHOTO BY BRUCE HONDA.
Visitors at Celebration Park celebrated the birthday of the United States at Federal Way’s Red White & Blues festival July 4.



PHOTO BY BRUCE HONDA.
The annual North Lake Parade brought crowds to celebrate Independence Day.



New pet supply store opens at mall

Page 6

TJHS student joins statewide committee with access to sports in mind



COURTESY PHOTO
Brandon Bao was selected for the statewide LEAP committee. LEAP stands for Leadership through Education, Activities, and Personal Development.

By BEN RAY
benjamin.ray@fedwaymirror.com

The class of 2025 LEAP Committee was announced on June 20, and Thomas Jefferson High School’s soon-to-be junior Brandon Bao was selected for the statewide committee.

LEAP stands for Leadership through Education, Activities, and Personal Development. Bao’s place on the committee brings a necessary representation, he said.

Bao is the second Federal Way school district representative on the LEAP committee dating back to 2016 when Lexus Oden was chosen from Todd Beamer High School. He is the first TJHS representative since the program started back in 2009.

“I know being the second person from Federal Way is super exciting to have the second opportunity to represent our area. We’re kind of under-represented in these kinds of things,” Bao said.

One of the people who recommended Bao to apply for LEAP was Thomas Jefferson High School (TJHS) Athletic Director Courtney McCurry.

“It’s really exciting to bring the voice of the NPSL... We have such a unique experience being from such a diverse area,” he said.

After the application process was over, Bao said he felt like he had a pretty strong case to be selected, but didn’t want to get ahead of himself.

“I was definitely surprised because so many people applied. But I knew I had a solid application. I put my best foot forward and I had a good shot,” he said.

Even though he is a student in the class of 2025, he plans on taking this experience with him to the next level.

“I think it is gonna really develop me as a leader and help me down the line. Especially having the opportunity to represent other people is a really useful skill to have,” he said.

Something that Bao is very passionate about is something he touched on in his application — access to sports.

“High school athletics come with a cost,” he said. “Being from a school that has been 60% free and reduced lunch, I want to find a way to improve access to high school athletics in general.”

Bao said he’s looking forward to contributing on a large scale. “It’s amazing to bring our voice from our area to the governing body. The ability to make change is super exciting,” he said.

All-Star Weekend in Seattle: Lots of festivities for local fans

Starting July 7, fans can attend events in and around T-Mobile Park.

By BEN RAY
benjamin.ray@fedwaymirror.com

For the first time in over 20 years, the Major League Baseball All-Star game is being held in Seattle with events going on from July 7-11.

The festivities begin on Friday, July 7, at T-Mobile Park, following the MLB-USA Baseball High School All-American Game. The inaugural HBCU Swingman Classic presented by

T-Mobile and powered by the MLB-MLBPA Youth Development Foundation takes place with the first pitch at 7 p.m.

If fans attend the game at 7 p.m., there is a fireworks show immediately following the game. Tickets are \$10 and seating is general admission. It is a great opportunity to see over 50 players from Historically Black Colleges and Universities compete in Seattle on a national stage.

On July 8, the Capitol One Play Ball Park will be open for all. Patrons will need a ticket, but will have a lot of access to activities and interactions at Lumen

Field and the Lumen Field Event Center. It is described as a “once-in-a-lifetime indoor/outdoor experience, blending baseball, softball, music, food, the latest in VR technology, shopping, fashion and more! Plus, an all-time lineup of former Seattle baseball greats — including Edgar Martinez, Bret Boone and Mike Cameron — will attend to sign autographs, participate in clinics, lead demonstrations and pose for photos.”

July 8 also has two events taking place inside T-Mobile Park. The first is the Sirius XM All-Star Futures Game. Top

prospects from all around the MLB will participate in an exhibition game and showcase their talent for fans in attendance. The coaching staffs for both teams are littered with Mariner legends, including Felix Hernandez, Adrian Beltre, Dan Wilson, Jay Buhner and Mike Cameron, just to name a few. The National League is managed by Raul Ibanez and the American League team has Harold Reynolds.

Following the Futures Game, the festivities turn to the red carpet and the Celebrity Softball Game. Fans just need one ticket to watch both the Futures

Game, which begins at 4 p.m., and the softball game, which starts following the conclusion of the Futures Game.

July 9, the action on the field takes a break, but teams will continue to take a look at the future. The MLB first-year player draft will take place at Lumen Field beginning at 4 p.m. with the first two rounds,

See **ALL-STAR**, Page 11



FIVE STAR

PAINTING

a neighborly company

253.525.1815 • FiveStarPainting.com

Independently Owned and Operated Franchise LIC#FIVESP835J

Our Services

Exterior Painting

Interior Painting

Cabinet Painting

Wallpaper Removal

Drywall Repair

EXTERIOR PAINTING SPECIAL

\$500 OFF

5% DISCOUNT UP TO \$500

Must be presented at time of estimate. May not be combined with any other offer.

FEDERAL WAY POLICE BLOTTER

Following is a sample from the Federal Way police log from June 28 to July 4.

By MIRROR STAFF

June 28

There was at least one report of vehicle theft or attempted vehicle theft on this day.

Vehicle fire: At about 1 p.m. near the 600 block of SW Campus Drive, officers responded to a vehicle fire. The driver was uninjured. The driver said the vehicle stopped running and they rolled to a stop. After attempting to start the car again, the driver noticed flames coming from the hood of the vehicle.

Son assaults family: At about 7:40 p.m. near the 1000 block of South 372nd Way, a transient adult adopted son arrived at his parents home and assaulted his mother and disabled brother. The transient son was arrested and booked into jail.

June 29

There were at least 7 reports of vehicle theft or attempted vehicle theft on this day.

Naked man: At about 3:03 p.m. near the 31100 block of Pacific Highway South, officers responded to a naked man sleeping on the sidewalk. A warrant was confirmed and the man was taken into custody, then transported to SCORE Jail.

Carjacked at gunpoint: At about 6:30 p.m. near the 2300 block of South 288th Place, a person was robbed of his vehicle and belongings at gunpoint.

Stolen tip jar: At about 8:24 p.m. near the 28800 block of Military Road South, it was reported that a woman entered a restaurant, stole the tip jar and ran away.

June 30

There were at least 2 reports of vehicle theft or attempted vehicle theft on this day.

Vehicle crash: At about 11:30 a.m. near the 1600 block of South 344th Street, two people were involved in a physical altercation. One of the people, the suspect, involved tried to run over the other several times with a car. The suspect then crashed the car into a fence and got stuck on a rock. The suspect was booked into jail.

Knife threats: At about 6:20 p.m. near

the 31000 block of 14th Avenue South, officers responded to reports that a neighbor threatened another neighbor with a knife.

July 1

There were at least 4 reports of vehicle theft or attempted vehicle theft on this day.

July 2

There were at least 9 reports of vehicle theft or attempted vehicle theft on this day.

DUI driver: At about 2:50 a.m. near the 2100 block of SW 336th Street, a man crashed his car into a light pole. He was arrested for DUI and booked into jail.

Carjacked at gunpoint: At about 3 a.m. near the 2100 block of SW 356th Street, a man was carjacked at gunpoint.

Throwing soda cans: At about 2 p.m. near the 33500 block of Hoyt Road SW, several kids in a stolen car were seen throwing soda cans at other vehicles. The kids struck three separate vehicles.

July 3

There were at least 6 reports of vehicle theft or attempted vehicle theft on this day.

Attempted kidnapping: At about 11:50 a.m. near the 33400 block of 6th Avenue South, officers responded to an attempted kidnapping of a city worker in the area of Federal Way City Hall. The victim was able to flee the area and the suspects - two men in a red sedan - sped away from the scene.

July 4

There were at least 4 reports of vehicle theft or attempted vehicle theft on this day.

Road rage incident: At about 3 p.m. near the 200 block of South Dash Point Road, a woman became upset that she was flipped off by another driver in the vehicle in front of her. The woman raced to pull ahead in front of the other vehicle, stopped and confronted the driver. The driver got out and displayed a handgun. Both people returned to the vehicles and drove away.

The Federal Way Mirror police blotter is a sample of entries compiled from the Federal Way Police Department's Public Information Officer log. For more information on our reporting processes at the Mirror, email your questions to editor@fedwaymirror.com

Federal Way Community Calendar



ALEX BRUELL / THE MIRROR

Aquatic critters abound at the MaST Center Aquarium, located at 28203 Redondo Beach Dr. S. in Des Moines. The aquarium is open and free to the public from 10 a.m. through 2 p.m. on Saturdays.

By MIRROR STAFF

South King County Resource Fair:

Visit the Federal Way Library at 34200 1st Way South on July 10 from noon to 2 p.m. for all sorts of services, including signing up for an ORCA card, free bicycle tune-ups, insurance enrollment, hygiene kits and support or referrals to local resources. No registration required.

Get to know your local officials: Join members of Federal Way's city council and school district for coffee and a conversation from 11-1 p.m. on July 15, at the 1301 S 320th Street Starbucks in Federal Way.

Sewing workshop: Explore the art of sewing at the Federal Way Library (34200 1st Way S) on July

22 from 11 a.m. to noon. Adults and teens can explore free-to-use sewing machines with help from staff. No registration required. (Also takes place August 15 from 5:30 to 6:30 p.m. and August 26 from 11 a.m. to noon.)

Dick's Opening: Dick's Drive-In opens at The Commons mall in Federal Way on July 27 at 10 a.m.

67th annual Kiwanis Salmon Bake: This community standby returns to Steel Lake park on July 28 from 4 to 8 pm. For tickets to the salmon dinner, visit: federalwaykiwanis.square.site. The Kiwanis club sponsors youth and community programs throughout the city.

National Night Out: The 40th local year of this event will be held August 1 with the Federal Way Police Department. National Night Out is intended to raise awareness of police programs and other anti-crime efforts and build community coalitions in keeping neighborhoods safe. You can register your neighborhood for the event by cityof-federalway.com/page/national-night-out-2023.

FUSION Gala: The homelessness housing and support services organization's annual fundraiser is on August 2 at the Dumas Bay Centre (3200 SW Dash Point Road), beginning at 5 p.m., and the theme this year is "A Tropical Paradise." The event features live and silent auctions. Ticket sales are in advance until July 26, and include reserved seating and general admission. After July 26, tickets must be bought at the door. The event is cashless, so you're asked to register a credit card in advance. Contact giving@fusionhousing.org for information on donating auction items or becoming a sponsor.

Pride celebration: Nonprofit group Federal Way Gay Pride hosts its second annual Federal Way PrideFest on August 5, starting at noon and running until 5 p.m.. The event takes place at the Wayside United Church of Christ (2000 SW Dash Point Road). The event will feature live entertainment, drag bingo, vendors, food and arts and crafts.

Federal Way Farmers Market: Every Saturday from 9 a.m. to 3 p.m. this summer at The Commons.

FREE INTERNET
Qualify today for the Government
Free Internet Program

YOU QUALIFY for Free Internet if you
receive Housing Assistance, Medicaid,
SNAP, WIC, Veterans Pension,
Survivor Benefits, Lifeline and Tribal.

Bonus offer: 4G Android Tablet with one time co-pay of \$20

CALL TODAY (866) 788-1147

maxsip
CONNECT

ACP program details can be found at www.fcc.gov/affordable-connectivity-program-consumer-faq

LeafFilter
GUTTER PROTECTION

CLOG-FREE GUTTERS FOREVER

EXCLUSIVE LIMITED TIME OFFER!

15% OFF + 10% OFF + 0% OFF
YOUR ENTIRE PURCHASE SENIORS & MILITARY APR FOR 24 MONTHS**

Promo Code: 285

CALL US TODAY FOR A FREE ESTIMATE

1-888-360-1582

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

**Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective: 01/01/2023 - subject to change. Call 1-800-431-5261 for complete details. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "N°1 rated professionally installed gutter guard system in America." *For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainfield, Michigan and processed at LAMTrexer Group in Ohio. AR #036020922, CA #1032795, CT #HIC-0649905, FL #CIC056678, IA #C127230, IN #HIC-03504, LA #05544, MA #F7647, MD #HIC-48259, MI # 210231286, #062000222, #062000402, #2106212346, MN #H71804, MT #226192, ND #7304, NE #50145-22, NJ #13409053900, NM #428653, NV #0086950, NY #H-19114, H-52225, OR #218294, PA #PA009383, RI #HC-41354, TN #7056, UT #1030308-5501, VA #2705105405, WA #LEAF7NWR0232, WY #WY050912.



village green

SENIOR LIVING | FEDERAL WAY

**Make every day
Independence Day**

Live Better at Village Green

Some of your best years are yet to come, and our senior living communities in Washington want you to feel inspired, connected, and free to be yourself. At Village Green, we've earned a reputation for delivering on our promise of better living and the peace of mind that comes with exceptional personalized services and support.

Voted Best in Senior Living 12 straight years.
Come see why for yourself. **Schedule a tour today.**



BEST OF FEDERAL WAY 2023

(253) 838-3700 | villagegreenretirement.com

Chat with Federal Way's elected officials at July 15 coffee get-together

By MIRROR STAFF

Federal Way's elected city and school board officials invite you to join them July 15 to grab a cup of coffee and share your thoughts or questions about the city.

The public get-together takes place from 11 a.m. to 1 p.m. July 15 at Starbucks,

1301 S. 320th Street, Federal Way.

There will be no agenda, no speeches and no campaigning, council president Linda Kochmar and deputy mayor Susan Honda said during the July 5 city council meeting. It's just a chance to meet your local school board directors and city council members, including brand-new city council member Paul McDaniel.

Mayor's Memo...



E Pluribus Unum From Many, One

On a warm and humid summer day during a recent family vacation in New York, we took the subway down to Battery Park to board the ferry and visit the Statue of Liberty National Monument. Amidst a diverse crowd, we were surrounded by individuals with unique backgrounds, languages, and music that filled the air with mesmerizing sounds I had never heard before.

I felt the love and reverence as I waited in line, boarded, and rode the ferry. The experience reminded me of the unique perspectives and cultures that make our nation exceptional.

Underneath the Statue of Liberty is a museum that chronicles many of the stories of immigrants who first encountered the iconic landmark upon arriving in their new home. We have always been a nation of immigrants. The concept of diversity in this nation is nothing new; it's as old as this Republic.

It was a memorable and inspiring experience to see people worldwide gather together in one place. It reminded me of the meaning behind the Great Seal of the United States: E Pluribus Unum, which translates to "From Many, One."

E Pluribus

Unlike other nations, the United States of America was founded on a distinct set of enduring ideals. These include representative democracy, individual rights, liberty, and equality. In America, freedom is the chance for personal prosperity and achievement.

Our nation's enduring principles are the bedrock of our identity, and we hold them in the highest esteem. Our unwavering commitment to these values has made us a sturdy and unyielding nation, and we take great pride in our status as the world's oldest constitutional democracy.

New York and Federal Way share a common trait of being diverse cities. Federal Way has made great strides to recognize and commemorate events such as Juneteenth, Pride Month, and Martin Luther King Jr. Day. Our city is dedicated to promoting diversity, equity, and inclusion, and we have achieved significant advancements.

As your Mayor, I urge you to

remember the Latin phrase "Acta, Non Verba," which translates to "Actions, not words." This principle guides our efforts to make Federal Way one of the most sought-after places to live, work, and raise a family in King County.

I am excited about the future of Federal Way and draw

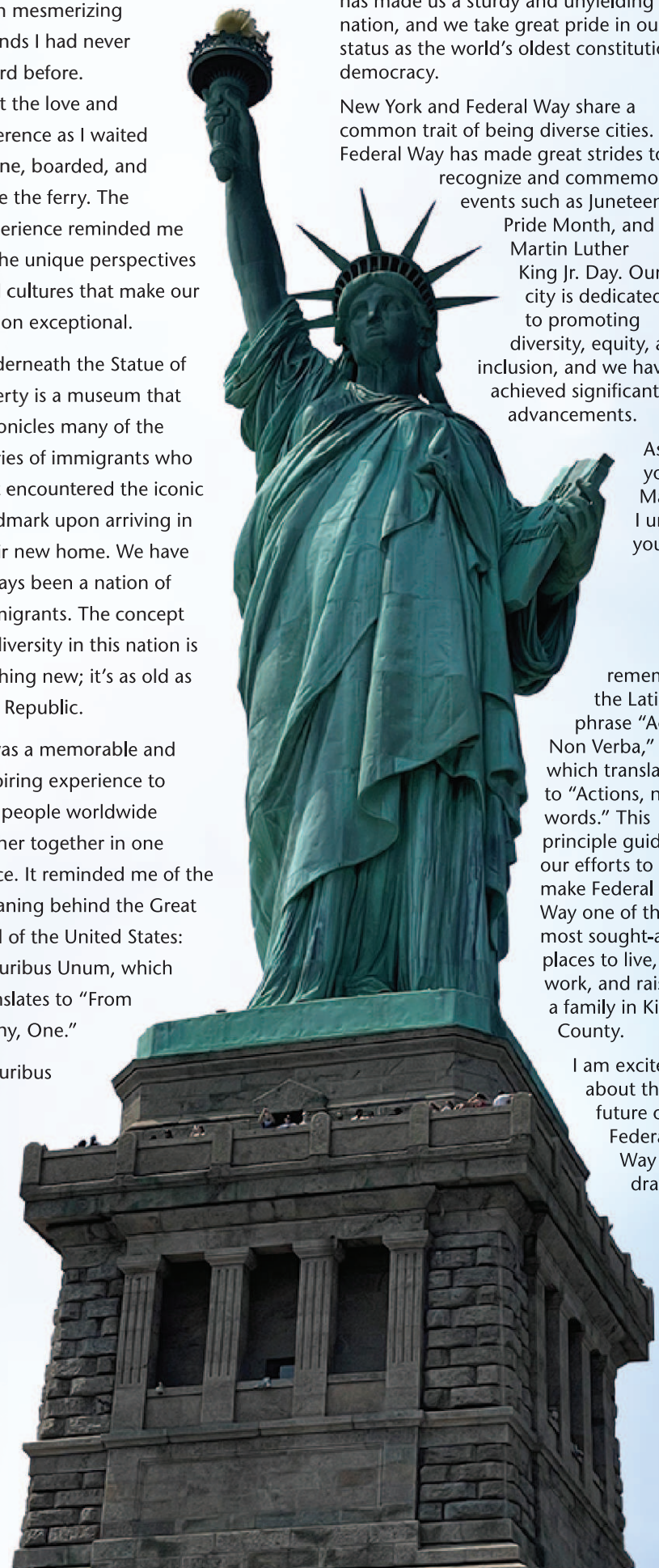


Photo by Jim Ferrell

Unum, approved by the United States Congress in 1782, was our nation's unofficial motto until the 1950s. The phrase's significance is rooted in creating a united nation born from the Thirteen Colonies.

The design features an eagle holding a scroll in its beak with the motto E Pluribus Unum. Additionally, the eagle carries an olive branch in one claw, symbolizing peace, and thirteen arrows in the other, representing war. E Pluribus Unum has been a guiding principle since the inception of our country. Diversity, an enduring facet of our nation's identity, has always been woven into the fabric of the United States.

E Pluribus Unum ... there is no better meaning.



inspiration from Lady Liberty's old and new Flame and the principle of E Pluribus Unum. The original flame torch of the Statue of Liberty, housed in a nearby building, was replaced in 1986. The Statue of Liberty's old and new Flame represents America's capacity for renewal and reminds us that our country is constantly evolving. Let's work together to create a better future that encompasses everyone.


The fire in every American's heart represents this indomitable spirit and our ongoing growth.

Thank you,
Jim Ferrell
Mayor of Federal Way

— *Jim Ferrell*

PROTECT OUR PLANET...

RECYCLE THIS NEWSPAPER.



SERVING OUR COMMUNITY & CHILDREN SINCE 1955

Pre-Order Today!
Order tickets online at federalwaykiwanis.com

KIWANIS
67th Annual Salmon Bake
Friday, July 28 4pm - 8pm at Steel Lake Park

SALMON DINNER \$28
\$25 Seniors, Child Meals Available

Pre-Order at federalwaykiwanis.com or at the Door

Silent Auction, Gift Card Wall, Live Entertainment, Beer & Wine Garden, Subzero Nitrogen Ice Cream

Thank you to our event sponsors:
Aging Options, Black Bear Diner, Caffé D'arte, Cafe Pacific Catering, Chaffe & Associates, CHI Franciscan Health, City of Federal Way, Federal Way Licensing, Federal Way Mirror, Federal Way Public Schools, Heritage Bank, Jimmy Mac's Roadhouse, Kenny Byrne - Edward Jones, King County Councilmember Pete von Reichbauer, Laurus Financial Group, Multi-Service Center, PNW Equipment, Inc., South King Firefighters Foundation, Specialty Insurance Services, Subzero Nitrogen Ice Cream, Sunset Chevrolet, Twin Lakes Chiropractic Clinic, Village Green Retirement, Vilma's Signs

Net proceeds will go to Kiwanis projects aiding Federal Way children and families. For additional information about the club, contacts, becoming a member, or the salmon bake itself, please visit our website at federalwaykiwanis.com

FEDERAL WAY MIRROR federalwaykiwanis.com

Rotary
Club of Federal Way

Saturday, July 29, 2023

For Rotary Club of Federal Way's
2nd Annual FUNdraiser
Speed Croquet Tournament

Buffet and Auction
...and Ice Cream Food Truck!
Evergreen Middle School
12:30-5:30 pm

Please join us for family friendly FUN!

EARLY BIRD TEAM SPECIAL
Register before July 17 and SAVE!

Team of Six, includes buffet dinner and auction **\$275**
SAVE \$30 when you purchase before July 17!
\$245 for Team of 6,

Individual Player with buffet dinner and auction **\$50**
Buffet Dinner and auction only **\$30**

SIGN UP NOW!

Sponsorships are available.
Donations, Auction Items are appreciated.
Contact Cindy Ducich at 253-336-5362
Email rotaryfederalway@gmail.com with questions.

Funds raised through Speed Croquet FUNdraiser will support Rotary Club of Federal Way programs.

Scan QR Code to register
<https://tinyurl.com/FWRotarySpeedCroquet>
Join Us For Family-Friendly Fun!

Editorial: Extreme heat is the Pacific Northwest's new threat

BY THE HERALD
EDITORIAL BOARD

It's been two years since the 2021 Northwest Heat Dome, a record-breaking stretch of extreme heat between June 27 and July 3 that year when temperatures throughout the Pacific Northwest hit 100 degrees Fahrenheit and hotter, contributing directly and indirectly to some 440 deaths in Washington state.

The 2021 heat dome — a weather event where the high atmospheric pressure traps hot air above a region, such as the one recently parked above the nation's Southeast — are becoming more common, especially in areas where extreme heat days of high humidity and temperatures above 90 degrees were once rare.

A new report called "In The Hot Seat: Saving Lives from Extreme Heat in Washington State" warns that extreme

heat disasters such as the 2021 heat dome are becoming more common, especially in areas where extreme heat days of high humidity and temperatures above 90 degrees were once rare.

The report was produced by a team of researchers at the University of Washington, Gonzaga University and state departments of Health and Climatology. They urge action by state and local government officials, community organizations, health professionals and individuals to pursue a portfolio of strategies to address health and other risks of future extreme heat events.

Most residents in much of Western Washington are unaccustomed and unprepared for extreme heat, write professors Jason Vogel of the UW and Brian G. Henning of Gonzaga, in a recent article written for The Conversation. Nearly two-thirds of households earning \$50,000 or less and 70 percent of rental

units in the three counties have no air conditioning.

While the conditions that produced the 2021 heat dome are rare — and should happen only once every 10,000 years, according to a study in the journal Geophysical Research Letters — other weather phenomena, such as periodic El Niños, and climate change itself are increasing the likelihood of extreme heat events in the Northwest.

Between 1971 and 2021, Washington state saw an average of three extreme heat days a year, according to the "Hot Seat" report. Projecting climate changes between now and the 2050s, the report predicts a background increase of summer temperature between 4 degrees and 6 degrees Fahrenheit — and the number of extreme heat events could increase to between 17 and 30 days each year.

Even without a heat dome,

warmer than typical weather is possible this year and next in the Northwest as the current La Niña weather pattern, with cooler and wetter weather for the region, gives way to El Niño and its generally warmer and drier conditions for the Northwest.

Whether heat dome or heat wave, periods of high temperatures will pose challenges for local communities in the Northwest. The report notes that beyond direct health concerns, such as heat exhaustion and stroke, high temperatures can make chronic health issues, such as heart and kidney diseases worse and can complicate pregnancies, increasing 911 calls and ER visits. Heat can cause significant individual and collecting economic costs in responding to those events.

Reducing vulnerability to extreme heat events will require a focus on short-term emergency response, including

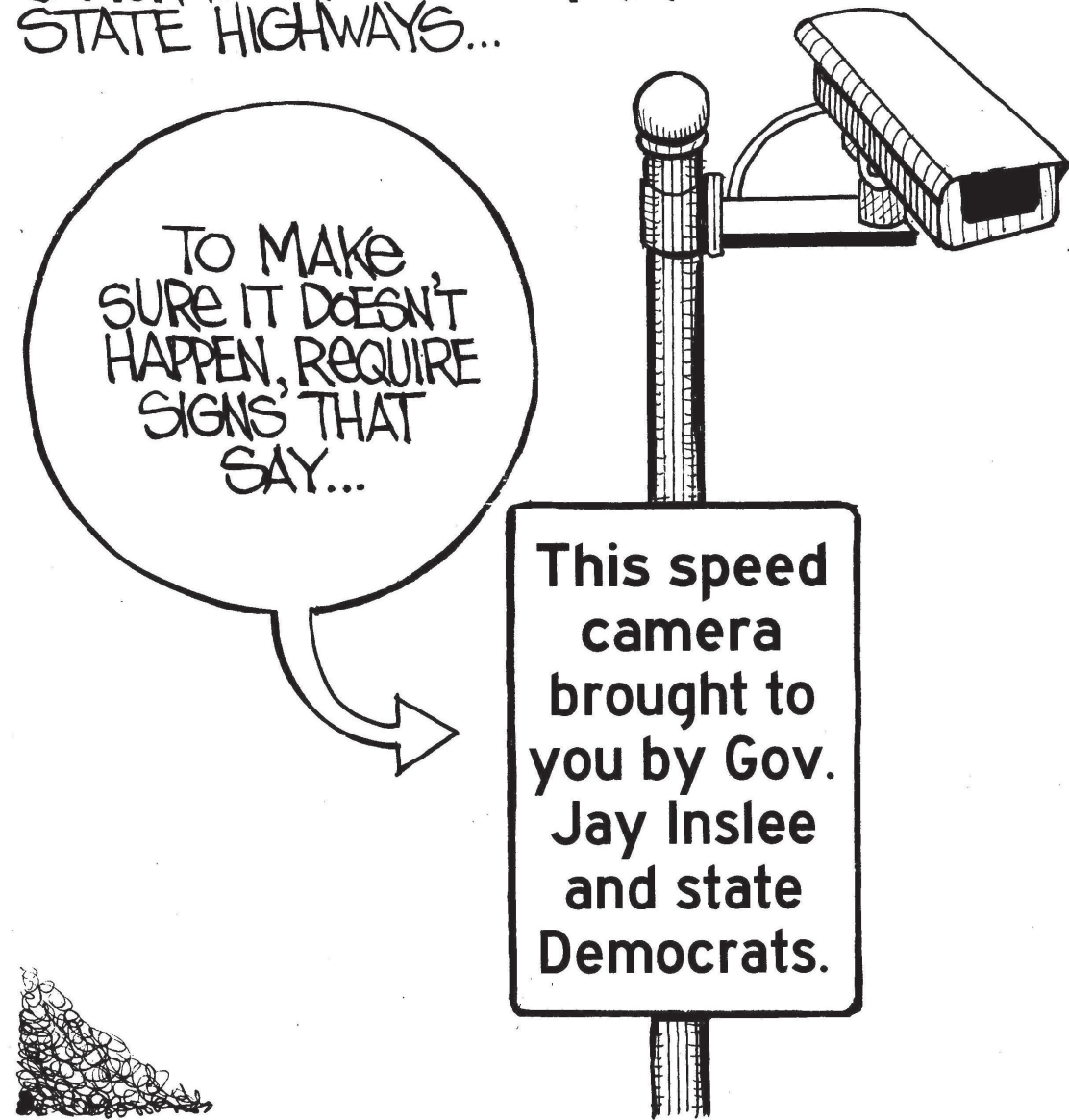
warning systems and cooling centers; and longer-term planning and preparation that provide worker health and safety protections, resilient health care surge capacity and infrastructure and roof gardens and tree canopy to reduce the effect of "urban heat islands."

The report also recommends that the state Department of Commerce expand its current programs for energy assistance to include financial aid for cooling and air conditioning to lower income families and individuals.

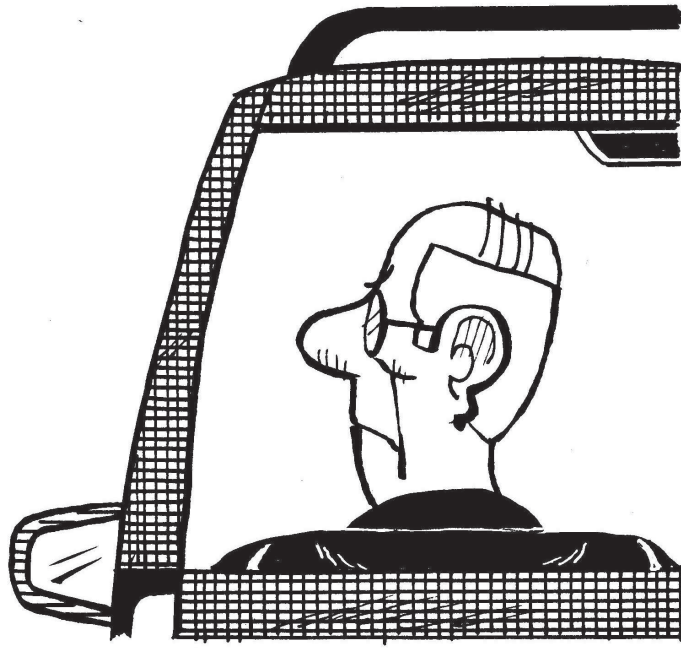
It may indeed be another 10,000 years before the Northwest sees a "heat dome" like that of 2021, but extreme heat events could always be just days away. We need to be ready to beat that heat.

This editorial was produced by The Daily Herald (Everett) Editorial Board. The Herald is a sister newspaper of the Federal Way Mirror.

HEADLINE: GOVERNOR INSLEE CALLS FOR SPEED ENFORCEMENT CAMERAS ON ALL WASHINGTON STATE HIGHWAYS...



SHIERS JR.
CREATIVE
7.30.2023



Courage and love are key to conquering hopelessness

My mother's crisis-calm was a combination of a certain unbought grace of life strengthened by the decades she'd worked in Valley Medical Center's emergency room.

Her steadiness was a wonder to us, her family,

but especially to her husband, my father. He spoke about it with genuine awe, as if he'd married a composite being: his wife, and "Nurse Whale."

"Quiet, kids," he'd say under his breath, but with genuine respect as she

headed out the door at night to work. "There goes Nurse Whale."

Given that my mother was a damned good nurse, I think she knew she was up against late-stage cancer the instant she saw blood pouring from her in the bathroom of St. Matthew Episcopal Church that Sunday in the spring of 2005.

It must have been rattling to dad to see her so unstrung, as he had only observed her in that state once — when she broke the news of my brother's death to us.

"She was destroyed," dad said later.

But we who loved her, and we were many, clung to such hope as we could cobble together.

Yet, weeks later came the afternoon at Swedish hospital, when the doctor who'd performed her hysterectomy informed us she had stage 4 cancer. None of us could hold back the tears. It was as if the sun, the moon, the stars and all the planets had fallen on us.

Later that evening at dinner with dad at the



ROBERT WHALE
WHALE'S TALES

Starting Gate Restaurant, he summed up that day in his unique way, by quoting a brief conversation between General William Tecumseh Sherman and General Ulysses Grant after the terrible first day of the Battle of Shilo in 1862, when Union defeat appeared imminent. Sherman found Grant seeking shelter from the pouring rain under a tree.

"Well, we've had the devil's own day, haven't we," dad said looking at me with tears in his eyes. I immediately offered Grant's response: "Yes. Lick 'em tomorrow, though."

My mother's tomorrow

did not come. She died at home on May 21, 2006, of endometrial cancer.

I have debated whether to share the next bit because, despite some of the personal things I've disclosed in this column, I am a private person, and have never been comfortable airing my griefs.

But I need to follow up what I said in last week's column about scars.

When the June 30 paper went to press last Wednesday, my wife, Ann, and I were in an office at NW Medical Specialties in Puyallup. It was almost exactly two years after doctors removed a malignancy from my gut. We were there to hear Dr. Martin, my oncologist, explain the findings of the PT scan and the blood tests I'd undergone two days earlier.

For many reasons, Ann and I were not expecting the news to be good. It wasn't. The tests showed the cancer had returned, and this time as stage 4. As I write, I'm waiting for the results of additional blood tests to detect any fragments of cancer DNA in

my blood.

For now, doctors will treat the cancer with chemotherapy, and if that doesn't take, surgery.

It's a scary prognosis. As was true with my mother, I cannot be jollied along or comfort myself with false hopes. Isn't stage 4 a death sentence?

But for some reason that I cannot figure out, Ann and I did not walk out of that room feeling hopeless. I cannot account for the inner buoyancy I have felt since that day on any natural level.

Ann says it may have something to do with all the people she's enlisted to pray for me. She could be right. She is determined to keep me alive and has been busy on the phone.

These are the times when the loved ones and friends we've accumulated just rolling through life begin to shine like burnished gold. I love every one of them.

I'll keep you up to date on my situation.

Robert Whale can be reached at rwhale@soundpublishing.com.

FEDERAL WAY MIRROR

1010 S. 336th St., Suite 330, Federal Way, WA 98003
Advertising: 253-925-5565 • Classifieds: 800-388-2527

Carol Greiling, Advertising Director
cgreiling@soundpublishing.com

Andy Hobbs, Editor
ahobbs@fedwaymirror.com

Olivia Sullivan, Assistant Editor
osullivan@fedwaymirror.com

Alex Bruell, Reporter
alex.bruell@soundpublishing.com

Cindy Ducich, Multimedia Sales Manager
cdulich@fedwaymirror.com

Rob Shults, Regional Circulation Manager
rshults@soundpublishing.com

Delivery inquiries: 888-838-3000
or circulation@soundpublishing.com

Subscription requests: 425-339-3200

Mary Lou Goss: 1957-2014

SOUND
PUBLISHING INC.

Certified Audit
CAC
or Circulation

LETTERS TO THE EDITOR

On being ‘woke’

I strongly concur with the recent column by Keith Livingston, who outlined the difference between those who are supposedly “woke” and those who oppose “wokeness.” Being “woke” is simply to be a progressive — one who actually believes in diversity, equity and inclusion as they apply to us and to our institutions.

The sadly misguided Florida Gov. Ron DeSantis (along with some of our own politicians) has a “war on woke-ness,” which includes the banning of books, banning of a great deal of Black history, demonizing anything referring to the gay community, and making sure that women have no reproductive rights ... in other words, returning to 1955, when white, straight men were the be-all and end-all of American life.

But we have changed over time to a multi-racial nation, one where whites could be the minority race within two decades; and where some of our greatest “captains” of industry, or creatives in the arts, come from our LGBTQ or minority communities. To undermine and disparage these citizens is to undermine ourselves. Our community and nation will best survive if everyone is encouraged to attain their full potential.

The Federal Way school district has, for some time, been the sixth most diverse in the nation. It’s time that we all respect and appreciate our communities’ appeal as a diverse city that respects its vulnerable populations.

Lorie Lucky, Des Moines

Roosevelt to start a Diversity Fair (Flavor of Federal Way), but our Diversity Fair hasn’t come back. In one of the most diverse cities in America, it would be comforting to see the mayor press his city council to show they will embrace diversity, equity and inclusion as much as the city of Kent. The silence raises fear that we are going backward to a long abandoned road with policies marginalizing the Black, Indigenous, people of color and the LGBTQ communities. Some in our community might even believe these “leaders” relish their opportunity to do so. Leadership matters, representation matters and voting matters.

Hiroshi Eto, Federal Way

Council positions

Wake up Federal Way!

Hey Federal Way! Wake up! Just so you know, if you are a Democrat or independent, you have one representative on the Federal Way City Council, Lydia Assefa-Dawson. All the other Federal Way City Council members are Republican and on June 26, they voted to add another Republican to their club to fill the vacant position.

You can begin to change this by voting out the Republican members of the FW City Council in November. It’s past time to have council members that care about you!

Madelyn Grayson, Federal Way

Does someone have to die?

Since 1988 the people of the Hillside Heights area have tried to get speed bumps installed from 1st Avenue to 4th Avenue S. on 317th Place and from 316th Street to 318th Street on 4th Avenue S. with no luck. Yet as I travel around the Federal Way community, I constantly see speed bumps in residential areas.

I don’t get it. Cars, buses, trucks, etc., are constantly going at a high rate of speed on both streets. A stop sign was place at the corner of 4th Ave. S. and 317th Place, but that does nothing to slow traffic. Like I said, I don’t get it. One year a car knocked down a light post and another year a car crashed into a house. I don’t get it. Does someone have to die?

Walter Kostecka, Federal Way

Cindy Ducich named Rotarian of the Year



COURTESY PHOTO

Cindy Ducich, multimedia sales manager for the Mirror, was named Rotarian of the Year by the Federal Way Rotary Club on June 15. This annual award is designated for the one Rotarian who clearly stands out in demonstrating “Service Above Self,” and principled commitment to the Rotary Four-Way Test. Pictured: Diane Lyons (right), president of the Rotary Club of Federal Way, presented Ducich (left) as the Rotarian of the Year.

Diversity etc.

Let’s remember we had young progressives in office who were voted out by a minority of voters who chose to vote. These “leaders” seemed so threatened by (or aligned with) anti-vaccination zealots that they waffled to gather the minuscule courage and depth of thought to state unequivocally that they didn’t wish illness or death on anyone regardless of whether we got vaccinated for Covid or chose to wear masks. “Back in the day,” there is no way dedicated representatives like Jeanne Burbidge, Dini Duclos, Gregory Baruso, Martin Moore and others would have ever fallen so short.

Our elected mayor championed diversity commissioners Gregory Baruso, Trenise Rogers, Nichelle Curtis-McQueen and Sela

TO SUBMIT A PAID OBITUARY

CALL: 360.802.8212

EMAIL: jtribbett@soundpublishing.com or go ONLINE at this publication.

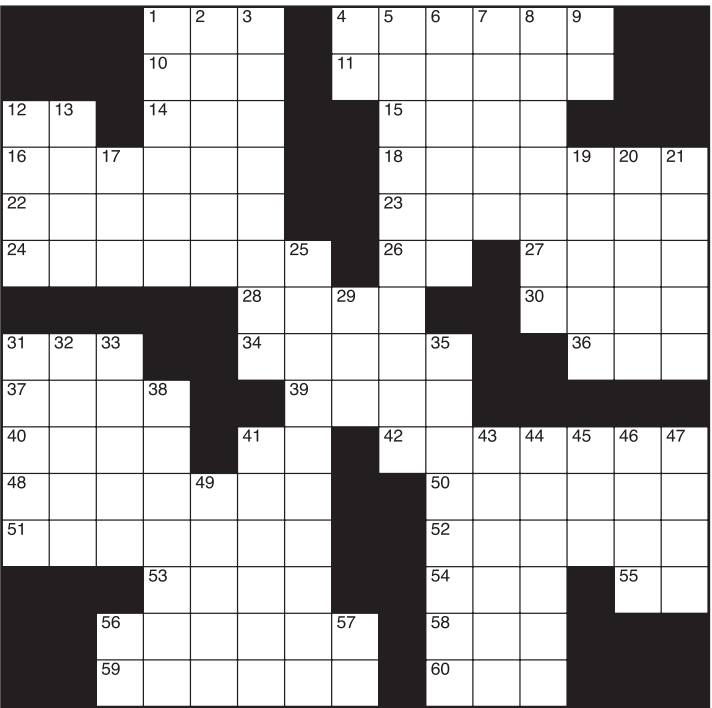
On the website, click on Menu or in the top left corner, select **Obituaries**, then select **Place an Obituary**

Paid obituaries include publication in the newspaper and online.

All notices are subject to verification.

GAME ZONE

Crosswords



CLUES DOWN

- 1. Make up for
- 2. American songbird
- 3. Pay
- 4. International organization
- 5. Engravers
- 6. Declared as fact
- 7. Criminal
- 8. Jewelry
- 9. Hospital worker (abbr.)
- 12. Nonsense (slang)
- 13. Town in Galilee
- 17. Value

CLUES ACROSS

- 1. Small Eurasian deer
- 4. Irish county
- 10. A major division of geological time
- 11. Broadway actor Lane
- 12. Canadian province
- 14. It causes fainting (abbr.)
- 15. Two
- 16. A notable one is blue
- 18. Utter repeatedly
- 22. Rings
- 23. Sullies
- 24. Occurs
- 26. Publicity
- 27. Near
- 28. Tools of a trade
- 30. Offer in good faith
- 31. “American Idol” network

CLUES ACROSS

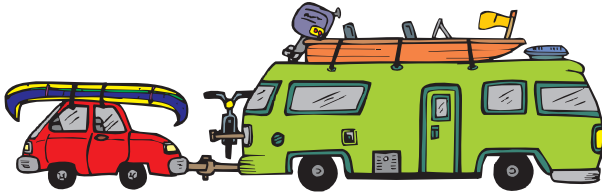
- 34. Garments
- 36. Soviet Socialist Republic
- 37. Retired NFL DC Dean
- 39. Hot meal
- 40. A type of gin
- 41. Percussion instrument
- 42. A \$10 bill
- 48. About ground
- 50. Medicine man
- 51. Seedless raisin
- 52. National capital of Albania
- 53. Appendage
- 54. OJ trial judge
- 55. By the way
- 56. Bicycle parts
- 58. Barbie’s friend
- 59. In a way, stretched
- 60. Commercials

CLUES ACROSS

- 20. Sheep in second year before shearing
- 21. Town in Surrey, England
- 25. Appropriate during a time of year
- 29. Creative output
- 31. Recesses
- 32. District in N. Germany
- 33. Rider of Rohan
- 35. The official emblem of the German Third Reich
- 38. One who puts down roots
- 41. Scribe
- 43. Painted a bright color
- 44. Tycoons
- 45. Actress Thurman
- 46. Walking accessory
- 47. Crest of a hill
- 49. Member of a North American people
- 56. Type of computer
- 57. U.S. State (abbr.)

Brought to you by these local advertisers

Summer's Coming



Check your registration for your vehicles and recreational vehicles now!

Boats, Campers, RV, Trailers renew July 1

ORDER YOUR TABS ONLINE
SAME DAY PICKUP OR
MAILED IN 24 HOURS



DO NOT RENEW TABS

253-874-8375

Federal Way
Licensing Services
www.fwtabs.com

Has your loved one been dropping clues and leaving hints?



Maybe they aren’t trying to help you solve the crossword.

Visit Federal Way Custom Jewelers for your next gift- expert advice and hints given free of charge. We’ve been helping Federal Way celebrate life’s special moments since 1955.

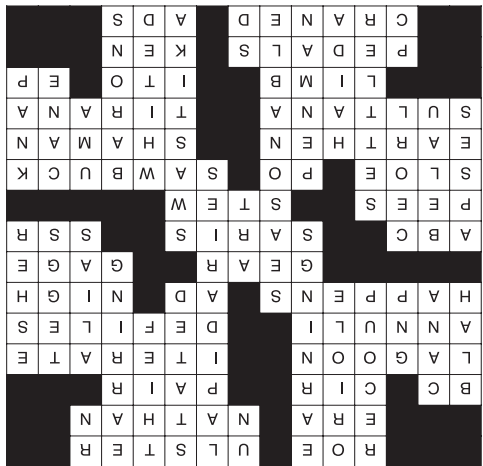
FEDERAL WAY CUSTOM
Jewelers
EST. 1955

BEST OF FEDERAL WAY 2021

1810 S 320th St
next to Trader Joe’s

253-839-7389 • www.fwcj.com

WE’VE GOT ALL THE ANSWERS...



Expand Yoga opens its second location in Federal Way

The yoga studio first started in Tacoma in 2011.

By OLIVIA SULLIVAN
osullivan@fedwaymirror.com

Expand Yoga recently opened its second location in Federal Way, creating another space to help people live healthier for longer and de-stress from the day-to-day.

Owners Matt Ottenbach and Liz Houck, who are also husband and wife, soft-opened the space in January. In the months following, they've been building connections and trust with the Federal Way community.

A party was hosted on June 10 to officially celebrate the new space and honor Expand Yoga's 12th anniversary. The new studio is housed in the former Hot Yoga Inc. space, at 31839 S. Gateway Center Plaza in Federal Way.

"I've always thought if we were to expand, this would be the one studio I would be interested in taking," Ottenbach said of the Federal Way space.

Houck, who is from New York, and Ottenbach, from Lakewood, met in New York City in the early 2000s.

In 2011, they opened and operated a yoga studio in Tacoma for about five years before moving to their current and ever-popular location in Tacoma at 3909 6th Avenue.

The new location pulls clients from Tacoma and those who may live in between the two spots. With an improved heat system of both gas and electric, the space is safely heated and humid for class members.

Ottenbach and Houck say they provide a "grounded practicality" approach to yoga, one that is not overtly spiritual, but instead aims to transform lives class by class.

"People end up having this experience that really connects them more to themselves," Houck said. "So I think we do a really good job of helping people in that way."

Expand Yoga has 16 teachers, shared between the two studios, and most of whom participated in the business's own annual teacher training. The 12-week program, beginning in September, trains teachers-to-be on various yoga styles and how to lead classes.

Expand Yoga doesn't post the teachers' schedules - which is a move motivated partly by safety and partly so people become dedicated to the practice of yoga and not specific teachers.

"One thing I really love about being here is it's such a cool community, people are really doing their own thing," Houck said. "There's a lot of diversity and ... a lot of people who have a very full life and they need something to support them in what they're already doing."

Expand Yoga offers Original Hot, Vinyasa and Yin classes, along with private lessons, workshops and retreats.

Starting July 1, Expand Yoga is adding an 8:30 a.m. class on Saturdays. Additional class times will be added as the community grows. For all class times, visit www.expandyoga.com.

A hard class at one point in the day - practicing discipline, balance and looking oneself in the mirror for an hour - makes the remainder of the day a breeze, Ottenbach said.

"I hope they feel lifted up, inspired, and ... more full of themselves," Houck said. "Oftentimes being full of yourself has a bad connotation, but I think of it in a really positive way, like someone who feels fulfilled - full."

Combined, Ottenbach and Houck have at least 1,000 hours of certified yoga training experience. They're both curious,



PHOTO COURTESY OF EXPAND YOGA
Owners Matt Ottenbach, top row in the black hoodie, and Liz Houck, top row in the blue tank top, pose with several teachers at the new Federal Way yoga studio.



PHOTO COURTESY OF EXPAND YOGA
Classes are offered daily at Expand Yoga in Federal Way.

empathetic people who steadily pursue knowledge and the power of movement.

Houck began teaching in late 2005, and earned her first of many 200-hour teacher trainings in the New York and Philadelphia areas while managing yoga studios.

Ottenbach suffered a chin injury while skiing and couldn't close his mouth properly for about four years, he said. He wandered into a hot yoga class, at the studio he and Houck would later end up owning today, and his jaw felt better after the class. So he kept practicing.

He was in New York doing construction remodels when Ottenbach met Houck. Part of his pay for a job was to participate in a teacher training, he said. Since then, both he and Houck have completed several coveted trainings.

After a 40-day road trip west, they arrived in Tacoma and opened their first "DIY" studio, Ottenbach said, thanks to his construction background.

"It gives us a really good eye when looking at people ... It gives us an ability to address the individual a bit better," Houck said of their knowledge.

In Tacoma, the couple said, they wanted to create a space accessible for all people, of all occupations, backgrounds and abilities.

After a few classes, Ottenbach said people's bodies can feel better, which then creates a domino effect: better physical health leads to better mental health, which often leads to better mentalities and outlooks on life.

Despite the heat and humidity inside an Expand Yoga class, the overall goal is less physical and more mental.

"Our focus in a sense is teaching people ... It's a learning experience in the class instead of just a sweaty workout," Ottenbach said.

State DOC pledges to reduce use of solitary confinement

By BENJAMIN LEUNG
benjamin.leung@rentonreporter.com

The Washington State Department of Corrections publicly committed on June 26 to reducing the use of solitary confinement within its prisons by 90% in the next five years.

The Cornell Law School defines solitary confinement as the isolation and administrative segregation of prisoners, usually used as a method of internal discipline on inmates for infractions.

The announcement arrives after legislators introduced a bill in the Washington Legislature in January 2023, aiming to limit the use of solitary confinement.

At a House committee hearing on Jan. 10 in regards to House Bill 1807, Christopher Blackwell, an incarcerated inmate at the Washington Corrections Center, said he first experienced solitary confinement at age 12. Blackwell called solitary confinement dehumanizing and desensitizing.

"Days ago, a man took his own life while sitting in solitary at my prison because administration placed him there for his own protection," Blackwell said.

According to a release from the Washington State Department of Corrections, agency leadership will work with corrections industry experts to develop a comprehensive plan to reduce the use of solitary confinement without compromising staff safety. The plan will be made public later in the

year. "While it can be an effective way to deter violence, spending prolonged periods of time in isolation has devastating effects on an individual's mental and physical health long after they leave our facilities," said Cheryl Strange, deputy secretary for the Washington Department of Corrections, in a statement.

A 1983 study published in the American Journal of Psychiatry found inmates in solitary confinement experienced various psychopathological effects. Inmates described symptoms including perceptual changes like distortions, hallucinations and derealization experiences; massive free-floating anxiety; difficulties with thinking, concentration and memory; the rise of aggressive and violent fantasies; and problems with impulse control.

According to the study, all inmates interviewed reported a rapid subsidence of symptoms upon termination of the isolation.

Kyle Payment, a Washington inmate, testified at the Jan. 10 hearing regarding his experiences in solitary confinement.

"Customs staff override mental health staff decisions to treat people (with) mental illness, and in turn, warehouse us in solitary confinement indefinitely, where our conditions only worsen," Payment said.

HIGH-QUALITY TIRES & PROFESSIONAL REPAIR SERVICES



THE TIRES YOU NEED AND THE SERVICE YOU CAN TRUST SINCE 1987

SCHEDULE AN APPOINTMENT TODAY!

Repairs | Service | Inspections | Tires

Join our LOYALTY CLUB and receive Additional Discounts!



Discount Available with Donated Non-Perishable Food!

Supporting MSC's Federal Way Food Bank Market

Top Needs List

Canned Vegetables	Hearty Soups	Macaroni & Cheese
Canned Fruit	Peanut Butter/Jelly	Diapers (sizes 4, 5 & 6)
Cereal	Canned Tuna	Baby Wipes
Instant Oatmeal	Canned Meats	Infant Formula



Eagle Tire supports



Sliding Scale Service Special

SERVICE TOTALS	RECEIVE DISCOUNT
\$ 50.00 - 99.99	\$5 OFF
\$100.00 - 149.99	\$10 OFF
\$150.00 - 199.99	\$15 OFF
\$200.00 or more	\$25 OFF

Must bring a donation of non-perishable unexpired food to get the discounted price. Most vehicles. Excludes tires. Savings off regular price. Supporting the MSC Food Bank. No other discounts apply. Additional charge for shop supplies may be added. Redeemable only at Eagle Tire & Automotive.

36 YEARS OF SERVICE
THE TIRES YOU NEED & THE SERVICE YOU TRUST.



COMPLETE FULL SERVICE SHOP

Eagle Tire & Automotive

253-838-2424 • 1515 S 344th St, Federal Way, WA 98003

www.eagletire.com



Decatur alumni Vy Nguyen has danced her way around the U.S.

She has battled dancers in Atlanta, New York and Los Angeles.

By BEN RAY
benjamin.ray@fedwaymirror.com

Vy “Eevy” Nguyen has been dancing for as long as she can remember. But up until she attended Decatur High School, it was something she did for personal enjoyment — the movement and rhythm resonated with her.

Growing up and still to this day, she’s never had the classic dance training or worked in a studio.

“I was never classically trained ... It was so expensive. It was never something my family could afford. So I just watched YouTube videos all the time. Dance was something I always loved doing and watching,” she said.

She joined the Decatur Hip Hop Club where she learned about battle dancing: “I was able to meet someone from the Seattle dance community,” she said

Nguyen transitioned to the battle scene of dancing, which in her words “is much different from choreographed dance because it is all freestyle.”

To learn and add new moves to her repertoire, Nguyen goes to the “lab.” Labbing is a phrase dancers use to “cook up new material.” It’s a collaborative process, and with it comes a variety of moves that can be added for a dancer’s routine in a battle. Nguyen found her signature move in a labbing session — which, for someone who is moderately flexible, I can say is one of the more incredible things I have ever seen.

“I hold my leg up with one of my arms and I make a box out of it. Then transition to another move,” she said.

As a 17-year-old, Nguyen put in a ton of time and effort into perfecting her craft.

“I would meet up with a bunch of people and practice. After school, after work I was going to practice. Even when I got home after meeting up with my friends, I would continue to practice,” she said. “Knowing that I put in the work and am reaping the rewards

of it feels really good.”

Nguyen adopted the technique of whacking, which is a dance style that is somewhat new in the grand scheme of dance history. Learning about the origins of her dance style is really important to respecting who came before her.

“It was made in LA in the 1970s by the gay, Black and Latinx community. The dance is all about freedom of expression. It’s very dramatic at times,” she said.

“With these dance styles there is no textbook. There is no written thing to refer to,” she said.

She learned it by talking to people.

“You talk to people who learned from the originators and even the originators themselves. Since a lot of battle dances are relatively new, you can find the people who started these styles,” Nguyen said.

The dance scene that Nguyen participates in can present an average person in an extremely awkward situation. Leading up to her battle is when Nguyen is the most nervous. She is faced with a lot of anticipation and unknown variables like who she is facing and what song gets played.

“I get the most nervous when I am waiting for my name to be called ... But when I get up there I feel like I do black out. There are moments where I consciously make choices in my round,” she said.

“For the most part, I hear the music and I black out,” Nguyen said. “It’s me against myself, it’s me against my heart.”

When Nguyen is competing, all eyes are on her, and she rises to the occasion thanks to the support of everyone around her.

“I feel like the support stands out more than the self-consciousness,” she said.

Nguyen has traveled all over the U.S. to compete in dance battles, but a connection made at one event changed her trajectory. After a battle in which she did really well, a Red Bull rep approached her and offered a spot at a “Dance Your Style” tournament in Atlanta.

This led her down the road of national competitions, including getting flown out to compete and having her hotel paid for.



Vy “Eevy” Nguyen has been dancing for as long as she can remember.

Even the stage felt unreal to be on: “The stage felt like something out of a movie,” she said.

A unique difference specifically to the Red Bull event was it was judged via crowd instead of a panel.

“I feel like I’m performing more to the audience than a battle against my opponent,” she said.

Among other places Nguyen has traveled and danced include Atlanta and New York City. She is someone who values history and understanding the origins of dance. New York was just the place for her.

“It had a very distinct type of energy. A lot of original street and club dance forms were made in New York. Experiencing where these dance forms came from at its birthplace was so different. The energy was so real,” she said.

Nguyen hopes to dance as long as she can.

“I just want to keep dance in my life. I want to explore dance in all the ways I could explore it,” she said. Her next local competition will be in Olympia on July 8 at the Olympia Ballroom.



“With these dance styles there is no textbook. There is no written thing to refer to,” said Vy Nguyen.



GOAL 2

WHOLE CHILD
Thriving, Confident,
Responsible Individuals

Every student scholar will be empowered and prepared to develop personal responsibility in order to be positive, productive members of society.

Proudly committed to scholar success.

FEDERAL WAY PUBLIC SCHOOLS | FWPS.ORG



Handcrafted In-House Skilled Custom Design

Bridal and Engagement • Loose Gemstones • Expert Jewelry Repair
Watch Battery Replacement • Full-Service Goldsmith Since 1975

*Beauty of nature,
love of diamonds.*



NEW LOCATION! 1014 S 320th, Federal Way

JeffreysJewelryDesign.com • (253) 941-3131
Tues.-Fri. 10 am - 6 pm; Sat. 10 am-4 pm

COMFORT KEEPERS,
Essential In-Home Care

For Your Senior Care Needs

help is here



*Our Comfort Keepers® help keep minds,
bodies and lives active, happy and healthy.*

- In-Home Companion Care • Personal Care
- Respite Care • 24 Hour / Live-in Care



**Comfort
Keepers®**

BEST FEDERAL WAY 2023

a **sodexo** brand

253-945-1400

WWW.COMFORTKEEPERS.COM

At Comfort Keepers®, we provide in-home care that helps seniors live happy, independent lives in the comfort of their own homes.

An international network of independently owned & operated offices. ©2010 CK Franchising, Inc.

FUSION 

Gala

A Tropical Paradise

TICKETS ON SALE NOW!

CELEBRATING 30 YEARS OF FUSION

5 PM, WEDNESDAY, AUGUST 2, 2023

DUMAS BAY CENTRE

3200 SW DASH POINT ROAD, FEDERAL WAY



Registration and details at
FUSIONhousing.org/gala
or scan the QR code.

We can't wait to see you there!



Lakehaven Water and Sewer District nears completion of new headquarters

The new headquarters building is 40,000 square feet and houses nearly all departments.

BY JOSHUA SOLORZANO
joshua.solorzano@soundpublishing.com

Lakehaven Water and Sewer District's brand new headquarters is nearly finished and district staff have moved into the improved space. Public facility tours will be offered in mid-July, according to general manager John Bowman.

After beginning construction in August 2021, Bowman said the staff moved into the building in February 2023, and besides the road out front still being paved, the headquarters construction is nearly complete.

Although staff moved in this year, for many of the staff, Bowman said it's the first time many of the departments are working together in the same building. He said there wasn't a headquarters before this facility was built.

The administration stayed at a building they called Lakehaven Center, which Bowman described as a "triple wide trailer," and many departments stayed in different buildings.

Lakehaven Center was 7,600 square feet and only housed the administration. Now the headquarters is 40,000 square

feet and houses nearly all departments.

"I think we'll have better communication between all of our departments," Bowman said. "We have our administrative department, water department, field operations departments and our engineering department all under one roof, with the exception of our wastewater operations."

Ken Miller, the project manager, said the construction for this building cost about \$43 million, but the total cost for the building was about \$53 million, including soft costs, which included things such as furniture, design and permits. The planning for the building began about 10 years before they ever started construction, so Bowman said they had been planning the funding since then.

"We had set aside some money in our capital investment improvement plan," Bowman said. "We didn't acquire all the money for the building over that time, but we also took out some bond money in September 2022, which paid for a lot of this building and other capital projects."

One of the amenities Bowman cites for the new staff is the lunch room with a patio and an elevator, but he thinks the staff will be especially happy about having more elbow room. He said the staff was working on top of each other, and the filing

system was scattered, but now they can consolidate their filing.

The building captures a Northwest theme in the textures, colors and structure of the building, Bowman said, but what he thinks is the most notable design feature in the building is the clock, which they have been preserving from the Historical Society of Federal Way for more than three decades.

"It was torn down from what was called Federal Shopping Way, Santafair, or Old World Square," Bowman said. "That was the name of the complex that was at 316th and Pacific Highway."

While constructing the building, Bowman said they were thinking about the future and how they would need to utilize alternative forms of energy. They have EV charging stations for the public to use, the ability to add solar features, and they have sized their power grid to electrify their fleet in the future.

"We're prepared to make that transition, as the availability of charging stations increases and as the price of electric vehicles comes down and the size of electric vehicles goes up," Bowman said. "We always look at whether the next vehicle purchase will be electric or not."



PHOTO COURTESY OF LAKEHAVEN GENERAL MANAGER JOHN BOWMAN
Lakehaven Water and Sewer District's brand new headquarters is nearly finished.

Ballard FC soccer has Federal Way ties



PHOTO BY BEN RAY/THE MIRROR
Federal Way High School alum Zane Baumgardt prepares for a scoring opportunity during a recent game with the Ballard FC soccer club. Baumgardt also is a defender at Cal State Dominguez Hills. One of the co-founders of Ballard FC is Lamar Neagle, a Thomas Jefferson HS grad who also played for the Seattle Sounders and Tacoma Stars.

Scotland
COMES TO THE
ENUMCLAW EXPO CENTER

76th Annual Pacific Northwest
SCOTTISH HIGHLAND GAMES
AND CLAN GATHERING
July 22 and 23
www.SSHGA.org

INSURANCE.

FOR THIS.

Take advantage of Leavitt Group Northwest's dedicated benefits team to understand your options so you can make an informed decision.

Leavitt Group

Leavitt Group Northwest | Insurance | 800-726-8771
www.leavitt.com/northwest

Daniel Allen, Medicare and Individual Medical

Black Bear Diner

Breakfast SERVED ALL DAY

LUNCH
DINNER
DESSERT

WE'RE OPEN!

BEST FEDERAL WAY 2023

32065 Pacific Hwy S.
Federal Way
(253) 945-8332

[BLACKBEARDINER.COM](https://www.blackbeardiner.com)

Police seek suspect in killing of woman near Muckleshoot Casino

By BENJAMIN LEUNG
benjamin.leung@soundpublishing.com

The King County Medical Examiner's Office confirmed the identity of a woman killed as a result of a shooting on June 28 at a condominium complex near Muckleshoot Casino.

Kayshia Hardiman, 37, died in Auburn as a result of a single gunshot wound to the chest, according to the medical examiner's office. The medical examiner's office declared Hardiman's death a homicide.

The Auburn Police Department developed probable cause to arrest a 21-year-old man for Hardiman's death on a felony charge of murder in the second degree, according to the department.

The department released photos of and requested the public's assistance in locating Marketha McCoy, 21, described as 5 foot 7 inches tall and 180 pounds.

According to the Auburn Police Department, police received reports on June 28 at approximately 4:13



COURTESY OF THE AUBURN POLICE DEPARTMENT
Photos of Marketha McCoy.

a.m. of a shooting near the Greentree Condominiums.

Police arrived at the scene to find a woman shot once. According to the department, first responders attempted lifesaving measures.

According to the department, the suspect shot Hardiman at close range in an execution style killing.

As of July 5, police have not arrested McCoy.

"We will be sure to put something out if he is brought into custody," said Kolby Crossley, public information officer for the department.

Summer fun at Federal Way parks

Concert series, movies, and Kids Day happening this summer.

By MIRROR STAFF

There are many opportunities to enjoy Federal Way's parks this summer.

Summer Sounds Concert Series

Summer Sounds Concert Series offers live music at Steel Lake Park (2410 S. 312th St.) throughout July and August. This event is free and held each Wednesday.

- July 12, from 6:30 p.m. to 8 p.m.
- July 19, from 6:30 p.m. to 8 p.m.
- July 26, from 6:30 p.m. to 8 p.m.
- Aug. 2, from 6:30 p.m. to 8 p.m.

Movies in the Park

Movies in the Park are held on Saturdays at Town Square Park in



PHOTO COURTESY OF SHELLEY PAULS

Aladdin and Jasmine made an appearance at the July 24, 2021 Movies in the Park in Federal Way.

Federal Way (31600 Pete von Reichbauer Way South). The movies are free.

- July 29, from 9 to 11 p.m. Movie: "Ant Man & the Wasp: Quantumania."
- August 19, from 9 to 11 p.m. Movie: "Lyle, Lyle Crocodile"

Kids Day

Kids Day is from 11 a.m. to 3 p.m. Wednesday, Aug. 9. Intended for ages 2 to 12 years old. Held at Steel Lake Park, kids can enjoy inflatables, live music and entertainment, a playground and food trucks. This is a free event for families. For more information on all events, visit itallhappenshere.org.

LEGAL NOTICES

Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices	Legal Notices
<p>King County Board of Health</p> <p>The King County Board of Health has two openings available for 2024 and welcomes applications to join the Board from people representing public health, health care facilities and providers; public health consumers; and other community partners. Submit your application by August 6, 2023. The role of the Board is to advocate for the preservation, promotion, and protection of public health, prevent the spread of disease, set local public health regulations and some fees and licenses, and enforce state and local public health laws. The Board does not have appropriation (budget) authority. The Board takes a racial equity approach to its work, and expects its members to be committed to racial equity and ending the impacts of racism on health. Learn more and apply at kingcounty.gov/bohl or contact us by emailing KCOBAdmin@kingcounty.gov or calling 206-296-4600. Translation or other formats are available upon request. Dated at Seattle, Washington this 7th day of July, 2023.</p> <p>KING COUNTY BOARD OF HEALTH KING COUNTY, WASHINGTON MELANI PEDROZA, Clerk of the Board # 979574 7/7/23</p>	<p>Ave S to Pacific Hwy S, which includes roadway excavation, planing bituminous pavement, removal of existing curb and gutter, sidewalk, concrete approach, wheel chair ramps. This work also includes overlaying S 348th St from 9th Ave S to Pacific Hwy S with HMA Class ½" PG 58H-22 (approximately 1,650 tons), installation of concrete curb and gutter, concrete curb ramps, pedestrian push button, channelization, restoration and utility adjustments, and all items necessary to complete the work as described in the contract Documents. The City anticipates awarding this project to the successful bidder and intends to give Notice to Proceed as soon as the Contract and all required documents are executed in full. Regardless of the date of award or Notice to Proceed, the Contractor must complete all work within 45 working days.</p> <p>BID DOCUMENTS: Plans, Specifications, Addenda, and plan holders list are available online through Builders Exchange of Washington at www.bxwa.com. Click on: "Posted Projects," "Public Works," and "City of Federal Way." It is recommended that Bidders "Register" in order to receive automatic e-mail notification of future addenda and to place themselves on the "Bidders List." Bidders that do not register will need to periodically check on-line for addenda issued on this project. Contact Builders Exchange of Washington at (425) 258-1303 if you require assistance with access or registration. An informational copy of plans, specifications, and addenda are available for viewing only at the City of Federal Way Finance Department.</p> <p>QUESTIONS: Any questions must be directed to Jeff Huynh, Civil Engineer, by email at Jeff.Huynh@cityoffederalway.com, or by letter addressed to same. Questions must be received by the City no later than 5:00 p.m. three business days preceding the bid opening to allow a written reply to reach all prospective Bidders before the submission of bids.</p> <p>OTHER PROVISIONS: All bids and this Project shall be governed by the Contract, as defined by the Washington State Department of Transportation Standard Specifications for Road, Bridge, and Municipal Construction 2023 (Standard Specifications), which is incorporated by this reference as though set forth in full. All bid proposals shall be in accordance with the Contract and all bid proposals shall be accompanied by a bid deposit or bond in the amount required in the Contract. Forfeiture of the proposal bond or deposit to the City shall be in accordance with the Contract.</p> <p>The recipient, in accordance with Title VI of the Civil Rights Act of 1964, (78 Stat. 252, 42 U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in award. The City encourages minority and women-owned firms to submit bids consistent with the City's policy to ensure that such firms are afforded the maximum practicable opportunity to compete for and obtain public contracts.</p> <p>The City of Federal Way reserves the right to reject any and all bids, waive any informalities in the bidding, and determine which bid or bidder meets the criteria set forth in the bid documents.</p> <p>DATES OF PUBLICATION: Daily Journal of Commerce Publish June 30, 2023 and July 7, 2023 Federal Way Mirror Publish June 30, 2023 and July 7, 2023 #979617</p>	<p>posals shall be accompanied by a bid deposit or bond in the amount required in the Contract. Forfeiture of the proposal bond or deposit to the City shall be in accordance with the Contract.</p> <p>The recipient, in accordance with Title VI of the Civil Rights Act of 1964, (78 Stat. 252, 42 U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in award. The City encourages minority and women-owned firms to submit bids consistent with the City's policy to ensure that such firms are afforded the maximum practicable opportunity to compete for and obtain public contracts.</p> <p>The City of Federal Way reserves the right to reject any and all bids, waive any informalities or minor irregularities in the bidding, and determine which bid or bidder meets the criteria set forth in the bid documents.</p> <p>DATES OF PUBLICATION: Daily Journal of Commerce Publish June 30, 2023 and July 7, 2023 Federal Way Mirror Publish June 30, 2023 and July 7, 2023 #979617</p>	<p>ments at and in the vicinity of Interstate 5 (I-5) and S 320th interchange. The major improvements include modifications to the S 320th interchange to extend on/off ramps to S 324th; extending S 324th from 23rd Ave S across I-5 on a new structure to Weyerhaeuser Way; widening S 324th from Pacific Hwy to 23rd Ave S; adding a multi-use trail along S 324th; widening S 320th and converting existing lanes to HOV from Pacific Hwy to east city limits; and replacing existing culverts with fish passable culverts.</p> <p>Services needed include, but not limited to: engineering (transportation, storm drainage, structural), surveying, public outreach, right-of-way acquisition, and construction engineering.</p> <p>Evaluation Criteria</p> <ul style="list-style-type: none">• Responsiveness of the SOQ to the purpose and scope of services.• Ability and history of successfully completing contracts of this type, meeting projected deadlines, experience in similar work.• References, key personnel. <p>Submittal</p> <p>All Responses to Request for Statements shall be emailed to: Desiree S. Winkler, P.E., Deputy Public Works Director PW_Bids@cityoffederalway.com (253) 835-2711</p> <p>All SOQs must be received by July 21, 2023, 3:00 PM PST, at which time they will be opened. All SOQs must include the following information:</p> <ul style="list-style-type: none">• The names of individuals from those firms who will be working on the project and their areas of responsibility.• Specific experience of individuals relative to the proposed project.• Specific experience of the firm relative to the proposed project.• Project understanding including outline of proposed milestones and schedule.• References. <p>Any questions related to this Request shall be emailed to: Desiree Winkler at desiree.winkler@cityoffederalway.com.</p> <p>The City, in accordance with Section 504 of the Rehabilitation Act (Section 504) and the Americans with Disabilities Act (ADA), commits to non-discrimination on the basis of disability, in all of its programs and activities. This material can be made available in an alternate format by emailing PW_Admin@cityoffederalway.com or by calling 253.835.2700.</p>	<p>The City, in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat. 252, 42 U.S.C. 2000d to 2000d-4 and Title 49, Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally-Assisted Programs of the Department of Transportation issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises as defined at 49 CFR Part 26 will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, national origin, or sex in consideration for an award.</p> <p>Federal Way Mirror June 23, 2023; June 30, 2023; July 7, 2023 Daily Journal of Commerce June 23, 2023, June 30, 2023, July 7, 2023 #979195</p> <p>PUBLIC NOTICE</p> <p>Ryan Lundberg with Blue Origin LLC, 21218 76th Ave S, Kent, Washington 98032 is seeking coverage under the Washington State Department of Ecology's Construction Stormwater NPDES and State Waste Discharge General Permit. The proposed project, Blue Origin Employee Parking is located at 21213 76th Avenue S in Kent, in King County. This project involves 1.23 acres of soil disturbance for commercial construction activities. The receiving water will discharge directly into Mill Creek. Any persons desiring to present their views to the Washington State Department of Ecology regarding this application, or interested in Ecology's action on this application, may notify Ecology in writing no later than 30 days of the last date of publication of this notice. Ecology reviews public comments and considers whether discharges from this project would cause a measurable change in receiving water quality, and, if so, whether the project is necessary and in the overriding public interest according to Tier II antidegradation requirements under WAC 173-201A-320.</p> <p>Comments can be submitted to: Department of Ecology Attn: Water Quality Program, Construction Stormwater P.O. Box 47696, Olympia, WA 98504-7696</p> <p>DATE OF FIRST NOTICE: Friday, July 07, 2023 DATE OF SECOND NOTICE: Friday, July 14, 2023 #980137</p>	<p>CITY OF Federal Way</p> <p>NOTICE OF PUBLIC HEARING</p> <p>Multifamily Dwelling Unit Limited Property Tax Exemption Code Amendments</p> <p>Notice is hereby given that the City of Federal Way City Council will hold a public hearing at 6:30pm on July 18, 2023, in the Federal Way City Council Chambers (33325 - 8th Avenue South, Federal Way, WA 98003) for the following proposed non-project action:</p> <p>Name: Proposed expansion of the City's property tax exemption incentive to the Community Business (BC) zone.</p> <p>Description: The City currently allows for a limited property tax exemption for properties located in the City Center as an incentive for housing production (FWRC 3.30). The City is currently considering the expansion of this program to those properties zoned Community Business (BC).</p> <p>Applicant: City of Federal Way Location: Community Business zone</p> <p>Any person may participate in the public hearing by submitting written comments to the City Council either by delivering written comments to the City Clerk before the hearing; by participating in the meeting through a Zoom link; or, by appearing at the hearing and presenting public testimony in person, or through a representative.</p> <p>The official file is available for review during working hours in the Department of Community Development (33325 8th Avenue South, Federal Way, WA 98003). The staff report will be available for review one week before the hearing on the website and upon request.</p> <p>To access the Zoom link for the meeting, visit the C i t y's p a g e : https://www.cityoffederalway.com/page/agendas-and-minutes and open the agenda for the City Council meeting for July 18, 2023.</p> <p>Questions regarding this proposal should be directed to Community Development Director at 253-835-2612, or keith.niven@cityoffederalway.com.</p> <p>Published in the Federal Way Mirror on June 30, 2023.</p> <p>Published in the Federal Way Mirror on July 7, 2023.</p> <p>#979628</p>

PNW MarketPlace!

click! www.soundclassifieds.com

email! classified@soundpublishing.com

call toll free! 1.888.399.3999 or 1.800.388.2527

Service Directory

<p>Home Services Handyperson</p> <p>PUGET SOUND CONSTRUCTION Interior / Exterior Painting and Home Repairs Build Wood Decks and Fences Patio Covers 253-350-3231 #PUGETSCO38KA</p>	<p>Home Services Landscape Services</p> <p>LATINO'S LAWN & GARDEN ALL LANDSCAPING Fence repair & new fence installation, Blackberry Removal, Gutter & Roof Cleaning Retaining wall AND MUCH MORE. Check us out Online www.latinoslawnandgarden.com CCLATINLG894PS</p> <p>Satisfaction Guaranteed LOWEST PRICE Free Estimates Senior Discount Lic/Bonded/Insured CALL JOSE 206-250-9073</p> <p>Home Services Roofing/Siding</p>
--	---

<p>HI MARK LANDSCAPING & GARDENING Special Summer Clean-up</p> <ul style="list-style-type: none">• Tree Service• Weeding• Hedge Trim• Concrete• New Sod & Seed• Block Retaining Wall• Aeration & Thatching• Remodeling Kitchen & Bath• Painting• Pressure Washing <p>Senior Discount FREE ESTIMATE 206-387-6100 Lic#HIMARML924JB</p>	<p>OLD FASHIONED HOT-TAR ROOFING Senior Discounts Free Estimates Expert Work</p> <p>253-850-5405 American Gen. Contractor A+ Better Business Bureau Lic #AMERIGC923B8</p>
---	---

Make a splash!

advertise in Classifieds today!

1-800-388-2527
classifieds@soundpublishing.com
SOUNDCLASSIFIEDS.COM

<p>jobs</p> <p>Employment General</p> <p>CARRIER ROUTES AVAILABLE</p> <p>IN YOUR AREA</p> <p>Call Today 253-872-6610</p>	<p>stuff</p> <p>Auctions/ Estate Sales</p> <p>Federal Way- Public Auction/Landlord Lien Foreclosure Sale - 7/12/2023 at 10:00 AM - 1968 MARLE 60ETO/12 Manufactured Home -VIN: 80166- Belmor Mobile Home Park, Sp. #99, 2101 S. 324th St. PH:(253) 838-0517</p>
--	---

Advertise with us!

SOUNDCLASSIFIEDS.COM 1-800-388-2527

leea market

Wanted/Trade

WANTED:
Record LPs, 45's, Reel to Reel, 8 Track Tapes & CDs. CALL TODAY! 206-499-5307

pets/animals

Dogs

Lovable and playful AKC German Shepherd Puppies. Both male and Female, available mid-July. \$1460.00, Federal Way area. Brian 253-878-5695.

garage sales - WA

Bazaars/Craft Fairs

WILLOWS ORCHARD
SATURDAY & SUNDAY
1006 WILLOW POND LANE
COUPEVILLE, WA 98022

Join us on a day trip for this anticipated annual art show on Whidbey Island with 15 amazing PNW artists showcasing their work across a variety of mediums. Including live *marimba music and taco trucks!*
Saturday & Sunday, July 8th-9th, 2023. 11am-4pm both days. 1306 Willow Pond Lane, Coupeville.
Free to attend, family friendly and plenty of parking.
www.willowsorchard.com/art-show

transportation

Auto Events/ Auctions

NFS TOWING Abandoned Vehicle Auction

Friday, July 14, 2023
33029 Pac Hwy S
Federal Way, WA
Preview 10:00 am
Auction 11:00 am
in accordance with RCW 46.55.130

RICK'S TOWING Abandoned Vehicle Auction

Friday, July 14, 2023
33029 Pac Hwy S
Federal Way, WA
Preview 10:00 am
Auction 11:00 am
in accordance with RCW 46.55.130

Auto Events/ Auctions

AUCTION NOTICE!

In compliance with RCW 46.55.130
State of Washington

MV Towing LLC and ABT Towing & Recovery of Federal Way will hold an auction every week on Friday, selling to the highest bidder at

33125 15th Ave. S, Federal Way, WA 98003
on 7/14/2023 at 10:00am
Viewing starting at 9am. Bidding starts at 10am.

Place a classified ad today!

Auto Events/ Auctions

SKYWAY TOWING & RECOVERY, INC.

Abandoned Vehicle Auction

Every 2nd & 4th Tues.
For list & location: www.skywaytow.com
Preview 12:30 pm • Auction 1:30 pm

ABANDONED VEHICLE AUCTION
Wednesday, July 12, 2023
Preview 9:00 AM
Auction 10:00 AM
A-Seattle Towing, LLC
17678 Des Moines Memorial Dr. S. Burien
206-856-1388
www.aseattletowing.com

SOUND classifieds

1-800-388-2527
classifieds@soundpublishing.com
SOUNDCLASSIFIEDS.COM

Auto Events/ Auctions

AIRPORT/ BURIE N & COLUMBIA

TOWING ABANDONED VEHICLE AUCTION
July 14, 2023

11am Preview: July 14, 2023
8am-11am
801 S 176th St, Burien, WA 98148
For a list of cars visit our site www.AirportTow.com

Airport Towing
206-243-6252
Burien Towing
206-433-0660
Columbia Towing
206-722-2535

Auto Events/ Auctions

AUTO AUCTION

Every Thursday
Preview at 11 am
Auction at 1 pm

1 STOP SERVICES
Auto Detailing Towing & Recovery

1220 So. 343rd Street
Federal Way, 98003
www.kenttowing.com

Use our handy *online ad form* 24 hours a day by clicking the "Place an ad" link at **SoundClassifieds.com** to put an ad in the Classifieds online and in your local paper.

Auto Events/ Auctions

Motorhomes

LOW MILEAGE 1999 V10 34' BOUNDER MOTOR HOME
\$25,000 OR HIGHEST BIDDER (CASH ONLY)
YOUR HOME ON THE ROAD INCLUDES A SLIDE OUT, LEVELORS; SLEEPER; AIR CONTROLLED MASTER BED MATTRESS, AIR CONDITION, STATE OF THE ART ROOF COVERING, NEW TIRES, NEW TRANSMISSION, BRAKES AND EFFICIENT V10 FORD ENGINE AND MORE!
GOT TO SEE AND DRIVE TO APPRECIATE. ONLY USED DURING SPRING-FALL MONTHS!
CALL: 253-229-4148

Here's a great idea!

Advertise with us!

Over 85 percent of our community newspaper readers check the classified ads

1-800-388-2527

classifieds@soundpublishing.com

SOUNDCLASSIFIEDS.COM



(FAIR USE/COURTESY OF WIKIPEDIA)

All-Star

From Page 1

compensatory round(s) and competitive balance rounds.

“The new Draft location allows more fans than ever a chance to see their favorite teams select the next generation of stars,” according to MLB.com.

July 10 is the Gatorade All-Star Workout Day for the all-star team rosters on the field at T-Mobile Park. Following the practice day, the T-Mobile Home

Run Derby begins at 5 p.m. The Mariners’ own Julio Rodriguez will represent Seattle on his home turf. Last year, Rodriguez totaled the most home runs in the contest, but he lost in the final matchup to San Diego’s Juan Soto. The final day of the festivities is the 93rd Annual All-Star Game presented by Mastercard. The M’s will be represented by pitcher Luis Castillo. It is a great opportunity for people in Seattle to see baseball’s biggest stars in our own backyard.



STAY CONNECTED.
your local news - in print and online

Well-Fed from the Federal Way Farmers Market: 3 Cheese Manicotti minis

Ingredients for the recipe of the week can be found at the Federal Way Farmers Market

FOR THE MIRROR

Visit the Federal Way Farmers Market from 9 a.m. to 3 p.m. every Saturday through October to pick up the local ingredients needed for this week’s recipe. The farmers market is located behind The Commons mall along South 324th Street in Federal Way.

3 Cheese Manicotti minis

(Makes 8 – 10 servings)
By Vickie Chynoweth

Ingredients:

- 14 ounces silken tofu
- 1 ½ tablespoon fresh lemon juice
- 1 teaspoon sea salt
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1/2 teaspoon fennel seed
- 1 egg lightly beaten
- 8 ounces sliced fresh mozzarella
- 1/2 package Wavy Paccheri
- 24 ounces spaghetti sauce
- 1/2 cup shredded Manchego cheese
- 1 cup shredded parmesan cheese
- 1 cup of thinly sliced sweet onion
- 1 medium zucchini sliced
- Salt and pepper
- Reserve the green top of onion (optional)

Directions:

1. Preheat oven to 350 degrees. Spray the bottom and sides of an oblong 9 x 13-inch baking dish. Set the baking dish aside.
2. To make tofu ricotta, drain tofu using a colander. Break tofu in several pieces while placing in a



PHOTO COURTESY OF VICKIE CHYNOWETH

3. Slice zucchini into 1/8 inch thick slices. Thinly slice onion. Layer zucchini at the bottom of the prepared baking dish. Layer onion over zucchini, breaking slices into individual pieces. Pour one cup of spaghetti sauce over zucchini.
4. Take one dried pasta tube at a time and fill with ricotta using a small spoon. Fill approximately 36 pasta tubes placing in a single layer over zucchini.
5. Pour the remaining spaghetti sauce over the stuffed pasta. Using the back of a spoon spread sauce so no pasta is showing. Evenly

distribute Manchego cheese over the top of sauce.
6. Cover with aluminum foil and bake for 50 minutes.
7. Remove the pan from the oven. Carefully, take off foil. Sprinkle with parmesan cheese and sliced green tops of onion (optional). Serve warm with your favorite salad and bread.
This is a quick and easy dinner. No ricotta, no problem, make your own ricotta with tofu. I didn’t let my guests know they were eating tofu ricotta until they complimented me on how good it was. Of course, I knew that my guest did not have any food allergies. This is a great substitute for ricotta and has a similar texture.
Tofu has 49% less calories than ricotta cheese. Tofu also has 62% more iron than ricotta. Tofu is high in calcium and fiber.

Let’s go out for breakfast!



Federal Way’s **favorite** is back open!



POVERTY BAY CAFE
A COMMUNITY BISTRO OWNED BY
FUSION
HOUSING FAMILIES IN NEED

Open 7 days a week 7AM to 2 PM.
All day breakfast Sat & Sun
1108 S. 322ND PL.,
FEDERAL WAY
FUSIONHOUSING.ORG

MSC Helps



MSC can provide assistance and resources to help with:

- Permanent affordable housing
- Paying your energy, water, or sewer bill
- Finding employment
- And more!

Visit our website at www.mschehelps.org or call 253-838-6810 and ask to speak with our Community Access Coordinator (habla español).





CARSTAR
Collision & Glass Service

HIGH QUALITY COLLISION REPAIR

CONTACT-FREE SERVICES

NATIONWIDE WARRANTY

24/7 ACCIDENT ASSISTANCE

INSURANCE PARTNERSHIPS

BEST OF FEDERAL WAY 2023

GET BACK ON THE ROAD

Bob Bjorneby’s
Federal Way Collision
INSURANCE CLAIMS ASSISTANCE
PICK UP AND DELIVERY (Repairs only)
(253) 874-9330 • 1750 S 327th St, #A-1
carstar.com/locations/wa/federal-way-15126

SECOND AMENDED NOTICE OF TRUSTEE’S SALE OF COMMERCIAL LOAN(S)

Grantor: DR Bellevue XVI, LLC (now known as Bellevue 10630, LLC)
Current beneficiary of the deed of trust: Noble Capital Income Fund II, LLC
Current trustee of the deed of trust: Shelley N. Ripley
Current mortgage servicer of the deed of trust: Noble Capital Income Fund II, LLC
Reference numbers of the deed of trust: 20211021000061
Parcel number(s): 3860400215

I.

NOTICE IS HEREBY GIVEN that the undersigned Trustee will, on Friday, July 21, 2023, at the hour of 10:00 a.m., at the 4th Avenue entrance of the King County Administration Building, 500 4th Avenue, in the City of Seattle, State of Washington, sell at public auction to the highest and best bidder, payable at the time of sale, the following-described real property and the personal property described in Exhibit 1 attached hereto and by this reference incorporated herein, all located in said County (collectively, the “Property”):

LOT 9 IN BLOCK 3 OF KILLARNEY NO. 2, AS PER PLAT RECORDED IN VOLUME 41 OF PLATS, PAGE 38, RECORDS OF KING COUNTY AUDITOR;
Situate in the City of Bellevue, County of King, State of Washington,
Tax Parcel No.: 3860400215,

which are subject to that certain Deed of Trust, Assignment of Rents, Security Agreement and Fixture Filing (the “Deed of Trust”), dated October 18, 2021, by BDR Bellevue XVI, LLC, a Washington limited liability company, as Grantor, Modus Title, LLC, as Trustee and Private Lender Network, LLC, a Texas limited liability company, as Beneficiary, which Deed of Trust was recorded on October 21, 2021, with the King County Auditor under Auditor’s File No. 20211021000061. Shelley N. Ripley was appointed as Successor Trustee on March 16, 2023, by Beneficiary. Grantor is now known as Bellevue 10630, LLC. The beneficial interest under the Deed of Trust was assigned to Noble Capital Income Fund III, LLC, a Texas limited liability company, on or about March 31, 2023, under an Assignment of Deed of Trust recorded with the King County Auditor under Auditor’s File No. 20230331000328.

II.

No action commenced by the Beneficiary of the Deed of Trust is now pending to seek satisfaction of the obligation in any court by reason of the Borrower’s or Grantor’s default on the obligation secured by the Deed of Trust.

III.

The default(s) for which this foreclosure is/are made is as follows:
Failure to make interest only payments* and charges due under the Note as follows:
February 1, 2022 through April 1, 2023 \$518,025.03
Unpaid Late Fees \$ 25,128.75
Accrued Late Fees \$ 1,714.43
TOTAL MONTHLY PAYMENTS AND LATE CHARGES: \$544,868.21

***As a result of Borrower’s default on or about January 12, 2022, Lender advanced \$20,000 to fund the Interest Reserve Account to that the January 2022 could be applied.**
Beneficiary invoked the default rate of interest of 18.00% per annum as provided in the Secured Note. The Secured Note matures May 1, 2023.

Default other than failure to make payments:
The appointment of a receiver over the Property.
Failure to timely pay in full general real property taxes for 2022.
Encumbering the Property with a junior lien in favor Balaji Logistics, Inc. without Lender’s prior written consent.
Encumbering the Property with a junior lien in favor of Jian Yang and Yun Yin without Lender’s prior written consent.

IV.

The sum owing on the obligation secured by the Deed of Trust is:

Principal of \$2,320,911.00 together with interest as provided in the note or other instrument secured from October 21, 2021, and such other costs and fees as are due under the note or other instrument secured, and as are provided by statute (including all sums advanced to complete constructions as permitted under the loan documents).

V.

The above-described real property will be sold to satisfy the expense of sale and the obligation secured by the Deed of Trust as provided by statute. The sale will be made without warranty, express or implied, regarding title, possession, or encumbrances on Friday, July 21, 2023. The default(s) referred to in Paragraph III must be cured by July 10, 2023 (11 days before the sale) to cause a discontinuance of the sale. The sale will be discontinued and terminated if at any time on or before July 10, 2023 (11 days before the sale) the default as set forth in Paragraph III is cured and the Trustee’s fees and costs are paid. The sale may be terminated any time after July 10, 2023 (11 days before the sale) and before the sale, by the Borrower, Grantor, any Guarantor, or the holder of any recorded junior lien or encumbrance paying the entire principal and interest secured by the Deed of Trust plus costs and fees, and advances, if any, made pursuant to the terms of the obligation and/or Deed of Trust, and curing all other defaults.

VI.

A written Notice of Default was transmitted by the Beneficiary or Trustee to the Borrower and Grantor at the following addresses:

Bellevue 10630, LLC (fka BDR Bellevue XVI, LLC) 989 112 th Ave. NE, Suite 207 Bellevue, WA 98004-8579	Bellevue 10630, LLC (fka BDR Bellevue XVI, LLC) PO Box 50208 Bellevue, WA 98015-0208
Bellevue 10630, LLC (fka BDR Bellevue XVI, LLC) 11100 Main Street, Suite 201 Bellevue, WA 98004	Todd R. Bennett 11100 Main Street, Suite 201 Bellevue, WA 98004
Todd R. Bennett 989 112 th Ave. NE, Suite 207 Bellevue, WA 98004-8579	Todd R. Bennett PO Box 50208 Bellevue, WA 98015-0208
Bellevue 10630, LLC c/o PR Corp. Services, Inc. 10900 NE 4 th St., Suite 1850 Bellevue, WA 98004-8341	

by both first class and certified mail on April 21, 2022, proof of which is in the possession of the Trustee; and the Borrower, Grantor and Guarantor were personally served on April 21, 2022, with said written Notice of Default or the written Notice of Default was posted in a conspicuous place on the real property described in Paragraph I above and the Trustee has possession of proof of such service or posting.

VII.

The Trustee whose name and address are set forth below will provide in writing, to anyone requesting it, a statement of all costs and fees due at any time prior to sale.

VIII.

The effect of the sale will be to deprive the Grantor and all those who hold by, through or under the Grantor of all their interest in the above-described property.

IX.

Anyone having any objections to this sale on any grounds whatsoever will be afforded an opportunity to be heard as to those objections if they bring a lawsuit to restrain the sale pursuant to RCW 61.24.130. Failure to bring such a lawsuit may result in a waiver of any proper grounds for invalidating the Trustee’s sale.

X.

NOTICE TO OCCUPANTS OR TENANTS

The purchaser at the trustee’s sale is entitled to possession of the property on the 20th day following the sale, as against the grantor under the deed of trust (the owner) and anyone having an interest junior to the deed of trust, including occupants who are not tenants. After the 20th day following the sale the purchaser has the right to evict occupants who are not tenants by summary proceedings under chapter 59.12 RCW. For tenant-occupied property, the purchaser shall provide a tenant with written notice in accordance with RCW 61.24.060.

XI.

NOTICE TO GUARANTORS

- If you are a guarantor of the obligations secured by the Deeds of Trust, you may be liable for a deficiency judgment to the extent the sale price obtained at the Trustee’s Sale is less than the debt secured by the Deed of Trust.
- You have the same rights to reinstate the debt, cure the default, or repay the debt as is given to the grantor in order to avoid the Trustee’s Sale.
- You will have no right to redeem the Property after the Trustee’s Sale.
- Subject to such longer periods as are provided in the Washington deed of trust act, chapter 61.24 RCW, any action brought against to enforce a guaranty must be commenced within one year after the Trustee’s Sale, or the last Trustee’s Sale under any other deed of trust granted to secure the same debt.
- In any action for a deficiency, you will have the right to establish the fair value of the Property as of the date of the Trustee’s Sale, less prior liens and encumbrances, and to limit your liability for a deficiency to the difference between the debt and the greater of such fair value or the sale price paid at the Trustee’s Sale, plus interest and costs.

DATED this 14th day of April, 2023.

Shelley N. Ripley
422 W. Riverside, Suite 1100
Spokane, Washington 99201-0390
Telephone: (509) 624-5265

EXHIBIT 1
Personal Property

All tangible and intangible personal property, whether now owned or later acquired by Debtor, including, but not limited to, water rights (to the extent they may constitute personal property), all equipment, inventory, goods, consumer goods, accounts, chattel paper, instruments, money, general intangibles, letter-of-credit rights, deposit accounts, investment property, documents, minerals, crops, and timber (as those terms are defined in the Uniform Commercial Code) and that are now or at any later time located on, attached to, installed, placed, used on, in connection with, or are required for such attachment, installation, placement, or use on the Land, the Improvements, Fixtures, or on other goods located on the Land or Improvements, together with all additions, accessions, accessories, amendments, modifications to the Land or Improvements, extensions, renewals, and enlargements and proceeds of the Land or Improvements, substitutions for, and income and profits from, the Land or Improvements (collectively, “Personalty”).

The Personalty includes, but is not limited to, all goods, machinery, tools, equipment (including fire sprinklers and alarm systems); building materials, air conditioning, heating, refrigerating, electronic monitoring, entertainment, recreational, maintenance, extermination of vermin or insects, dust removal, refuse and garbage equipment; vehicle maintenance and repair equipment; office furniture (including tables, chairs, planters, desks, sofas, shelves, lockers, and cabinets); safes, furnishings, appliances (including ice-making machines, refrigerators, fans, water heaters, and incinerators); rugs, carpets, other floor coverings, draperies, drapery rods and brackets, awnings, window shades, venetian blinds, curtains, other window coverings; lamps, chandeliers, other lighting fixtures; office maintenance and other supplies; loan commitments, financing arrangements, bonds, construction contracts, leases, tenants’ security deposits, licenses, permits, sales contracts, option contracts, lease contracts, insurance policies, proceeds from policies, plans, specifications, surveys, books, records, funds, bank deposits; and all other intangible personal property.

Personalty also includes any other portion or items of the Mortgaged Property that constitute personal property under the Uniform Commercial Code.

For purposes of this Exhibit 1, the each of the following terms shall have the following respective meanings:

“Improvements” means any and all buildings, structures, improvements, fixtures, and appurtenances now and later placed on the Mortgaged Property, including, without limitation, all apparatus and equipment, whether or not physically affixed to the land or any building, which is used to provide or supply air cooling, air conditioning, heat, gas, water, light, power, refrigeration, ventilation, laundry, drying, dish washing, garbage disposal, or other services; and all elevators, escalators, and related machinery and equipment, fire prevention and extinguishing apparatus, security and access control apparatus, partitions, ducts, compressors, plumbing, ovens, refrigerators, dishwashers, disposals, washers, dryers, awnings, storm windows, storm doors, screens, blinds, shades, curtains, curtain rods, mirrors, cabinets, paneling, rugs, attached floor coverings, furniture, pictures, antennas, pools, spas, pool and spa operation and maintenance equipment and apparatus, and trees and plants located on the Mortgaged Property, all of which, including replacements and additions, shall conclusively be deemed to be affixed to and be part of the Mortgaged Property.

“Land” means the real estate or any interest in it described below, together with all Improvements and Fixtures and al1 rights, titles, and interests appurtenant to it., together with all Improvements and Fixtures and al1 rights, titles, and interests appurtenant to it:

LOT 9 IN BLOCK 3 OF KILLARNEY NO. 2, AS PER PLAT RECORDED IN VOLUME 41 OF PLATS, PAGE 38 IN KING COUNTY, WASHINGTON,
SITUATE IN THE COUNTY OF KING, STATE OF WASHINGTON,

Tax Parcel No. 386040-0215-06,

“Fixtures” mean all right, title, and interest of Debtor in and to all materials, supplies, equipment, apparatus, and other items now or later attached to, installed on or in the Land or the Improvements, or that in some fashion are deemed to be fixtures to the Land or Improvements under the laws of the state where the Mortgaged Property is located, including the Uniform Commercial Code. “Fixtures” includes, without limitation, all items of Personalty to the extent that they may be deemed Fixtures.

“Governmental Authority” means any and all courts, boards, agencies, commissions, offices, or authorities of any nature whatsoever for any governmental unit (federal, state, county, district, municipal, city, or otherwise) whether now or later in existence.

“Leases” means any and all leases, subleases, licenses, concessions, or other agreements (written or verbal, now or later in effect) that grant a possessory interest in and to, or the right to extract, mine, reside in, sell, or use the Mortgaged Property, and all other agreements, including, but not limited to, utility contracts, maintenance agreements, and service contracts that in any way relate to the use, occupancy, operation, maintenance, enjoyment, or ownership of the Mortgaged Property, except any and all leases, subleases, or other agreements under which Debtor is granted a possessory interest in the Land.

“Rents” means all rents, issues, revenues, income, proceeds, royalties, profits, license fees, prepaid municipal and utility fees, bonds, and other benefits to which Debtor or the record title owner of the Mortgaged Property may now or later be entitled from or which are derived from the Mortgaged Property, including, without limitation, sale proceeds of the Mortgaged Property; any room or space sales or rentals from the Mortgaged Property; and other benefits paid or payable for using, leasing, licensing, possessing, operating from or in, residing in, selling, mining, extracting, or otherwise enjoying or using the Mortgaged Property.

“Mortgaged Property” means the Land, Improvements, Fixtures, Personalty, Leases and Rents, together with:

- All right, title, and interest (including any claim or demand or demand in law or equity) that Debtor now has or may later acquire in or to such Mortgaged Property; all easements, rights, privileges, tenements, hereditaments, and appurtenances belonging or in any way appertaining to the Mortgaged Property; all of the estate, right, title, interest, claim, demand, reversion, or remainder of Debtor in or to the Mortgaged Property, either at law or in equity, in possession or expectancy, now or later acquired; all crops growing or to be grown on the Mortgaged Property; all development rights or credits and air rights; all water and water rights (whether or not appurtenant to the Mortgaged Property) and shares of stock pertaining to such water or water rights, ownership of which affects the Mortgaged Property; all minerals, oil, gas, and other hydrocarbon substances and rights thereto in, on, under, or upon the Mortgaged Property and all royalties and profits from any such rights or shares of stock; all right, title, and interest of Debtor in and to any streets, ways, alleys, strips, or gores of land adjoining the Land or any part of it that Debtor now owns or at any time later acquires and all adjacent lands within enclosures or occupied by buildings partly situated on the Mortgaged Property;
- All intangible Mortgaged Property and rights relating to the Mortgaged Property or its operation or used in connection with it, including, without limitation, permits, licenses, plans, specifications, construction contracts, subcontracts, bids, deposits for utility services, installations, refunds due Debtor, trade names, trademarks, and service marks;
- All of the right, title, and interest of Debtor in and to the land lying in the bed of any street, road, highway, or avenue in front of or adjoining the Land;
- Any and all awards previously made or later to be made by any Governmental Authority to the present and all subsequent owners of the Mortgaged Property that may be made with respect to the Mortgaged Property as a result of the exercise of the right of eminent domain, the alteration of the grade of any street, or any other injury to or decrease of value of the Mortgaged Property, which award or awards are assigned to Secured Party and Secured Party, at its option, is authorized, directed, and empowered to collect and receive the proceeds of any such award or awards from the authorities making them and to give proper receipts and acquittances for them;
- All certificates of deposit of Debtor in Secured Party’s possession and all bank accounts of Debtor with Secured Party and their proceeds, and all deposits of Debtor with any Governmental Authority and/or public utility company that relate to the ownership of the Mortgaged Property;
- All Leases of the Mortgaged Property or any part of it now or later entered into and all right, title, and interest of Debtor under such Leases, including cash or securities deposited by the tenants to secure performance of their obligations under such Leases (whether such cash or securities are to be held until the expiration of the terms of such Leases or applied to one or more of the installments of rent coming due immediately before the expiration of such terms), all rights to all insurance proceeds and unearned insurance premiums arising from or relating to the Mortgaged Property, all other rights and easements of Debtor now or later existing pertaining to the use and enjoyment of the Mortgaged Property, and all right, title, and interest of Debtor in and to all declarations of covenants, conditions, and restrictions as may affect or otherwise relate to the Mortgaged Property;
- Any and all proceeds of any insurance policies covering the Mortgaged Property, whether or not such insurance policies were required by Secured Party as a condition of making the loan secured by the Deed of Trust or are required to be maintained by Debtor as provided in the Deed of Trust; which proceeds are assigned to Secured Party, and Secured Party, at its option, is authorized, directed, and empowered to collect and receive the proceeds of such insurance policies from the insurers issuing the same and to give proper receipts and acquittances for such policies, and to apply the same as provided below;
- All plans and specifications for the Improvements; all contracts and subcontracts relating to the Improvements; all deposits (including tenants’ security deposits; provided, however, that if Secured Party acquires possession or control of tenants’ security deposits Secured Party shall use the tenants’ security deposits only for such purposes as Governmental Requirements permit), funds, accounts, contract rights, instruments, documents, general intangibles, and notes or chattel paper arising from or in connection with the Mortgaged Property; all permits, licenses, certificates, and other rights and privileges obtained in connection with the Mortgaged Property; all soils reports, engineering reports, land planning maps, drawings, construction contracts, notes, drafts, documents, engineering and architectural drawings, letters of credit, bonds, surety bonds, any other intangible rights relating to the Land and Improvements, surveys, and other reports, exhibits, or plans used or to be used in connection with the construction, planning, operation, or maintenance of the Land and Improvements and all amendments and modifications; all proceeds arising from or by virtue of the sale, lease, grant of option, or other disposition of all or any part of the Mortgaged Property (consent to same is not granted or implied); and all proceeds (including premium refunds) payable or to be payable under each insurance policy relating to the Mortgaged Property;
- All trade names, trademarks, symbols, service marks, and goodwill associated with the Mortgaged Property and any and all state and federal applications and registrations now or later used in connection with the use or operation of the Mortgaged Property;
- All tax refunds, bills, notes, inventories, accounts and charges receivable, credits, claims, securities, and documents of all kinds, and all instruments, contract rights, general intangibles, bonds and deposits, and all proceeds and products of the Mortgaged Property;
- All money or other personal property of Debtor (including, without limitation, any instrument, deposit account, general intangible, or chattel paper, as defined in the Uniform Commercial Code) previously or later delivered to, deposited with, or that otherwise comes into Secured Party’s possession;
- All accounts, contract rights, chattel paper, documents, instruments, books, records, claims against third parties, money, securities, drafts, notes, proceeds, and other items relating to the Mortgaged Property;
- All construction, supply, engineering, and architectural contracts executed and to be executed by Debtor for the construction of the Improvements; and
- All proceeds of any of the foregoing.