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## A few of my favorite Federal Way things, Part 2

By Chris Carrel, guest columnist

In order to counter negative perception of the Federal Way community, I've been compiling a list of my 100 **favorite** things about Federal Way. This is part two of the series.

7. Federal Way Soccer Association. The FWSA has been providing quality soccer opportunities for Federal Way kids for decades. Each year, thousands of Federal Way kids, from ages 5 to 18, strap on their cleats to play soccer at all levels, from recreational to elite, under the umbrella of the FWSA. All three of my daughters play soccer with the association. They've learned a lot about the game, made numerous friends from teammates, experienced the joys of victory in championship games and learned how to handle defeat gracefully (often more gracefully than the dad) as well as the countless life lessons that are found in team sports. The FWSA is a nonprofit organization run by a volunteer board of directors with a paid coaching director and a mix of paid and unpaid coaches. ([www.federalwaysoccer.com](http://www.federalwaysoccer.com))

8. H. David Kaplan. Dave Kaplan is a perpetual citizen involvement machine. Like Ted Enticknap, Dave is at every Federal Way City Council meeting and consistently provides thoughtful, civil public comment about city matters. He is also involved in a plethora of civic matters, from city commissions to nonprofit groups like my own.

9. Marlene's Market and Deli. I'd starve to death without the next two entries. I'm a salad lover and Marlene's has the best salad bar in the world, let alone Federal Way, hands down. Their deli is outstanding as well. And the best part, for those of us focused on staying healthy, it's all natural and mostly organic. Marlene's also has a wonderful produce section with organic and local veggies and fruits, an organic, whole foods supermarket, smoothies and espresso bar, and a wide range of supplements. And Marlene, herself, is a Federal Way treasure in her own right. A wonderful lady, with a great sense of humor and a commitment to her community. Her store, in various incarnations, has been in the Federal Way area (there's also a Tacoma store) for three decades. I can still remember the first store in the old Federal Way Shopping Center. When it opened, my family was introduced to wheat bread and the Wonder Bread was kicked to the curb.

10. Poverty Bay Coffee Company. Dan and Alice Olmstead are the geniuses behind Federal Way's only shade-grown coffee company (shade-grown coffee protects migratory bird habitat). Poverty Bay Coffee also has a great sandwich and deli as well. Do they care about the Hylebos? You bet. Dan and Alice have been enthusiastic supporters since opening the shop, contributing money as well as coffee to our volunteer and fundraising events. Hey, Dan even proposed to Alice at the West Hylebos Wetlands! Stop by for lunch or a cup of coffee, and don't forget to try the Hylebos Creek Blend of coffee.

11. Big 'Burb, Small Town. Federal Way is the seventh-largest city in the state, home to more than 80,000 people and could soon top 100,000 with incorporation plans. And yet, it still retains elements of the small town it once was.

Small? You bet. In the early 1970s, Federal Way was the sticks. The boonies. Way out there. Despite the growth since then, and the mobility of the population, this still feels like a small town to me. I regularly run into people I know from junior high (Lakota, now a middle school, of course) and high school (Go Gators!) and friends of my parents who remember me from when I

was knee-high. The downside of this is there are way too many people in this town who have dirt on me. The upside, though, is that these sort of connections — shared history — are what make a community strong and unique. And I think that's pretty unusual for a suburban community of our size.

12. Madeleine Justus. Education is vital to a community's success and Federal Way is fortunate to have one of the nation's pioneer Montessori educators, Madeleine Justus, who founded the Spring Valley Montessori School, a private Montessori pre-K through eighth-grade school just south of S. 356th Street on Highway 99. Spring Valley is the oldest Montessori school in the state and has provided a rich and lasting educational beginning to thousands of children from Federal Way and surrounding communities during the past 50 years. Not only was Mrs. Justus my preschool teacher, but my three daughters attended the school as well. In addition to providing for the educational needs of area children, Mrs. Justus has spread the gospel of Montessori education — a child-oriented educational philosophy that features experiential-based learning — through her teacher training courses and participation in national and international Montessori organizations.

In addition to all these things, Mrs. Justus has consistently provided a wonderful example for her students and colleagues of a person living a dignified, ethical life. I doubt there are many who passed through Spring Valley who were not profoundly touched by her intelligence, wit and dignity.

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