



Sofia Caroline Milstead

December 1, 1996 - July 30, 2015

Sofia Caroline Milstead, age 18, passed away suddenly in a car accident on July 30, 2015. She was born on December 1, 1996 in Bellingham, WA to Paul Milstead and Julianne DelCano Milstead. She attended Geneva Elementary School in Bellingham as well as Isom and Vossbeck Elementary Schools in Lynden. Sofia was a 2015 graduate of Lynden High School. She was extremely excited to be attending Washington State University in August where she planned on joining a sorority, trying out for the college cheer squad, and majoring in criminal justice with a minor in humanities.

While at Lynden, Sofia played on the Varsity soccer team for three years and was a basketball cheerleader for three years, serving as captain her senior year. She ran Varsity track her freshman and junior years, qualifying for state in the 4×400 relay and the 300 intermediate hurdles her junior year. Sofia was known for her competitive spirit. Whether it was learning to ride a bike just because her cousin already knew how, or beating out three state ranked hurdlers to qualify for state she always gave her everything. Sofia was also active in the Lynden FFA, participating in a number of Career Development Events and showing a market hog at the Northwest Washington Fair for four years. She served as an ASB class representative and a Freshman Mentor her senior year. Sofia was active in Young Life and Young Life leadership. At the time of her passing Sofia was employed at E2 Fitness in Lynden and as a sales associate at Aeropostale in Bellingham.

Sofia was a force of nature who embodied the phrases, “free spirited” and “full of life.” She was high energy, always on the go and had a personality that drew people in. Her smile lit up every room she walked into. She was a very driven and determined girl. Once Sofia set her mind to something, she was going to make it happen no matter what anyone said. One of her favorite memories from senior year was bringing the family dog, Copper, to school as part of the senior class’ bring-your-pet-to-school prank. She was elected homecoming princess her sophomore year and voted a class personality by her fellow seniors. Sofia loved going out with her friends, listening to music, playing sports, animals, and hot Cheetos.

Sofia was deeply loved by her friends and family and is survived by her Father and Stepmother Paul and Julie (Holterman) Milstead, her mother Julianne DelCano Milstead, sisters Sinclaire Milstead and Regan Milstead, brothers Carson Milstead and Seth Bunn, Grandparents Glen and Jan Milstead, Carmen Salazar and Rolland and Jean Holterman. Aunts, Uncles and cousins Matt and Tricia Milstead (Patrick, Hanna), Jason and Andrea Milstead (Liam, Alison), Joey Cevallos (Ariel, Johnny), Chris and Jana Holterman, Ryan and Heidi DeWaard (Shelby, Brooks, Walker, Ellie). She was preceded in death by her Grandfather Jose Angel Menchaca.

A private family burial will be held at Greenacres Cemetery. A celebration of Sofia’s life will be held on Thursday, August 6, 11:00am, at Bellingham Christ the King: 4173 Meridian St. Bellingham, WA 98226. Memorial contributions can be made at any Whatcom Educational Credit Union branch location.

Tribute Wall



“ Dear Paul and family, My heart breaks for you all! I watched the beautiful video of Sofia... Wow!!!! She is stunning and so vibrant! Thinking of you and sending prayers of healing from az.
Luv ~ char

Charlene Sarraf (Olney) - July 30, 2015 at 12:00 AM