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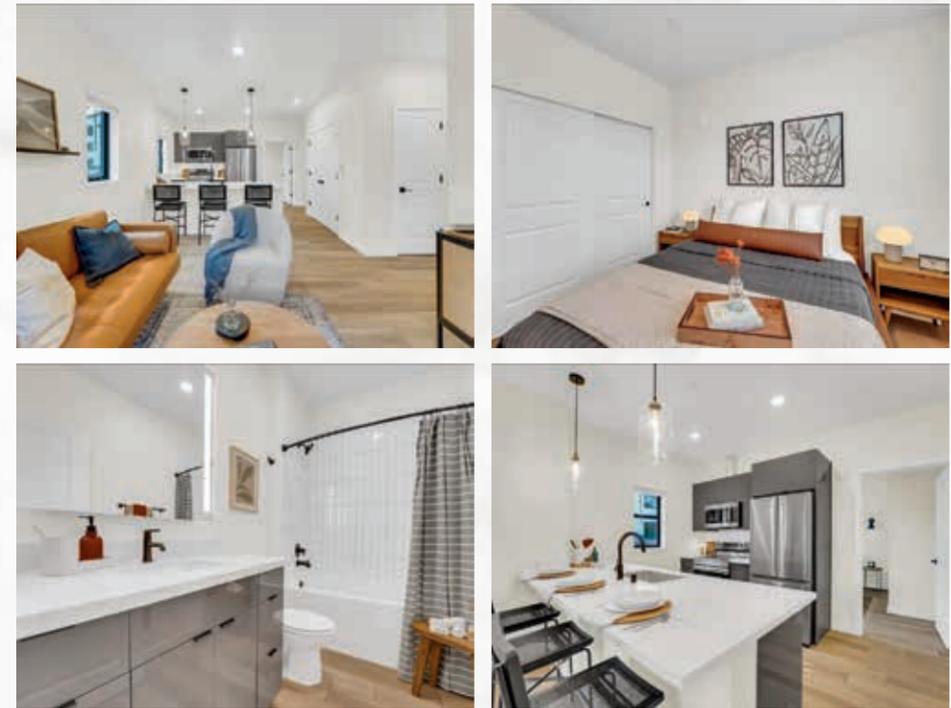
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Lakeside

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If so, welcome! To be added to our email and event invitation list, contact us at strolllakeside@n2co.com or call Debbie at 253-732-7638.

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HAPPY FATHER'S DAY

The sun is shining, the Mariners are above .500 (at least as I write this!), and Father's Day is just around the corner.

For years now, my monthly trips to Vancouver, Washington to visit my parents have included a Saturday morning tradition: breakfast made by my dad. He always cooks up way too much, but somehow, I manage to finish every bite. It's a meaningful ritual—and one I especially appreciate since I'm not the one doing the cooking!

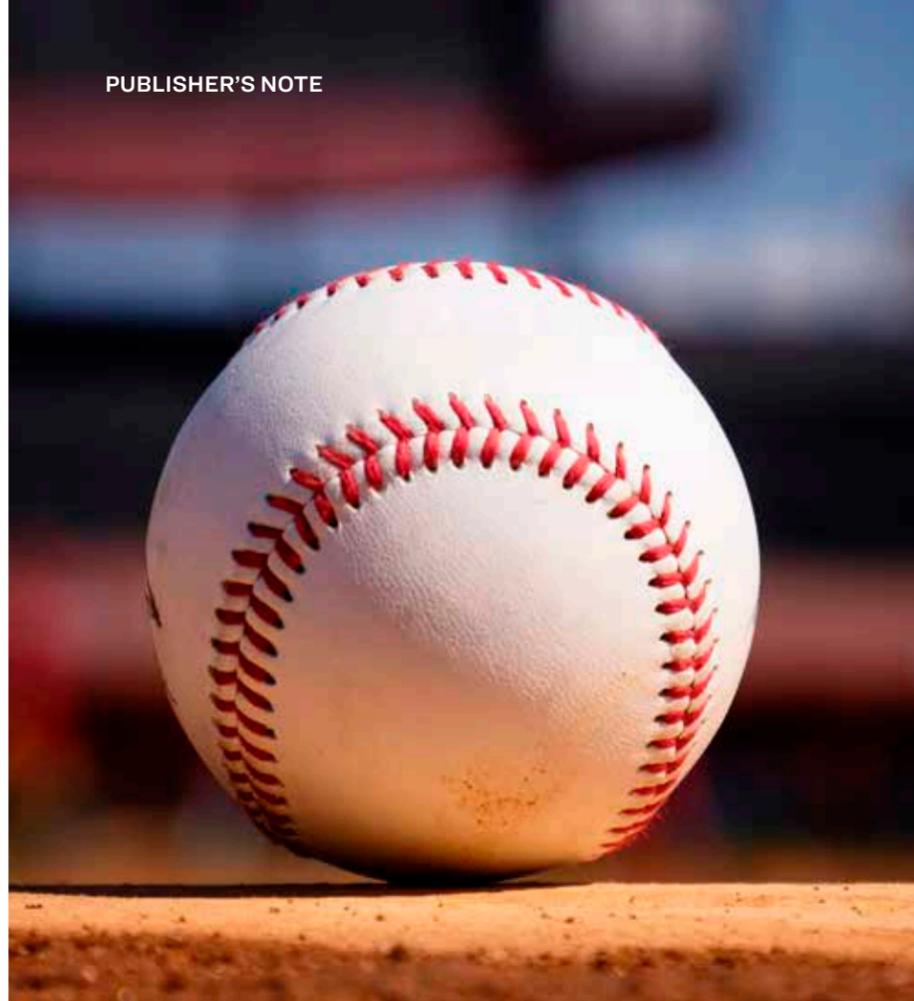
Here's to all the dads, grandfathers, and father figures out there who create lasting memories through the simple joys of tradition.

Go M's!

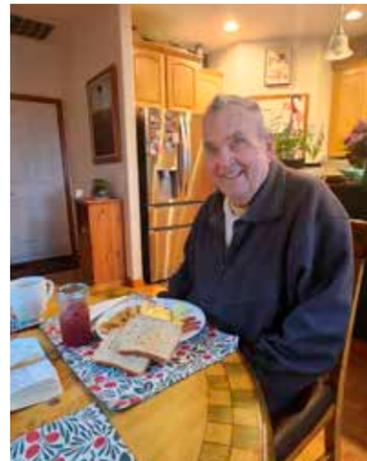
Debbie McVicker

Owner/Publisher
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253-732-7638

PS: Still waiting for one of you to step up and make the call to get the Mariners on board with advertising in *Stroll Lakeside...* Seriously, someone, please help me out!



Enjoying and winning a game with my church buddy, Hanna



Cloyce, Debbie's dad, doing what he does best: breakfast greatness

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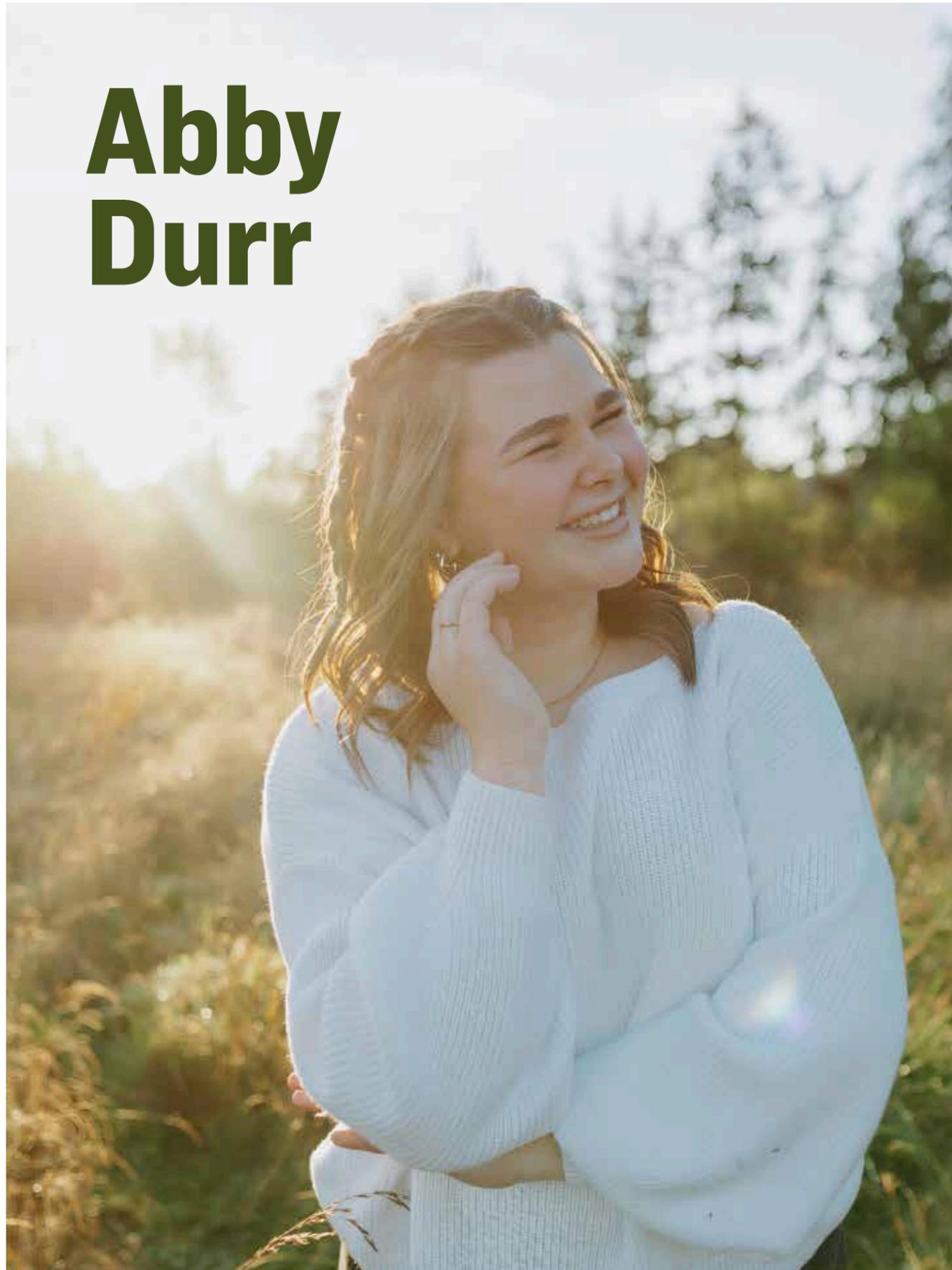
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GAME NIGHT MAGIC



Abby Durr



Parents Name
Jodi Durr and Jeremy Durr

Siblings Name(s)
Corban and Kenzie Durr

School
Covenant High School

Awards/Honors/Special Achievements
President of National Honor Society, Student Ambassador, Honors Algebra

What activities or sports did you participate while in school?



Club Volleyball, High School Volleyball, High School Theater, Middle School and Elementary Volleyball coach.

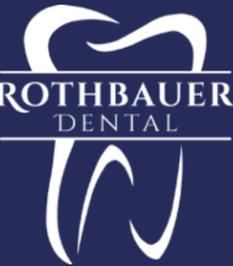
What are your plans for next year?
Majoring in Elementary Education at Northwest University in Kirkland.

How do you plan to spend this summer after graduation?
I will work in the nursery at Cannon Beach Conference Center in Oregon.

What will you miss most about High School?
I will miss my friends most in and outside of high school.




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Hydrate the Happy Way

Summertime hydration can be easy and refreshing with these simple, flavorful alternatives.

BY SHAUNA OSBORNE, NATIONAL EDITOR



When summer turns up the heat, staying hydrated can start to feel like a full-time job. Luckily, it doesn't have to be boring! If drinking enough water is a struggle, try switching things up with delicious, nutrient-rich options that support your body and help keep thirst at bay. These creative, feel-good ideas will keep you cool, energized and happily hydrated all season long.

TRY INFUSED WATERS.

Think of infused water as hydration with a twist. Adding fresh ingredients

like fruit, herbs or even vegetables can make plain water more appealing. Try combinations such as cucumber and mint, lemon and ginger, or strawberry and basil. Let it chill in the fridge for a few hours, then sip and enjoy.

BREW HERBAL ICED TEA.

Naturally caffeine-free herbal teas, such as chamomile, hibiscus or rooibos, are great served over ice. They're hydrating, calming and easy to prep in large batches. Add lemon slices or a sprig of fresh mint for a flavorful boost.

EAT YOUR FLUIDS.

Snack smarter with water-rich foods. Many fruits and vegetables — like watermelon, strawberries, cucumbers and oranges — are more than 90% water. They're perfect for staying hydrated while adding nutrients to your day.

CRACK OPEN A COCONUT (WATER).

Coconut water is packed with natural electrolytes like potassium and magnesium, making it a smart option after exercise or sun exposure. Just check the label to make sure it's free of added sugars.

FREEZE YOUR FRUITS.

Homemade popsicles are a creative way to cool down. Blend your favorite fruits with water or coconut water, pour into molds and freeze. The result? A refreshing, low-sugar treat the whole family will love.

BLEND A SMOOTHIE.

A smoothie made with water-rich fruits, leafy greens and a hydrating base — such as almond milk or coconut water — can be both satisfying and refreshing. Add a handful of ice for extra chill, and toss in chia seeds or Greek yogurt for texture and protein.

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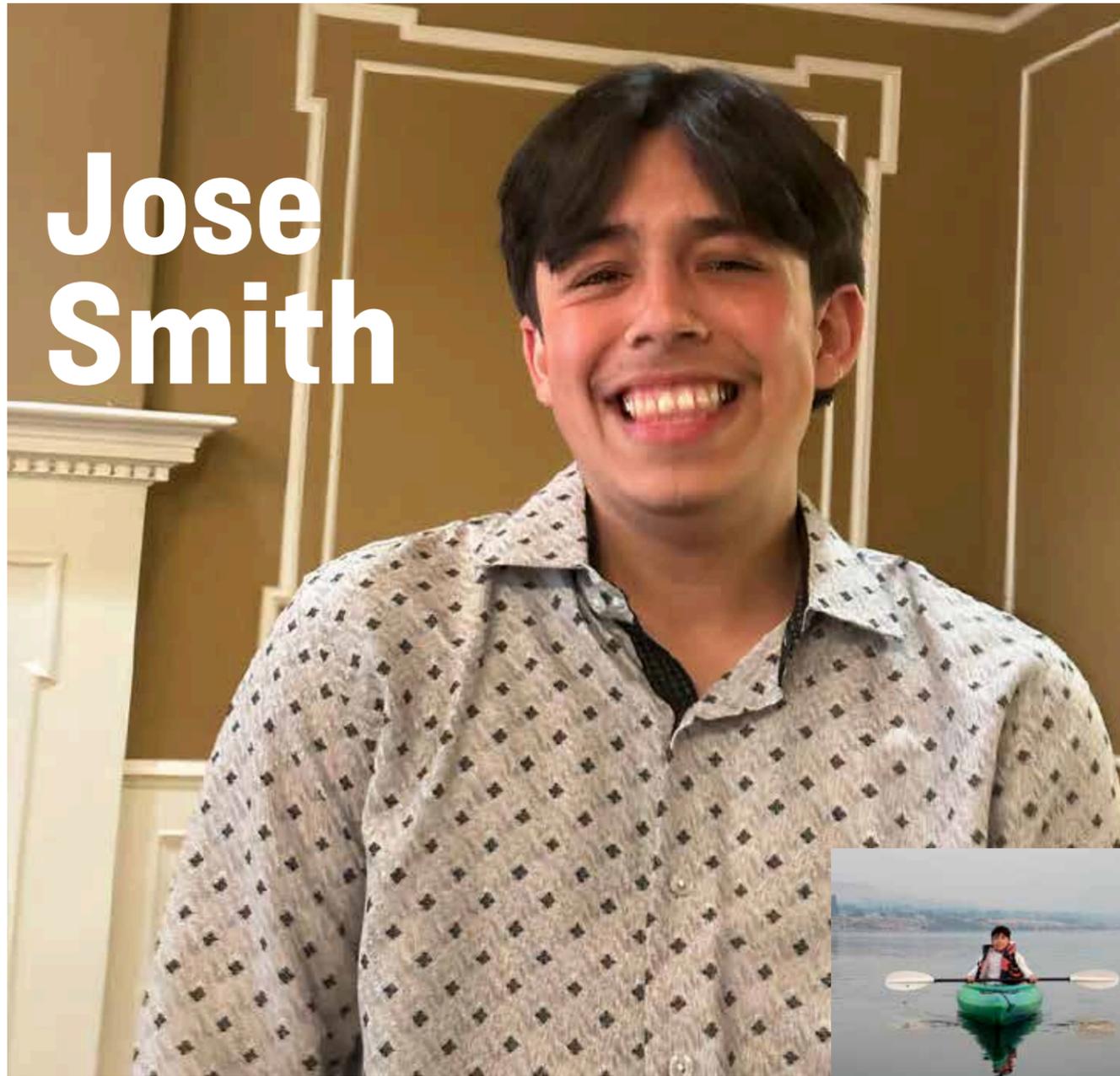
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Jose Smith



Parents Name
Skip and Gayle Smith

Siblings Name(s)
Alex, Ben, and Sam

What activities or sports did you participate while in school?
I do Muay Thai

What are your plans for next year?
Planning on going to Bates for HVAC

How do you plan to spend this summer after graduation?
Working and going to college

Name someone you admire. What makes them special and how have they motivated you?
I admire Valerie because she's my high school sweetheart. She has supported me since Sophomore year, and I really appreciate her being in my life. She motivates me and helps me learn. I learn new things every day.

What will you miss most about High School?
Growing up with friends and having a good connection

Any special stories or information you would like to share about your high school experience?
High school is a fun experience. I made a lot of new friends since my sophomore year. I really enjoyed the experience.



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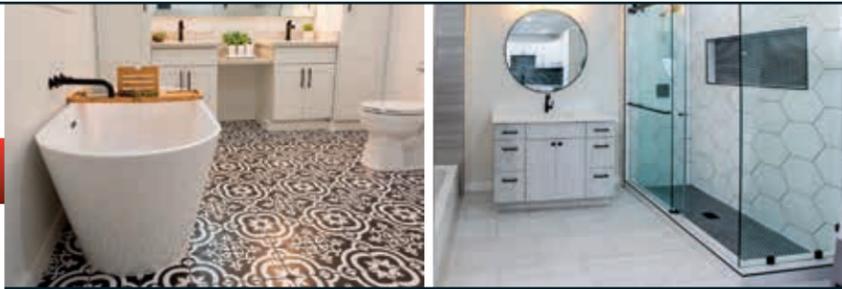
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Brandon Arenas, Financial Advisor

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Summer Sounds of Washington

2025 Outdoor Concerts

Chateau St. Michelle

14111 N.E. 145TH ST. WOODINVILLE

May 24th: Rilo Kiley – 7pm

May 25th and 26th: James Taylor – 7pm

June 5th: Peach Pit and Brinston Maroney – 6pm

June 6th: Yacht Rock Revue – 6pm

June 13th: Peter Frampton – 7pm

June 14th: Trombone Shorty & Orleans Avenue – 8pm

June 15th: St. Paul & The Broken Bones – 6pm

June 20 & 21: Earth, Wind & Fire – 7pm

June 27th: Bare Naked Ladies – 6pm

June 28th: Tash Sultana – 6pm

July 5th: Pink Martini – 7:30pm

July 17th: Dwight Yoakum – 7pm

Aug. 3rd: Andy Grammer – 7pm

Aug. 8: Dinosaur & Snail Mail – 6:30pm

Aug 9: My Morning Jacket – 6pm

Aug 10: Marren Morris – 7pm

Aug 17: Counting Crows – 7pm

Aug 26: Blues Traveler – 6pm

Aug 28: The Beach Boys – 7:30pm

Aug 29 & 30: Chicago – 7pm

Aug 3 and Sept 17: Goo Goo Dolls – 7pm

Sep 12 & 13: Jackson Browne – 7pm

Sept 15: Train – 7pm

Sept 21: Coheed & Cambia with Taking Back Sunday – 6pm

White River Amphitheater

40601 AUBURN-ENUMCLAW ROAD S.E., AUBURN

June 7: Sessanta V2: Primus, Puscifer & A Perfect Circle – 8pm

June 28: Volbeat with Halestorm – 7pm

Aug. 14: Creed – 7pm

Aug. 15: Weird Al Yankovic – 8pm

Aug. 22: Pantera – 7pm

Sept 3: The Offspring – 7pm

Sept 25: Thomas Rhett – 7:30pm

Lumen Field

800 OCCIDENTAL AVE. S., SEATTLE

July 25th & 26th: Morgan Wallen – 5:30pm

T-Mobile Park

1250 FIRST AVE., SEATTLE

May 24: Stray Kids – 7:30pm

June 26: Post Malone & Jelly Roll – 7:30pm

July 11: My Chemical Romance – 6pm

Aug. 14: Hozier – 8pm

Aug 16: The Lumineers, The Head & The Heart & Tom Odell – 6:30pm

Zoo Tunes

WOODLAND PARK ZOO, 5500 PHINNEY AVE. N., SEATTLE

June 12: Elvis Costello & The Imposters – 6pm

June 26: Gillian Welch & David Rawlings – 6pm

July 23 & 24: Devo – 6pm

July 28: Regina Spector – 6pm

Aug 10: Waxahatchee & Foxwarren – 6pm

Aug 14: Men I Trust – 6pm

Aug 17: Trampled by Turtles & Shakey Graves – 6pm

Aug 24 & 25: Wilco – 6pm

Sept 2: Japanese Breakfast & Ginger Root – 6pm

Washington State Fair Umpqua Concert Series

Aug. 29: Toto, Christopher Cross & Men at Work – 7:30pm

Sept 4: Travis Denning Dancin' in the Dirt Party – 9pm

Sept. 5: Corey Kent Dancin' in the Dirt Party – 9pm

Sept. 6: Cooper Alan Dancin' in the Dirt Party – 9pm

Sept 13: Ludacris – 7:30pm

Sept 18: AJR – 7:30pm



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- Went to state championships for golf as an individual two times.

What are your plans after high school?

I will attend Lassen Junior College in Susanville, California to play baseball.

What will you miss most about high school?

Being with my friends and playing baseball.



Kellen Weedon

Parents' Names

Erik and Angie Weedon

Siblings Name(s)

Kaarin and Annika Weedon



School

Sound Christian Academy

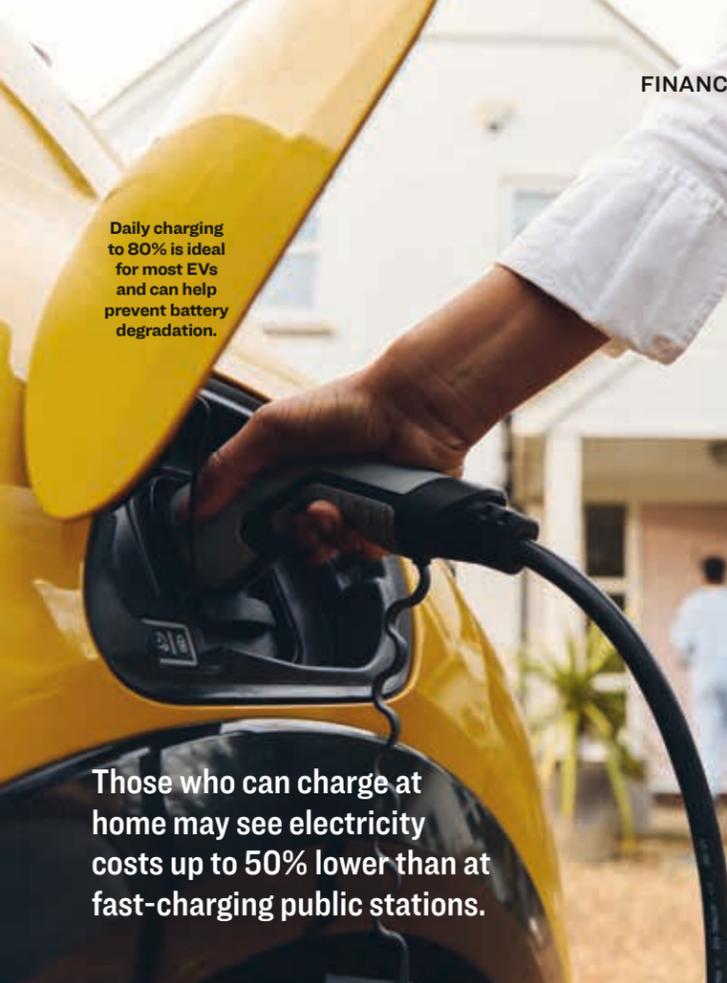
Awards/Honors/Special Achievements

- Played four years of varsity baseball, won team MVP two times.
- Received 1st team all-league honors for both golf and baseball, won WIAA Athlete of the Week in 2024.

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Daily charging to 80% is ideal for most EVs and can help prevent battery degradation.

Those who can charge at home may see electricity costs up to 50% lower than at fast-charging public stations.

Plug In, Pay Up

An EV can lead to long-term savings, but the financial benefits depend on purchase price, charging access and driving habits.

BY SHAUNA OSBORNE, NATIONAL EDITOR

Electric vehicles (EVs) are gaining popularity, but are they truly a cost-saving investment? While they promise lower fuel and maintenance costs, factors like upfront pricing, charging expenses and long-term reliability significantly impact their overall financial picture. Here's a closer look at the numbers.

Upfront costs and depreciation

New EVs remain more expensive than their gas-powered counterparts, though prices have dropped reasonably in recent years. Used EVs, however, present a more affordable entry point, with many available under \$30,000. Depreciation is another factor — early EV models saw rapid value loss, but as technology improves, resale values are stabilizing.

Fuel and maintenance savings

Electricity is generally cheaper than gasoline, translating to long-term savings on fueling costs. EVs also require less routine maintenance, with no oil changes or complex engine upkeep. However, their tires tend to wear out 15 to 20% faster than those on gasoline-powered cars. The added weight of battery packs puts more stress on tires, while the instant torque of electric motors leads to quicker wear. Battery replacements can also become a major financial consideration over time.

Charging costs and infrastructure

Charging expenses vary by region, with electricity rates fluctuating across states. Those who can charge at home may see lower costs compared to public fast-charging stations, which often have higher rates. Access to reliable charging infrastructure is also a consideration, especially for those without a dedicated home charger.

Incentives and tax credits

Federal tax credits of up to \$7,500 for new EVs and \$4,000 for used models can offset initial costs. Eligible buyers may choose to apply the credit upfront at the dealership rather than waiting until tax season. State and local incentives, such as rebates or reduced registration fees, can provide additional savings, though restrictions may apply. Income and price caps determine eligibility. For more information on evolving policies, see afdc.energy.gov/laws/ev-tax-credits.



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Veronica Connelly



Parents Name
Jack and Angela Connelly

Siblings Name(s)
Catherine, Joseph, John Francis, James, Thomas, Justin, Peter, Luke

School
Bellarmine Prep

What activities or sports did you participate while in school?
Lacrosse, Flag Football, Basketball (9th and 10th grade)

What are your plans for next year? (College, Tech School, Working, Etc...)
Majoring in Business Management at Montana State University

How do you plan to spend this summer after graduation?
Traveling with friends and working

Name someone you admire. What makes them special and how have they motivated you?
My mom, Angela Connelly, she motivates me to be my best self through the sacrifices she continually makes for her children, the community service work she does, the saintly way she treats everyone and approaches this world and just for being the amazing woman she is who inspires me to want to become a mom like her.

What will you miss most about High School
The community at Bellarmine, the connections I've made

Any special stories or information you would like to share about your high school experience?
Starting the girls' flag football team at Bellarmine has to be my favorite memory because of the family we formed through that team and the relationships I continue to have with every one of those girls especially getting to be a captain. It truly felt like what a sports team is supposed to feel like through the immense support we showed to each other and the chemistry we had on the field.

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FUN ON THE FAST TRACK

The scent of cotton candy and sunscreen lingers in the air while the distant roar of a coaster blends with delighted screams — no summer adventure is complete without an amusement park. From gravity-defying coasters to interactive family fun, these must-visit destinations deliver excitement for every kind of traveler.

BY SHAUNA OSBORNE, NATIONAL EDITOR

CEDAR POINT Sandusky, Ohio

Known as the Roller Coaster Capital of the World, Cedar Point is a paradise for thrill-seekers, boasting over 100 rides and attractions, including 18 world-class roller coasters. Visitors can also enjoy family-friendly rides, seasonal festivals and live entertainment. Open May through October, Cedar Point is an essential stop for high-speed thrills and classic amusement park charm. cedarpoint.com

DISCOVERY COVE Orlando, FL

A theme park in name but a tropical escape in experience, Discovery Cove offers all-inclusive luxury with up-close

animal encounters in an intimate, resort-like setting. Consistently ranked among the top-rated parks in the U.S., with limited daily admissions, it delivers a tranquil alternative to Florida's high-energy attractions. Guests can swim with dolphins, snorkel among rays and tropical fish, or explore lush aviaries filled with exotic birds. discoverycove.com

SILVER DOLLAR CITY Branson, MO

Blending high-speed excitement with old-fashioned charm, Silver Dollar City offers a theme park experience like no other. Nestled in the Ozark Mountains, this 1880s-inspired park combines world-class thrills with engaging craftsmanship

and heritage. Just minutes away, White Water expands the adventure with 13 acres of water slides and waves. Open select days from March through December, Silver Dollar City is a unique blend of adrenaline and nostalgia. silverdollarcity.com

SIX FLAGS FIESTA TEXAS San Antonio, Texas

Six Flags Fiesta Texas delivers a high-energy lineup of coasters, family-friendly attractions and waterpark fun. Home to the largest DC Universe-themed area at any park in the country, it offers immersive superhero experiences alongside adrenaline-pumping rides. From record-breaking roller coasters to the refreshing Hurricane Harbor, this park is a year-round destination for daredevils and families alike. sixflags.com/fiestatexas

LEGOLAND FLORIDA RESORT Winter Haven, FL

This resort brings childhood dreams to reality with larger-than-life Lego creations and interactive shows featuring beloved characters. Designed for families with younger adventurers, this three-in-one destination includes the Lego-themed amusement park, a water park and the Peppa Pig Theme Park, making it a top choice for multi-day fun. Open year-round, Legoland Florida is a must-visit for families seeking a whimsical escape. legoland.com/florida

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Peach Cobbler

SUBMITTED BY THE GARZA FAMILY

INGREDIENTS:

- 5 peaches, peeled, cored and sliced (about 4 cups)
- 3/4 cup granulated sugar
- 1/4 teaspoon salt

For the batter:

- 6 Tablespoons butter
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- ground cinnamon

INSTRUCTIONS

1. Add the sliced peaches, sugar and salt to a saucepan and stir to combine. *(If using canned peaches, skip steps 1 & 2 and follow the directions starting at step 3)
2. Cook on medium heat for just a few minutes, until the sugar is dissolved and helps to bring out juices from the peaches. Remove from heat and set aside.
3. Preheat oven to 350° F degrees F. Slice butter into pieces and add to a 9x13 inch baking dish. Place the pan in the oven while it preheats, to allow the butter to melt. Once melted, remove the pan from the oven.
4. In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk, just until



- combined. Pour the mixture into the pan, over the melted butter and smooth it into an even layer.
5. Spoon the peaches and juice (or canned peaches, if using) over the batter. Sprinkle cinnamon generously over the top.
6. Bake at 350° F degrees for about 38-40 minutes. Serve warm, with a scoop of ice cream, if desired.
7. Enjoy!

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Taylor Cochran



PARENTS NAME

Darrell and Wendy Cochran
Siblings Name(s)
Cooper, Cade, Skylar, Decker

HOW DO YOU PLAN TO SPEND THIS SUMMER AFTER GRADUATION?

I am going to work for my dad's firm learning under other lawyers and I have another internship with UW this summer

WHAT ACTIVITIES OR SPORTS DID YOU PARTICIPATE WHILE IN SCHOOL?

Yearbook, Discus (track and field all four years), basketball (9th grade), volleyball (9th and 10th), UCLA Sports Business Camp, two internships with UW's Tye Club, Ticketing for UW football games, volunteering with the Humane Society and T-town rocks!

NAME SOMEONE YOU ADMIRE. WHAT MAKES THEM SPECIAL AND HOW HAVE THEY MOTIVATED YOU?

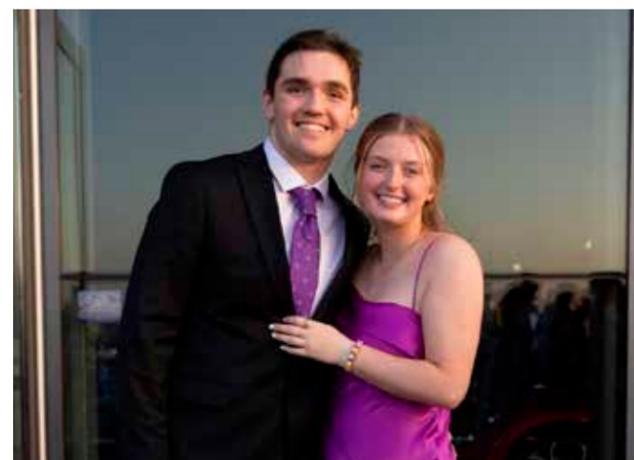
My dad! He has such an amazing work ethic and protects people who have gone through so much

WHAT ARE YOUR PLANS FOR NEXT YEAR?

I am going to Ohio State University for business and marketing

WHAT WILL YOU MISS MOST ABOUT HIGH SCHOOL OR COLLEGE?

Producing the yearbook my senior has been so special to me



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GRILLED SALMON SANDWICHES

SUBMITTED BY RESIDENT KATE READ

Prep Time: 20 min

Inactive Prep Time: 15 min

Cook Time: 10 min

Serves: 6 Servings

Level: Easy

INGREDIENTS:

- 2 pounds fresh salmon fillets
- Good olive oil
- Freshly ground pepper

For the Sauce:

- 1 cup good mayonnaise
- ¼ cup sour cream
- ¾ tsp white wine vinegar
- 12 fresh basil leaves
- ¾ cup chopped fresh dill
- 1 ½ tsp chopped scallions (white and green parts)
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 3 tsp capers, drained

To assemble:

- 6 fresh white or brioche rolls (4-in round)
- ¼ pound mesclun mix or fresh basil leaves

DIRECTIONS:

1. For the salmon, heat coals in an outdoor grill and brush the top of the grill with oil. Rub the outside of the salmon with olive oil, salt, and pepper, to taste. Grill for 5 minutes on each side, or until the salmon is almost cooked through. Remove to a plate and allow it to rest for 15 minutes.
2. For the sauce, place the mayonnaise, sour cream, vinegar, basil, dill, scallions, salt, and pepper in the bowl of a food processor fitted with a steel blade. Process until combined. Add the capers and pulse 2 or 3 times.
3. To assemble the sandwiches, slice the rolls in ½ crosswise. Spread a tablespoon of sauce on each cut side. On the bottom ½, place some mesclun salad and then a piece of salmon. Place the top of the roll on the salmon and serve immediately.



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Adopt A Shelter Cat Month

SUBMITTED BY
SUMMIT VETERINARY
REFERRAL CENTER



With June being National Adopt-a-Shelter-Cat Month, here's a few tips regarding shelters and adopting/rescuing pets. Thank you for considering adoption!

GOOD TO GO

Adopting a pet from a shelter, rescue group, or Humane Society is one way to ensure you're starting off on the right paw, or foot! Most pets adopted out are already spayed/neutered, microchipped, and up to date on their vaccines. Some even come home with their first bag of food, toys, or a litterbox setup. Even if your adoption fee is a few hundred dollars, this is still a great deal!

RESCUE VS. ROADKILL

When you adopt or rescue a pet, you're saving them from a dangerous life on the streets! A warm bed, routine meals, and love and affection make for a much better life than inclement weather, no shelter or home, and lack of resources like food and water. Adopt and save a life!

SAVE SPACE

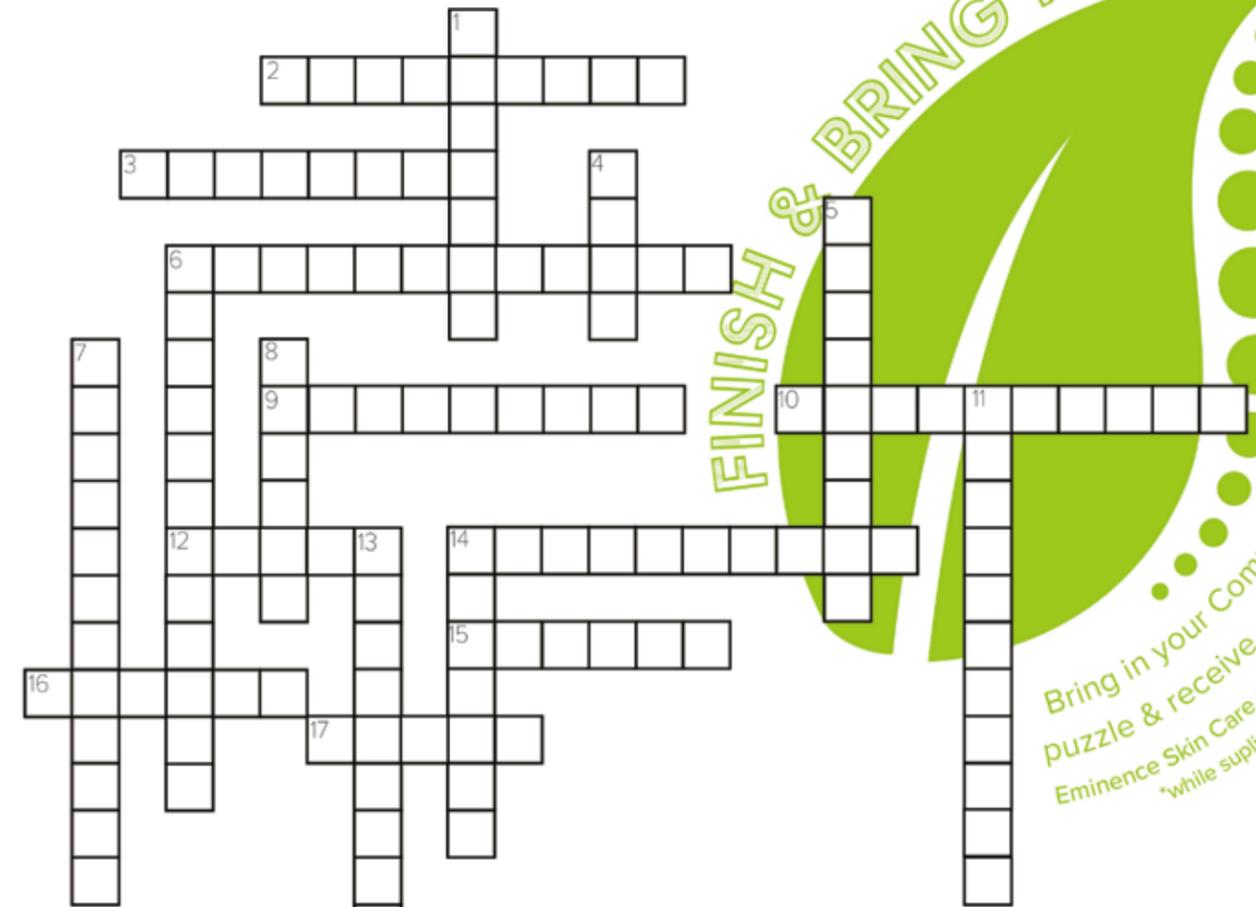
Giving a pet from a shelter a new life with you means that's one more space that's available for another pet in need. With most shelters and rescues at or near max capacity,

making room for more incoming animals needing care and homes can be very difficult at times.

WHERE CAN I ADOPT?

Here are a few shelter and rescue organizations around us if you're interested in adding a new furry member to your household:

- The Humane Society for Tacoma & Pierce County – Tacoma, WA
- Oakbrook Cat Rescue – Lakewood, WA
- Metro Animal Services – Puyallup, WA
- Sunny Sky's Animal Rescue – Puyallup, WA



Down:

1. rub and knead the body
4. an aim or desired result
5. the ability to live a longer, healthier life through proper self-care
6. the body's process of repairing
7. manipulative treatment of misaligned joints
8. relax after a period of work or tension
11. a state of complete physical, mental, and social well-being
13. the state of forming a complete and harmonious whole
14. bring back; reinstate

Across:

2. the act of keeping your body moist
3. small protein chains that help with healing, recovery, and anti-aging
6. give new energy or strength to
9. the process of providing or obtaining the food necessary for health and growth
10. the branch of philosophy that deals with the principles of beauty
12. make new again
14. restore a youthful appearance to
15. comes after winter
16. service for the face skin
17. eliminating toxins for a refreshed body

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JUNE EVENTS

SUNDAY, JUNE 1 - SATURDAY, JUNE 7
11:00am - 2:00pm

Asia Pacific Cultural Center Taste of Asia
3513 East Portland Avenue Tacoma

Are you ready to embark on a global flavor adventure? Look no further than the Asia Pacific Cultural Center's (APCC) Monthly Taste of Asia 2024 – where food, fun, and cultural exploration collide in a culinary extravaganza like no other! asiapacificculturalcenter.org/tasteofasia

TUESDAY, JUNE 3
8:00am -12:00pm

Fort Steilacoom Park Bird Walk
8714 87th Ave SW Lakewood

Fort Steilacoom Park: Lakewood's 342 acre park offers a diversity of habitat ranging from open meadows, brushy areas, hillsides, deciduous groves, coniferous woodland, and Waughop Lake. There are numerous foot trails throughout the park making excellent access for birding that has included 146 species identified within the park. Every season in the park has its birding rewards.

Birders of all ages and skill levels are welcome. Bring binoculars and a field guide if you have them. Wear footwear and clothing appropriate for the weather. tahomabirdalliance.org/bird-walks

SATURDAY, JUNE 14
10:00am -12:00pm

LeMay Monthly Private Garage Tours
325 152nd Street East Tacoma

This is a truly unique experience for the gear heads in your life! These are the original garages of Harold E. LeMay! It was here that he began building space for his growing car collection and after a number of years, he completely outgrew it! The LeMay Homestead is the private residence of the LeMay Family that is only open to the public once a month. Reservations are required for this docent-led tour that walks your group through the

family's vehicle garages, an old fashion soda shop, and general store and Nancy LeMay's personal doll collection. Mrs. LeMay jokingly refers to her home as "as a five-bedroom house with a 300 car garage!" lemaymarymount.org

FRIDAY, JUNE 20
1:30pm - 4:30pm

June Forterra Friday - Restoration Party!
12305 Spanaway Loop Rd S, Tacoma

We're excited to invite you to volunteer with us at Schibig Lakeview Nature Preserve.

Join us on Friday June 20 from 1:30 to 4:30 PM to restore essential prairie habitat. You will gain valuable insights into ecological restoration and our innovative approach to land conservation. We'll start with a walk of the site and have restoration professionals on hand to answer questions about plants restoration and Forterra.

What we are doing: We'll be removing the blackberry and other invasive species along Clover Creek to help establish a healthy riparian buffer. If there is time and interest we also will remove invasive species around the recently planted Garry Oak trees. It's a great opportunity to look for birds give back to the community and learn about this special space. forterra.org/event/forterra-fridays-jun-2025

SATURDAY, JUNE 21
12:00pm - 8:00pm

Lincoln District Food Walk
801 S 38th St

Tacoma's favorite street food festival is back! Save the date for Lincoln District Food Walk! Enjoy food trucks, restaurants specials, a michelada beer garden, music, and more! Shop the pop-up marketplace curated by Por Vida NW!

Lincoln District Food Walk is an annual street food festival celebrating cultural diversity through food, drink and music! RSVP today as there are many announcements to come! allevents.in

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Big Changes at St. Clare's: New President, New Energy, New Goals

SUBMITTED BY RESIDENT ANNE LINDQUIST

From a young age, Matt Metsker was drawn to science. What started as a passion for marine biology shifted and a career in health care was set into motion around his twelfth birthday. He was inspired by his father, who transitioned from business to become an Emergency Medical Technician and firefighter in Gig Harbor, the community they called home. Following in his father's footsteps, he too wanted to serve his community.

Fast forward to today, Matt is rounding out his first year as president of St. Clare Hospital. Yet, his relationship to the hospital dates back to nearly 20 years ago when he joined Virginia Mason Franciscan Health (VMFH) as a hospitalist and completed rotations at St. Clare.

"This is a full circle moment for me," reflects Matt. "The team then talked about



how St. Clare was the best place to work, with the most collaborative atmosphere and staff who all looked out for each other. I found this to be true when I worked there years ago, and it still is to this day."

Matt went on to hold such roles as Advanced Practice Provider co-director of the Franciscan Inpatient Team (FIT), and the site medical director and section head for hospital medicine at St. Anthony Hospital in Gig Harbor. He spent the past five years leading VMFH's Mission Control and Virtual Hospital operations, turning them into hubs of efficiency and progress.

With these nearly 20 years in roles across VMFH, Metsker, along with Chief Medical Officer Dr. Kim Moore and Chief Nursing Officer Mimi Johnson, RN, MSN, MHA, sees hospital leadership through a clinical lens. He has set out to build on St. Clare's long history of serving the community, and he continues to enhance and modernize the hospital's offerings to best serve Lakewood.

Metsker and the talented St. Clare team have already made great strides over the last 12 months to meet this goal.

EXPANDING SPECIALTY SERVICES

Building on core inpatient and outpatient services, the St. Clare team has made a number of enhancements to bring even more needed care to the community. For example, the team began performing CT calcium scoring, which is a valuable study for patients with established or suspected heart disease.

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The hospital continues to lead regionally in outpatient orthopedic surgery, specifically robot-assisted total joint replacement. They also increased outpatient endoscopy and colonoscopy from one day to five days per week; and now offers weekend outpatient MRI and CT scans for patients, as well as continuous renal replacement therapy in the critical care unit. In the future, the team hopes to explore mammography, DEXA scanning for osteoporosis and other upgraded MRI services.

MODERNIZING THE OPERATING ROOM, OTHER FACILITY FEATURES FOR PATIENTS

The operating room (OR) has been updated from floor to ceiling and is now home to a new Mako SmartRobotics system for joint replacement. The team will soon have a DaVinci soft tissue robot for general, urologic and gynecologic surgery. Patients will continue to see other hospital upgrades as they walk the halls of St. Clare.

QUALITY AND SAFETY AT THE FOREFRONT

St. Clare recently earned an “A” grade and was recognized as Washington’s only top teaching hospital by The Leapfrog Group, a nationally renowned quality and safety benchmark. The hospital was recently recognized with a five-star rating from the Centers for Medicare & Medicaid Services (CMS), and earned the Healthgrades Critical Care Excellence Award in 2024. Even with continuous high-quality marks, the St. Clare team remains dedicated to continuous improvement. The team is currently using the Virginia Mason Production System (VMPS), a model used across VMFH and in hospital systems worldwide, to evaluate and improve the patient experience from pre-operation to recovery, which directly ties into the OR modernization underway.

ONGOING COMMUNITY COMMITMENT

With a team of nearly 700, St. Clare is a top local employer and long-standing community partner, supporting such local initiatives as the Lake High School Photography Contest, Habitat for Humanity Build Day, American Heart Association Heart Walk, Communities in Schools, Lakewood YMCA, Nourish Repacking events, Summer Fest, Farmers Market, Chamber of Commerce, Fiesta de la Familia, the Lakewood Multicultural Coalition and more. In addition, the hospital provides more than \$2 million in charity care each month.



“As we look ahead, we are excited to continue growing with this community and doing what we love: Providing exceptional patient care,” said Metsker.

When Matt isn’t onsite rounding and working alongside his team, you can find him spending time with his wife and three daughters skiing, paddle boarding and building elaborate LEGO models, a pastime the whole family enjoys.

VMFH is an integrated health system serving the Puget Sound region, including 10 hospitals and nearly 300 care sites. Founded in 1891, VMFH embraces its long history of caring for the most vulnerable, especially the poor and underserved, and meeting the evolving healthcare needs of the vibrant, diverse communities it serves. Learn more at vmfh.org.



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resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live in the Stroll Lakeside community. If you would like to be considered for this listing, please email strolllakeside@n2co.com.

RESIDENT OWNED BUSINESSES

BellaSmiles Dentistry
Sangeeta Nigam
(253) 845-7645

Belle Petale
Theresa Rao
(206) 351-6380

Better Homes and Garden Real Estate
Brooke Beaty
(253) 330-2526

BMW Northwest
Manfred Scharmach
(253) 922-8700

Boo Han Market
Jae Han
(253) 588-7300

Bridges to Educational Resources
Pamela M. Lewis-Bridges
(253) 226-4435

Briggs & Briggs
Shawn Briggs
(253) 588-6696

Classy Chassis
Corey Campbell
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Connelly Law Offices, PLLC
Jack Connelly
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THE LITTLE FREE PANTRY

SUBMITTED BY RESIDENT CHUCK HELLAR

Many people not familiar with service clubs might think that they only do large projects, such as the children's playground and the pavilion at Fort Steilacoom Park, built by the Lakewood Rotary Club. However, that is only half the story. Along with our efforts to help low-income students get into good universities by awarding scholarships to 10-15 high school students each year, the Lakewood Rotary also has the Little Free Pantry (LFP)!

During the 2020 pandemic, Lakewood Rotarians Bob Zawilski, Rose Stevens, and Sally Porter Smith heard about a program called Little Free Pantry that was active in some other communities. After some inquiries and investigating, the Lakewood Rotary began its own Little Free Pantry program with the slogan, "Take What You Need, Give What You Can." The goal was - and remains - to provide 24-7 barrier free access to food and hygiene items, such as toothpaste, baby diapers and wipes, toothbrushes, etc. These Little Free Pantries are accessible 24-7, unlike food banks, but to be clear, they are a supplement, not a replacement, to the food banks, which are constantly doing a wonderful job.

At the beginning, several members such as Bob Zawilski, Rose Stevens, Barlow Buescher, Greg Horn, Chuck Hellar, Steve Mazoff, and others began strategizing how to get this project off the ground quickly. One member reached out to his church and Little Church on the Prairie became a collection point, with its parishioners giving generously. Then an athlete asked Crunch Physical Fitness if they would help collect food and they graciously and eagerly said yes. So did Lakewood Power and Light, which has become a pantry of their own, i.e. people bring food to Lakewood Power and others take what they need. A few of our members receive donations from organizations and individuals that wish to be anonymous.

Another great active pantry is at the Lakewood YMCA, where a lot of food is donated by some members and taken by other members in need. We cannot forget the Steilacoom Public Works Department which receives food from Safeway on a weekly basis to be distributed to Little Free Pantry locations.

Now, what has the Lakewood Rotary itself brought to the table? Over time, we have established over 12 Little Free



"Take What You Need, Give What You Can."

CONTINUED ►



Soak Up the Splendor of Lakewold Gardens

A nature and garden lover's paradise, Lakewold Gardens features 10 acres of landscape architecture surrounded by rare and native plants. This horticultural haven offers beautiful blooms and hidden discoveries for every season. Experience Lakewold on your own or attend one of our seasonal festivals, art experiences or insider tours. Learn more at lakewoldgardens.org.

12317 Gravelly Lake Dr SW, Lakewood, WA 98499 • 253-584-4106 • contactus@lakewoldgardens.org    **LAKEWOLD GARDENS**



Pantries in Steilacoom, Lakewood, Springbrook and Tillicum. A couple of them did not last and presently there are 3 pantries in Tillicum, 2 in Springbrook, 2 in Lakewood, and 1 at the Steilacoom Community Center. We are always looking for new locations to expand our reach and better serve the people in need in your neighborhood.

The Lakewood Rotary is very thankful for the contributions of the Christ Lutheran Church and its parishioners for their overwhelming support of their weekly donations. What a great partner. We are also grateful for the partnership with the Lakewood Lions Club, which has volunteered to fill the 2 LFP in Springbrook for two months each year, May and November.

It is so heartwarming to talk to the recipients of our efforts. Comments such as, "Thank you for this food, I do not have a can opener and therefore cannot eat some donated food but what you provide is wonderful!" or "It is great to see you again, and thanks for all you do." or "Without your help, I am not sure how I would be able to feed my children." It is so gratifying to know that our efforts are appreciated.

We are still looking for places to put up additional pantries. Some of the places that need a pantry are the south side of Bridgeport Way in Springbrook, along Steilacoom Blvd by Fort Steilacoom Park, and near South Tacoma Way between 84th and 72nd Streets.

This is a wonderful activity, and we encourage anyone that is interested in helping with it, please contact Bob Zawilski at zawilski@comcast.net or 253-389-1516. You may also contact any of the following Lakewood Rotarians who are on the Little Free Pantry Committee. Rose Stevens, Terry Roarke, Steve or Anne Enquist, Teena Hyde, Joel Vranna, Lia Knight, Steve Mazoff, John Lowney Mark Blanchard, Barlow Buescher, or Chuck Hellar. We hope to hear from you.





Masters Builders

WRITTEN BY KAI CURRY

“I love turning dreams into reality. The feeling you get when the project is complete, and the homeowner sees their new kitchen, bathroom, home addition, or accessory dwelling is priceless.”

These words from Bill Piltz, owner of Master Builders Construction Northwest LLC (MB NW) fill any potential client with instant confidence. It’s good to hire someone that loves what they do. Bill Piltz is one of those people who has been running his own business in the construction industry for over a decade. As his business has grown, he has taken special care that his (at this time) eight employees “share the same passion for construction and making homeowners happy” that he does. MB NW operates in Tacoma and the South Puget Sound. They specialize in kitchen remodels, bath remodels, home additions, “and more.”

“Quality craftsmanship and customer satisfaction is in our DNA,” they say. “We offer a wide range of services from design to permitting to building.” MB NW can be your one-stop shop for new construction or remodels for one room or for your entire home. In addition to that already mentioned, they also do garage conversions, accessory dwelling units (or ADUs) – separate living quarters that are on the same property as your primary home – full home renovations and custom homes from start to finish. “We are very flexible when it comes to new projects,” Bill says. “We like to work with homeowners to meet their vision, with budget in mind.” At MB NW they will provide you with very detailed estimates that breakdown labor and materials for every aspect of the project” so that there is no

need to worry about hidden costs or project aspects that you don’t understand. And they are mindful of your pocketbook: “We will work with any homeowner to find a way to make their budget work,” Bill assures.

Bill started in the industry as a youngster in Spanaway, where he grew up. He started framing portables, or portable homes, when he was at Spanaway Junior High around the year 1990. “After high school, I went directly into the trades and eventually found myself working as a superintendent for a large home builder,” Bill tells us. “When the housing market crashed in 2008, I had a choice to leave what I love doing and find something else or try starting my own business.” Guess what he chose? “I decided to open my own company.” MB NW was born.

The first few years, expectedly, were spent building relationships so that customers would refer MB NW to their friends (“We strive for referrals,” is one of their business values). “We pride ourselves on our attention to detail, use of premium materials, and dedication to meeting our clients’ needs. Our mission is to enhance the beauty, functionality, and value of your home through our expert services.” They consider themselves a family-owned business who work hard to fulfill their values of “integrity, transparency, and customer satisfaction.”

Bill has been married to his “amazing” wife Mary for 17 years. They have two kids, Bill Jr. and Alannah. Bill’s favorite activities outside of work are “spending time with the wife and kids and watching football.” He has kept his business small so that they can continue to give customers that personal touch and deliver “quality projects with fair pricing.” If you have a home project in mind, Bill advises that you always get at least three estimates. Don’t automatically go with the cheapest offer, he urges, and “stay away from contractors that have vague estimates” because “a vague estimate typically means there are hidden costs.” We hear you, Bill, and understand!

“We were very happy with the job that Master Builders did,” comments satisfied client, Marina. “They made sure everything was done the right way with all licensing approvals, etc...Bill really listened to my vision, and worked well with all of my ideas...” Marina was pleased that MB NW took no shortcuts and that they were even respectful of her choices for sourcing of materials. “We were thoroughly impressed with the quality of work,” says Anni. “Bill and his crew were easy to work and communicate with. We would definitely use them again.”

If you can dream it, MB NW can build it. They are a premier general contractor dedicated to providing exceptional service and results.





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Lakewold Gardens

SUBMITTED BY RESIDENT
PHYLLIS GRIGGS



The Alexander family

The original Inglewood gate, which stands today.



THE LOST GARDEN OF LAKEWOOD

To cross the iron-and-stone entryway to Lakewold Gardens is, in many ways, to step through time. The grounds look much as they did in the mid-twentieth century, thanks to the enviable green thumb of then-resident Eulalie Wagner, who often

partnered with landscape architect Thomas Church.

But before Mrs. Wagner, another family called this place home. And before there was Lakewold, there was Inglewood.

What did Inglewood look like? Who designed it? And how much of their

beloved garden still exists, today? The answers lay in typed letters, faded news clippings, and black-and-white photographs from the early 1900s that reveal the life and times of another Lakewold family: the Alexanders.

Emma Alexander purchased part of the land that would become Lakewold

CONTINUED ►



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Emma Alexander on the brick walkway



"Nature-loving Tacomans make modern Arcady of Gravelly Lake's shores." -Tacoma Daily Ledger, 1913

the main house to a tea house; though today, a newer tea house has replaced the original. The latter two features are rooted in romance: In 1922, Emma's daughter Dorothy married Joseph L. Carmen, Jr., on the property. The bride processed down the brick walk to the tea house. Both had been constructed for their wedding.

In Emma's day, the brick walk was flanked by elaborate English-style borders. Although they bloomed with a stunning profusion of mixed annuals and perennials, Eulalie Wagner later replaced them with boxwood parterres due to the constant maintenance they required. She is quoted as saying, "I spent my youth tying up those phlox."

In 1925, the Alexanders sold Inglewood to a man named Major Everett Griggs, who later passed it down to his nephew, Corydon Wagner. It was he who married Eulalie.

So next time you visit Lakewold Gardens, remember, it's not the only garden to have occupied this scenic site. Before Lakewold, there was Inglewood—and if you look closely, you can still see a glimpse of its grandeur.

in 1908. By 1914, her family had fully immersed in life on Gravelly Lake. Many a warm afternoon was spent on their boat or in the garden, often in the company of their beloved dogs.

By 1918, Emma's son H.F. Alexander and his wife, Ruth, purchased the adjacent 5-acre property—creating the 10-acre site known today as Lakewold. Around this time, the famed Olmsted Brothers were commissioned to design a neighbor's garden. It's unclear if they also consulted with Emma. Either way, Inglewood earned its share of high praise in the papers.

Save for a few features that remain, Inglewood has largely been lost to time. The iron-and-stone entryway is one lasting trace. Another, the stately brick walk. Then, as now, it led from



Emma Alexander and her daughter-in-law, Ruth, ca. 1920

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REAL ESTATE RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.

Address	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Status
8918 Eagle Point Loop Rd SW	\$629,000			86	2	2	1,975	Active
4 Thornewood Lane SW	\$2,480,000			412	5	4.5	6,489	Active
55 Loch Lane SW	\$829,950			3	4	2.25	2,542	Pending
13140 Country Club Dr SW #104	\$1,950,000			227	2	2.5	2,278	PB
9019 Edgewater Dr SW	\$795,000	\$825,000	03/20/25	11	3	3.5	3,312	Pending
9148 Edgewater dr SW	\$3,450,000	\$2,950,000	01/15/25	0	7	3.75	8,016	Sold - Unlisted
11707 Gravelly Lake Dr SW	\$1,750,000	\$1,750,000	12/26/24	179	6	2.75	6,166	Sold
8508 130th St SW, Lakewood	\$1,750,000	\$1,600,000	12/20/24	59	4	2.25	3,288	Sold
15008 Silcox Dr SW	\$1,245,000	\$1,165,000	09/26/24	134	3	2.75	2,324	Sold
13028 Lake City Blvd SW	\$1,849,950	\$1,832,750	09/05/24	19	4	3.75	4,892	Sold
22 Country Club Dr SW #C	\$1,588,000	\$1,400,000	08/16/24	153	3	2.25	2,220	Sold
29 Country Club Dr SW	\$2,988,000	\$2,650,000	08/16/24	105	5	5.5	8,188	Sold
13140 Country Club Dr SW #503	\$1,980,000	\$1,980,000	07/12/24	107	2	2.5	2,277	Sold
11316 Greystone Dr SW	\$1,200,000	\$1,200,200	07/11/24	0	3	2.5	2,732	Sold-Unlisted
7115 Interlaaken Dr SW	\$1,850,000	\$1,950,000	05/20/24	5	4	2.25	4,140	Sold
8902 Frances Folsom St SW	\$2,375,000	\$2,375,000	05/29/24	0	5	5	5,802	Sold-Unlisted
11428 Gravelly Lake Dr SW	\$1,300,000	\$1,150,000	05/23/24	57	2	2.5	3,571	Sold
8918 Dolly Madison St SW	\$1,425,000	\$1,346,500	04/26/24	7	3	2.25	1,671	Sold
9828 American Ave SW	\$1,790,000	\$1,700,000	04/25/24	7	3	2.25	1,671	Sold
11419 Gravelly Lake Dr SW	\$2,850,000	\$2,750,000	04/23/24	23	4	4.25	4,846	Sold



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