

RICHMOND BEACH COMMUNITY NEWS

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Published by the Richmond Beach Community Association

December 2008

Richmond Beach Community Association Next General Meeting

Tuesday, Feb. 10th, 2009

7:30 pm

Congregational Church

*** No December or January General Meetings. ***

RB Youth Jam is back!

WHERE ARE THE YOUNG SINGERS, MUSICIANS, DJs, AND BANDS WHO WANT TO GIG AND GET RECOGNITION!?

Come perform at the RICHMOND BEACH YOUTH JAM, and make a statement that could be your first step toward success in music! The best performances in several categories will be awarded ****PRIZE MONEY**** to encourage and support your art!!

The youth of Shoreline with musical aspirations are invited to compete in the second annual "Richmond Beach Youth Jam," sponsored by the Richmond Beach Community Association. **Saturday,**

February 27, 6 p.m...till we're done, the lower level of the Richmond Beach Congregational Church will be the venue for a musical showcase of our local youth. The winners will receive cash prizes by kind donation from local merchants.

The contest, which is open to any musical performer or group under the age of 18 and living in Shoreline, will feature a live audience, judges from the music industry, and professional sound. Musical acts will be arranged into showcase segments (2-3 songs max), and judged according to categories, for example; best musicianship, most creative, best performance, etc. The show will even be recorded, with copies provided

See **Youth Jam** on Page 2

RICHMOND BEACH YOUTH JAM!

Pop singers, Rock bands, Hip Hop groups, Vocal groups, Accordion players, beat boxers, turn-tablists, and all musicians 18 & under. This is your chance to try your chops on a live audience and compete for cash prizes and recognition!



FEBRUARY 27, 2009 AT 6:00 P.M.

**Richmond Beach Congregational Church
(15th NW & Richmond Beach Road in Shoreline)**

Tickets \$2.50 at the door

Check out the web site for entry details and sign up on the mailing list for updates!

WWW.MYSPACE.COM/RBYOUTHJAM

President's Message

By Ed Adams

Changes Now and Then

The city has held almost 20 community meetings over the last month that have been asking (and I am paraphrasing here) "What is your vision of Shoreline's future?" Look at the City's website for further details and information. The ideas the city has received at the meetings have been gathered and put together on a list. There are some great ideas and concerns that I heard at the meeting that the RBCA hosted along with Hillcrest.

I want to wish all of you a safe and happy holiday season. With the economy still in an unstable state, it will make this holiday season different from most in recent memory. The dot.com crash around 2001 is one I can remember as creating similar concerns. I either wasn't old enough or paying attention, to remember the gas crisis and the trouble of the early 1970s. I do remember the stories of the sign along I-5 informing the last person leaving Seattle to turn the lights off when Boeing was struggling. I don't see that being the case this time around but we'll have to watch. All I can tell you is to stay within your budget and enjoy your family and friends.

I would like to congratulate Rula and Miguel and the staff at Pizza Mia. They have been an anchor on the corner of 20th Ave NW and NW Richmond Beach Road for 25 years now. Think back to 25 years ago and all of the changes that the area has seen. I wasn't in the neighborhood 25 years ago, so I can retell the stories of long time residents and old pictures. Almost everyone has a story about dinner at Pizza Mia. I do know that the changes in the 15 years since I've lived here have been incredible. Everything from my wife and me celebrating the birth of our only child, Shelby, to her starting high school and getting ready to get her learner's permit. Pizza Mia has been here for all of it. They have seen businesses around them close (the



Ed Adams, RBCA President

Wild Horse), they have seen the retirement of their long time next door business neighbor (Dan the Barber). They have even seen the opening and subsequent closing of corporate retailers in the area like Blockbuster Video. To make a small business last in a neighborhood takes time, pride and commitment and they have a put in a ton of each. The Richmond Beach neighborhood owes a big "Thank You" to them for all of their community efforts. They have hosted numerous events in the past and we, as the RBCA Board, look forward to partnering with them in the future. If you get a chance to stop by and have dinner, thank them for being there.

Last but not least, come out to the community events scheduled during the month of December (Please see the article on Page 5). Your board and volunteers have worked very hard to put these together and we need your involvement to keep them going.

Mark this date in your mind and think about where we will be 25 years from now. What are the changes that you want to see and what are the changes that you don't want to see?

See you in the neighborhood.

Possible Jail Site in Shoreline

A site at 2545 N.E. 200th St. in Shoreline has been identified as a possible site for a new jail. Representatives from Shoreline, Seattle, Bellevue and Kirkland presented options at a news conference on November 20th. Other sites under consideration are in downtown Seattle, Bellevue, and in unincorporated King County between Kirkland and Redmond.

Currently these cities contract with King County to provide jail services for prisoners with misdemeanor convictions. The growing number of felony prisoners at the main County jail forces the County to cancel the contract in four years.

The cities will provide more information and seek feedback from the public on jail sites at several meetings in December. The Shoreline site will be reviewed at a meeting Dec. 11th, 6 to 9 p.m. in the main dining room of the Pagoda Student Union Building, Shoreline Community College, 16101 Greenwood Ave. N., Shoreline.

To request interpreter services or special accommodations at the meetings, contact The Keller Group at 425-788-8990 five days before the meeting.

Anina's CORNER

by Anina Coder-Sill

Tristan is still in the Marshall Islands, teaching high school on the island of Gugeegue. His wife, Ayako, is now living with us and works fulltime as an RN after spending the 2007-2008 school year with Tristan. She volunteered as a school nurse there, but had concerns about being out of her field (more like out IN the field) as a new graduate so she came back to our home instead of returning to the islands. She had

some difficulty going through customs in Guam on their way to Japan this summer, and her immigration attorney suggested she come to Seattle to get fingerprinted; Tristan and Ayako decided she should just stay here and work. Both of them are doing okay with their decision to love one another from afar, and though I respect them highly, it makes me nuts. I'm sure they feel the same way about me—family is like that!

Tristan emailed us "Wait till you see what's coming for you! Mom, the biggest gift will arrive in time for Christmas if I'm able to send it at the right time. It's an expensive prize but I was able to afford it with the help of some friends. Have I piqued your curiosity? I can't wait until it arrives!"

Gee, honey, could it be YOU? I was very relieved when my husband finally said "Do

you want to know what is going on?" and then he started laughing so hard tears came to his eyes. Tristan was bursting at the seams to keep his visit a surprise. Katrina (our daughter) did manage to convince me she knew absolutely nothing about it—so she gets a gold star for acting. I overheard Kevin talking to Ayako saying, "But what if Anina wants to mail Tristan Christmas presents..." so I did have a few hints.

When I stopped by our Richmond Beach dentists' office the other day and they asked me what my holiday plans were, it turns out THEY even knew Tristan was coming home. So, yes, I'm glad that I know. Now I have more time to get excited about seeing our whole family! Happy holidays to you and yours.

You Should Have Been There! November's Community Meeting

By Tom Petersen

Attendance was up at the RBCA general meeting on November 11, even with the rain and the holiday. Two guest speakers kept residents abreast of some interesting developments at the Saltwater Park and with a Ronald Wastewater District project.

Shoreline Parks official Dave Buchan, a longtime Richmond Beach resident, gave an update on the construction and renovations going on at the Saltwater Park. As of November, the project is about half done. The fall-off in home construction has been a boon to public works projects, he said, because plenty of skilled manpower is available right now. The project will be complete in time for a gala reopening in March 2009.

Some improvements that are currently taking shape include a beautified, traffic-calming entrance, the conversion of the virtually unused "top" picnic area to a "view" parking lot, and the enhancement of the mid-hill picnic and parking area. The latter will have a nice lawn, a picnic shelter with a

trellis, and better landscaping. The park will also gain nicer, safer stairs down the slope from the upper parking lots, a proper raised sidewalk along the road for much-needed pedestrian safety, and proper gutters and drains along the road.

Down at the beach a shower is being installed to clean off sandy sunbathers, and reconstruction of the bridge will take place starting after the Christmas Ship show on December 8.

Mr. Buchan also reported that construction of the Pump Station park continues and will be complete in time for the scheduled Grand Opening in May 2009. He also told of continued progress in opening up the Kruckeberg gardens to the public, with the establishment of a staff and plans for parking and a small shop to sell native plant seedlings, high quality garden tools, and books and gifts for the gardener.

Also speaking at the meeting was Michael Derrick of Ronald Wastewater, who described the fascinating innovation in sewer

replacement that is beginning on NW 195th Place. Flexible HDPE pipe, impervious to roots, earthquake and seepage, will be drawn through the existing 50-year-old concrete pipes behind a cone-shaped ram. The ram will break the old pipe and leave the same sized plastic pipe in its place. Over the next many years, much of the sewer piping in Richmond Beach will be replaced this way, which involves only minimal digging.

Ronald Wastewater is offering a special rate to homeowners along these sewer replacement projects who want to replace their connection to the mainline. Mr. Derrick pointed out that single-responsibility utility districts like Ronald are faring far better than cities and general utility districts during the current financial crisis. Ronald is able to replace sewers and give homeowners great deals on updates without raising rates because they have been able to budget effectively and save carefully.

You Should Have Been There!

Blood drive moves to little fire station in December

by Tom Petersen

The greatest gift you can give this holiday season is a life-saving pint of blood! The Puget Sound Blood Center's Bloodmobile will be parked outside the Shoreline Fire Department Safety Center (the little fire station at the corner of Richmond Beach Road and 20th Ave N.W.) on Saturday, December 20, from 9:30 a.m. to 3:30 p.m. Donors are encouraged to drop in. Take a

45-minute break from the holiday hubbub and leave with a cookie and festive band-aid! You may also make an appointment by following the "Where to donate" links at www.psbcc.org or by calling 800-388-7888. For additional assistance or information, contact local drive coordinator Tom Petersen at mtson@icehouse.net or 206-546-4865.

Youth Jam

Continued from Page 1

to each performer! Every kind of musical style is welcome, and ensembles or bands are encouraged.

Tickets for the show will be sold at the door for \$2.50, and will be good for a raffle of musical goodies held during the show. Discount tickets will be available from local merchants, and contestants will receive free tickets. Pizza and beverages will be available for purchase. So tell your family, friends, and everyone else you know to come out and give support to their favorite act—audience support can make a difference!!

Entrants to the Youth Jam are asked to submit information about their act, a recorded sample of a performance (a single song is fine), and a \$20 entrance fee by the January 31, 2009 deadline, to be considered for the show. For more details contact Scott Becker at 533-9112, or check us out at www.myspace.com/rbyouthjam.

Richmond Beach Community News

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The *Richmond Beach Community News* welcomes letters to the editor and articles of opinion. For verification purposes only, letters must include name, address, telephone number and signature. We reserve the right to edit letters for length.

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Dues are \$15 per person per year

Please make checks payable and return this form to:
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Please add my name to the mailing list because I currently do not receive the Richmond Beach Community News in the mail.

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Join now and support the Richmond Beach community. There are many opportunities to be involved and you and your family will enjoy the fun of working with others to make our community a better place to live.

Letters

Dear Editor,

I have been watching the news lately. I usually don't watch because it is sad, depressing and makes me feel out of control and then I say to myself, "Why bother?" Nevertheless, I have tried to feel positive about the world and that life is getting better. When I focus on my small part of the world I do feel better. People in Richmond Beach are friendly and seem to care about each other (and we recycle).

As the economy deteriorates, I feel now more than ever we need to do what we can to help others. I heard about a coffee drive-through where people started paying for the person following them in the line. The coffee shop reported that this went on for about 20 cars.

When asked about how I am coping with the economy and shopping for the holidays, I say that I am spending a little less on gifts and that I am not taking anyone off my list. It is very important that we shop locally. Also we can help others directly. Give to the hungry, the poor, smile at people and say "Hello" "Thank you" and "Please." Everything we do can make a difference. So please go shopping locally, buy someone coffee and smile, smile a lot, especially if you are healthy.

Debby Bowen Mills

Halloween Carnival Thanks

By Sheri Ashleman

The Richmond Beach Community Association's annual Halloween Carnival held on October 25 was a hair-raising success, drawing hundreds of people from all over the City of Shoreline to enjoy the fun and games.

This is truly a community-building event as evidenced not only by the number of families that attend the carnival, but by the sheer number of volunteers it takes to make the carnival happen. While we try our best to keep track of all the good people who lend a hand, it is inevitable that we will miss some names. Rest assured, however, that each and every one of you is appreciated. The Richmond Beach Community Association would like to extend its thanks to everyone who volunteered in any way, shape or form: to those who helped plan the event; to everyone who helped set up, run a booth or clean up; to everyone who brought a cake for the cake walk; and to everyone who made a donation to the carnival. And a special thanks to everyone who attended for making this a successful community event!

Thanks to the carnival committee: This phenomenal group of volunteers spends countless hours putting the carnival together. They are dependable, hard working and fun loving. Facilities/RBCA Liaison - Sheri Ashleman; Games/Prizes - Donna Spee and Myra Adams; Volunteers - Sherry Edwards, Maren Harrington, Rhoda Plesha; Publicity - Beth Molvik; Food - Sue Psaty and Wanda Boykin; Raffle - Doris McConnell, Patty Holmquist and Debbie Bowen-Mills; Cake Walk - Felicia Forrest and Gail Turk; and Haunted House - Jack Hutt.

Thank you ticket sellers: Scott Keeny, Jerry Girmus, Scott Becker, Ron Greeley, Ed Adams, Jeff McDowell, Dave Bannister, Jack Malek, Steve Kerr, Tom Peterson, and Keith McGlashan.

Thank you haunted house volunteers: Jack Hutt, Jeff Brons, Tom Schultz, Ed Adams, Bob and Jeremy Edwards, Tom and Peter Berquist, Chris Hopen, Dave and Daniella Brengleman, Anna Bianco, Tom and Owen Peterson, Tom Goett, Travis Pitts, George Edwards, Jim Modica, Jack and Sam Malek, Sean McArthur, Matthew Edwards, Aaron Frederickson, Kerry Petit, Ken Taylor, Clark Westmoreland, and Dave and Matthew Davis.

Thank you kitchen crew: Sue Psaty, Wanda Boykin, Gayle Edwards, Lynn Bronson, Beth Molvik, Tami Cook, Susie Johnson, Betsy Zeifman and Sandy Renando.

Thank you volunteers who helped set up, run booths or clean up: Ed, Myra and Shelby Adams; Ali Airhart; Timor and Erin Arslanoglu and Carrie Towle; Rick, Sheri and Alex Ashleman and Stefanie Killert; Dave Bannister; Tom, Karen and Peter Berquist; Anna Bianco; Jim and Raleigh Blakeway; Russ Bong; Steve, Lisa, Jordan and James Boulanger; Debbie Bowen-Mills; Dave, Norma, Isaac and Daniella Brengleman; Jeff, Emma and Lilly Brons; Shelby Cohee; David, Marnie and Alex Davis; Renee Easthouse; Bob, Cheryl and Jeremy Edwards; Sherry and Matthew Edwards; Kathy Fisher; Adam and Lisa Foltz; Felicia Forrest; Jessica Gimmestad; Girl Scout Troop 550 (Keri Petit and Geri Johnson); Girl Scout Troop 2291 (Donna Spee and Rhoda Plesha); Hamberg Family; Brittany Hammer; Maren Harrington; David and Gayle Harris; Patty Holmquist; Lisa Humes; Jack, Vreni and Cole Hutt and Wendy Anderson; Roya Karami; Steve Kerr; Tanner Jones; Sarah Lutz; Alex Maconnel; Michael and Mimi Mar; Doris McConnell; Jeff McDowell; Beth, Emily and Alicia Molvik; Harley O'Neil; Mickey Neufeldt; Tom and Owen Peterson; Linda Plaa; Patty Price; Bevin Reed; Suzanne Rettenmier and daughters; CJ Rogers; Sherri and Sam Ryan; Debbie Sage; Tom, Diane, Mariah and Garrett Schultz; Mike Sherry; Renee Smith; Donna Spee; Paige Stanger; Jane Tarbochia; John and Ann Tardiff and Rhoda Plesha; Samantha Taylor; Suzanne Westmoreland; and Dale, Liz and Lauren Whitney.

Shorewood High School Serve Club-Tammy Ceesay, Advisor

Helen Jenne, Jeff Ka, Alex Wong, Jake McIntosh, Jennifer Thompson, Molly Fredrickson, Katie Chae, Heather Lindberg, Lindsey Trainer, Samantha Pridemore, Alex Lee, Jennifer Franklin, Morgan Golden, Bret Manney, Ali Petrichko, Stefanie Killert, Emily Jensen, Allison Cohee, Maddie Welsh, Ellen Ellersick, Lisa Santroch, Stephanie Ruiz, Alice Wang, Hannah Clements, Katy Penrod, Taylor Wilson, Kate Burton, Angie Loomba, Surabhi Sharma, Nicole Pepe, Kimberly Lindgren, Kristen O'Loughlin,

Maria Supos, Molly Martin, Betiel Micael, Mel Waaser, Stephanie Harvey and Lisa Humes.

Shorewood High School Interact Club-Tim Murray, Advisor; Dale Hanberg, Rotary Advisor

No list of individual names was submitted; however, we could not have done it without their help! Students receive community service hours for their time.

Thank you local merchants for raffle donations: Ace Hardware, James Alan Salon, Vivian Bennett DDS, Cabin Tavern, Canyons Restaurant, Eric Carlson DDS, Central Market, Ellen Forgett, Full Moon Restaurant, Harbor Square Athletic Club, Highlands West Dental, Hills Restaurant, Lee's Martial Arts Academy, Dr. Paul Mack, QFC (Richmond Beach), Rich Delich Espresso, Richmond Beach Coffee Company, Ricky's Bar & Grill, Rite Aid (Richmond Beach), Les Schwab Tire Center (15th), Les Schwab (Edmonds), Scott's Bar & Grill, Dr. Mark Simons, Sky Nursery, Spin Alley, Spiro's, Starbucks (Richmond Beach), Starbucks (Aurora drive-thru), Sub Shop/Paoli (Edmonds), Top Foods, Dinners Ready, and Anita Unrein of Hairbrokers Salon.

Special thanks: A huge thank you to Nancy Shaw/AA Party Rentals who each year donates equipment for use at the carnival. This year, Nancy also donated a cotton candy machine to RBCA. Her commitment to our community is very much appreciated! Hugs to Sue Psaty, the kitchen boss, for donating a pie marker to the carnival. Our gratitude to Spin Alley for providing the bowling game and supplying bowling coupons for prizes. Many thanks to all the Richmond Beach merchants who helped advertise the carnival at their places of business throughout the month of October; we appreciate their support in publicizing community events. Thanks also go to Richmond Beach QFC for putting their Halloween cakes on sale for the carnival. Our warmest thanks to Officer Deneese Elfenson for providing security at the event. We also wish to thank Syre custodian, Vien, who worked a 12-hour shift on his day off. A note of appreciation is also due David Tadlock, Syre Principal, for his support of this event at the Syre facility.

Holiday Big Band Dance!

Saturday, December 13
7:30 p.m. - 11:00 p.m.

Shoreline Community College
PUB (Pagoda Union Building)

\$15 adults/\$10 seniors and students

Enjoy an evening of swing music performed by the Shorewood Stage Band and award-winning Shorewood Jazz Band at their annual Holiday Big Band Dance, with special guest Shoreline Community College Jazz Band. This year's dance will be held at the Shoreline Community College Pagoda Union Building (PUB) on Saturday, December 13 at 7:30 p.m. The dance is the Shorewood Jazz Band's primary fundraiser and proceeds will help offset travel expenses to the Reno Jazz Festival next spring.

Arrive by 7:30 p.m. and enjoy the professional swing dance lesson before the music starts! Advance tickets are for sale from jazz band and stage band members, \$15/adults and \$10/seniors and students. A limited amount of tickets will be available at the door.

Won't You Meet Your Neighbor?

by Sherry Edwards and Sheri Ashleman

What if there is an earthquake, a severe storm or other emergency situation in our community?

Is your neighbor a firefighter, an EMT, an electrician?

Are you?

Do you know where your natural gas shut off is?

Where your neighbor's natural gas shut off is?

• **Do you know your neighbor's name?**

Are you willing to spend 90 minutes meeting with a group of your neighbors to learn the answers to these questions?

If so, please contact Richmond Beach Community Association Board members Sheri Ashleman, 542-9147, sbashleman@aol.com, or Sherry Edwards, 546-3724, dsma@comcast.net.

In January, RCBA kicks off its Ready Neighborhood Program. This program assists neighbors by providing materials and information which will help residents help themselves and each other in the event of an emergency.

Using city and state provided DVDs and booklets, neighbors in Richmond Beach will gather together to learn what each has to offer in crisis situations. Neighbors will share important information such as who needs extra help, where gas and propane tank

shutoffs are located, and how to communicate when regular lines of communication are interrupted.

If you'd like to see a meeting in action please come to the library at Syre Elementary on January 24th at 10:00 a.m. Syre is located at 19545 12th Avenue N.W. While this will be an actual pod meeting for the neighbors in that area, anyone interested in helping organize a group of their neighbors can attend!

Help Richmond Beach become "A Ready Neighborhood!"

I'm Singing in the Rain! —Soul Food

By Chris Riveland

As strange as it may seem, I see joy in the rain, even in an unexpected deluge. It leaves everything looking so freshly washed, even our car. And I see joy in numerous things throughout my waking hours. With the daily demands life puts in our way, I frequently neglect to appreciate small moments worth celebrating, such as someone on the radio singing my favorite tune.

Actively looking for even the tiniest reasons to celebrate life increases my happiness. Researchers tell us it boosts our immune system and restores our vitality. Studying people's positive attitudes has become the subject of several current bestsellers, including this one by Greg Hicks, *Choosing Brilliant Health: Nine Choices that Redefine What it Takes to Create Lifelong Vitality and Well-Being*.

Highlighting the small positives in our lives and feeling the joy these things bring is what happiness is all about. I get joy from an unexpected, loving telephone call; from a well-brewed cup of tea or coffee; from a bird cruising by the window and from imagining where his path leads; or from a neighbor or stranger who says "thank you" for a kindness; likewise from a grandchild who remembers good manners. I praise this young person for being so considerate. All these small incidents throughout a day, **consciously noted**, leave me more optimistic; it builds up a "joy quotient" and makes me a more contented individual.

None of us are happy by nature. That's why I stated **consciously noted** in the previous sentence.

It is human nature to look for the negative in all things, which is in all likelihood a leftover from our primitive hunter-gatherer days, when the "fight or flight" syndrome kicked in. Being wary then kept us from danger, at least most of the time. We are creatures of habit, and old habits die hard. But we can retrain our thinking patterns and thus make our lives more optimistic. We can take the small moments of joy in daily life as building blocks toward a more fulfilling existence, NOT by moaning how happy we would be if we lost weight, or got a promotion, or by how we would be completely smitten with someone, or getting that "whatever" we always craved. We have to retrain ourselves to expect less and appreciate more the minute blessings we receive every single day.

Getting to that point takes practice—it does not happen automatically. But like all things that are hard won, we appreciate the result so much more. For those of us who are "slow learners," it might be a good idea to make a list of small things we treasure: a beautifully shaped flower; a well-designed book jacket; a favorite person's smile; a heart-to-heart conversation with a trusted friend; and a favorite on my list, recognizing that in all this frenzy we now call "life" nothing is actually important, but many things **are urgent**. So, distinguishing between important and urgent gets us half way to a more content existence.

If things really get too bogged down, one of my strategies is to stop thinking/doing, count to ten and sing a favorite childhood tune out loud and resume what I was doing. By then my mind has had a chance to "go into neutral," and I am ready to tackle whatever faces me with a renewed attitude of optimism. So, start cooking up joy and help yourself to a huge plate of soul food. If not singing, at least you, too, will hum in the rain!



Health check

By Dr. Fran M. Pinault ND, LAc, MS
Director, Shoreline Natural Medicine Clinic
Director, Rejuvenex Therapies for Graceful Aging

Is fungus making you ill?

Many babies develop diaper rash, or thrush, a yeast infection in the mouth and throat that stems from an undeveloped immune system and exposure to yeast. Many women experience vaginal yeast infections and uncircumcised men can experience penile candida infections. We all can experience athletes' foot or toenail fungal infections. All of these conditions develop from some type of fungus, the family of organisms that include yeast, mold and mushrooms. However, some people are not aware that fungal infections are causing their laundry list of health problems.

General symptoms of people with undiagnosed fungal infections can include: chronic fatigue, malaise, bloating and gas, intestinal cramps, anal itching, irritable bowel, frequent bladder infections, menstrual pain, PMS, thyroid dysfunction, depression, irritability, allergies, chemical sensitivities, acne rosacea, and headaches, among others.

Risk factors include taking antibiotics over the years, birth control pills, certain prescription drugs, chemotherapy, immune dysfunctions, food allergies, overconsumption of sugar and refined foods, prolonged stress, and the inability to produce digestive enzymes. Normally the beneficial bacteria in our guts (flora or probiotics) keep down the growth of potentially dangerous yeast and bacteria. But when the good bacteria are killed by antibiotics, or the fungus is fed with too much sugar and refined foods, these unwanted organisms can grow uncontrolled, creating havoc with our health.

One patient I have seen had chronic skin conditions, and over the last two years was plagued by cracked, peeling hands. No skin care product worked to relieve the cracking. As a massage therapist, he was terrified to let clients see his hands. After one month of an antifungal treatment his hands were restored to their normal, healthy state.

Another patient developed health problems after exposure to mold growing in a basement after it flooded. Her symptoms included joint pain, fatigue, insomnia, itchy eyes and others. After two months of an antifungal program she sleeps well and enjoys normal eyes and joints.

Fungal infections can result in neurological symptoms that resembled MS. This condition prompted a patient's physician to send him for an MRI to rule out the brain changes seen with MS. To his delight the MRI was negative and when he moved out of the house he rented that had recurrent mold growth in his bedroom wall, his strange neurological symptoms resolved.

The tests used to confirm fungal infections are often unreliable. When a skin lesion is present a simple culture can identify fungus, yet without those obvious symptoms we must rely on blood antibody tests, stool cultures and organic acid-urine tests. However, the most reliable diagnostic tool is the patient's history and symptoms combined with insight of causative factors.

Treatments for yeast and fungal infections vary in intensity and time. If you suspect yeast or fungus could be a root for your symptoms try following "The Candida Diet," from the book of the same name. After four to six weeks on the diet you should have a good idea if you are dealing with fungus. Avoid antibiotic use and take a reliable probiotics containing a mixture of bifida bacteria, *lactobacillus acidophilus* and *lactobacillus plantaris*. The beneficial yeast *Saccharomyces boulardii* can be a potent destroyer of unwanted yeast.

In severe or stubborn cases of infection, strong anti-fungal prescription drugs may be warranted, such as Diflucan, Sporonox or Lamasil. These drugs should not be used during pregnancy or if you have liver disease. You should only take prescription anti-fungal drugs under the supervision of a qualified physician.

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City may try off-leash dog area at Saltwater Park in '09

By Tom Petersen

The City of Shoreline's Parks and Recreation Board has accepted a study group's recommendation that a seasonal off-leash dog area be tried on the beach south of the bridge at Richmond Beach Saltwater Park. The area will only be designated for use between November 2009 and March 2010, after which it will undergo environmental impact and public reaction studies to determine whether it should be made permanent.

There is a great general desire for off-leash dog parks in Shoreline. Currently, the nearest legal off-leash areas are in Edmonds (on the beach south of the old Union Oil pier) and Seattle (at Magnuson Park).

At the RBCA Community Meeting in September, representatives from the study group told residents that the Saltwater Park was one of six sites under consideration, but was considered less likely for selection, because several other sites appeared more suitable. However, just a few weeks after this news, one site was supplanted by the school district, another was closed by Metro, and strong community objections took both heavily-used Hamlin Park and the little-used North City Park off the list. This still left the prime choice for a year-round park, a spot behind Shoreline Community College, and the Saltwater Park as a possible seasonal site. No site was selected for the east side of Shoreline.

There was also a change between the September meeting and the study group's proposal to the City Council, October 29. Originally, an off-leash dog area was to be north of the picnic shelters, separated from most human activity by the shrubbery, scotch broom, and the curve of the shoreline. According to city officials, this area turned out to be part of the native plants restoration zone. Objections were also heard from kite boarders who use that area. The proposal was altered to move the off-leash area to the south half of the beach. The area will not be fenced, but there will be extensive signage.

The city is taking pains to emphasize that the '09 opening is only a test, and that the off-leash zone would only be valid in the winter months, when few, if any, families are visiting the beach for frolics or picnics. Dogs off-leash any other time, in any other part of the park, and owners who do not clean up after their pets, should be reported and are subject to penalties.

The Parks and Recreation department welcomes further comment by calling or writing to Maureen Colaizzi, 206-801-2603, mcolaizzi@ci.shoreline.wa.us. Comment forms are available from the city and can also be found at the Richmond Beach Library. There will not be any more public meetings on the topic, but the public may speak at the City Council's January 5 meeting, at which a final vote is expected.

Shorewood Drill/Dance Competition

The award winning **Shorewood High School Drill Team** is hosting its annual **Drill and Dance Competition on Saturday, December 6th at 1:00 p.m.** in the Shorewood High School gym. Up to 20 drill and dance teams will compete, providing an afternoon of outstanding performances. Admission is \$7.00 for adults, \$5.00 for seniors and students with ASB card. Children 5 and

under are free. Proceeds go towards offsetting the expenses of participating in the annual state competition held in Yakima, as well as the Victoria Day Parade. You will find tasty concessions, flowers to present to your loved ones, delicious bake sale items, and an exciting raffle. Come **support the 2008 double state championship drill team** and enjoy this fast-paced, creative afternoon.

Exciting Winter Events Planned

by Tom Petersen, RBCA Vice President

The fun continues in Richmond Beach in December. The holiday season that kicked off with the Turkey Day Fun Run hits its stride Saturday, December 6th with the annual Tree Lighting, Decorating, and Caroling celebrations.

Kids of all ages can make ornaments at the Shoreline Fire Safety Center, in the little station at the corner of Richmond Beach Road and 20th Avenue N.W., from 2:30 p.m. to 4:30 p.m. Materials and snacks will be provided, and volunteers will be on hand to help the tiny tots. A special tree will be set up outside, courtesy of Pizza Mia, for decorating.

At 5 p.m., the magnificent tree lighting ceremony takes place in front of Spin Alley. With cider, snacks and carolers, it promises to be another great evening, though we can't promise snow again!

After the tree lighting, all are invited to join at the Rehab Center on 15th N.W. for an evening of caroling for the residents. This is

always a much-appreciated gift to the community.

The festivities continue on December 8th, with the arrival of the Christmas Ships at Richmond Beach Saltwater Park. People come from all over Shoreline, so Richmond Beach residents are encouraged to walk. Bonfires will be lit earlier in the evening; the city of Shoreline and some vendors will have booths; and the ships are expected to arrive around 8 p.m.

In the season of giving, please consider giving blood. The Bloodmobile will be in Richmond Beach Saturday, December 20th outside the fire station.

With all this going on, there will be no RBCA general meeting in December. The January meeting has tentatively been cancelled as well, though it will be reinstated in the event of an urgent community issue. Residents should keep an eye on city of Shoreline events and attend council meetings and other opportunities for public input and involvement.

Call to Performers

2009 Shoreline Arts Festival
Weaving a Cultural Tapestry

The Shoreline-Lake Forest Park Arts Council seeks performers for the 19th annual Shoreline Arts Festival to be held June 27 and 28, 2009. Performer applications can be found online at www.shorelinearts.net. The deadline is January 15th.

Our 2009 theme is "Weaving a Cultural Tapestry" and we'd like to have as many local cultural groups represented as possible, especially those based in or near Shoreline and Lake Forest Park. Storytelling, drama, poetry, dance, music and other disciplines are encouraged.

Please send application and press kit to:
Arts Festival Performers
Shoreline-Lake Forest Park Arts Council
18560 1st Ave. NE, Shoreline, WA 98155

Questions? Call the Arts Council Office at 206-417-4645.

The Shoreline-Lake Forest Park Arts Council Presents:

2009 Poetry Month Contest

The Shoreline-Lake Forest Park Arts Council seeks submissions for its second Poetry Month Celebration. Selected poets will be invited to read at a special event on Friday, April 24, 2008 at Shoreline Community College Campus Theater, featuring published poets Kim-An Lieberman, Kathleen Flenniken, and Ed Harkness. Winning poems will be displayed at the Shoreline Arts Festival in June. Poems will be judged in three separate divisions: Secondary Student (grades 7-12), College Student, and Non-Student Adult. Cash prizes will be awarded. Submission deadline is March 20, 2009. Application forms are available online at www.shorelinearts.net. For more information please contact the Arts Council office at 206-417-4645 or email at info@shorelinearts.net.

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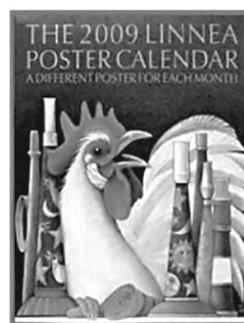
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- Tuesday, December 2: **Ice Cream Social**, right after lunch, sponsored by Richmond Beach Medical & Rehabilitation Center. A yummy treat!
- Wednesday, December 3: **Gingerbread houses**...the real kind! From Kathy. 9:30-11:30 a.m., Craft Room. Everything is supplied: the house pieces, frosting and all the candies and adornments! So cute and perfect for a holiday centerpiece. Pay fees one week in advance of class, by November 25. Limited to 8 students. Fee: \$20.
- Saturday, December 13: **Breakfast with Santa**. Co-sponsored by the City of Shoreline Parks Department, by reservation. Call: 206-801-2600. Adults \$7, children 2-12 \$5, children under 2 are free. Photos with Santa, breakfast by our Senior Center breakfast cooks!
- Tuesday, December 16: **PROBUS**, 11:00 a.m. in the Exercise Room.
- Tuesday, December 16: **Aging and Memory**: What's Normal, What's Not, 10:00 a.m. with the Diabetes Support Group. Talk open to all who would like to come. Presented by Julie Moorer, R.N.
- Thursday, December 18: **Happy Birthday/Holiday Lunch** with limited, reserved only, seating for this meal. Please call 206-365-1536 or come by the front desk to place your reservation. Make reservations by December 12, please.
- Friday, December 19: **Red Hat Society**, 12:30 p.m. in the Bridge Room. One week earlier due to the holiday closure.

Van Shuttle Service to the Senior Center: (For seniors who live in Shoreline or Lake Forest Park.) From your front door to our front door, we can get you to the Senior Center for lunch and activities. The Senior Shuttle operates Mondays through Fridays, 9:00 a.m. - 4:00 p.m. All rides are free. Call 206-727-6262 to schedule a ride.

SHIBA: A statewide network of trained volunteers who educate, assist and advocate for consumers about their rights and options regarding health insurance and health care access, so they can make informed choices. Our volunteer, Anita Matson, comes two Friday mornings each month. Call the Shoreline Senior Center at 206-365-1536 for an appointment or for telephone help with health insurance questions, or call 1-800-562-6900 to reach the SHIBA Helpline.

Senior Rights & Assistance: SRA trains volunteers to assist seniors with consumer issues, elder abuse/crimes, end-of-life planning, estate planning, powers of attorney, guardianship, and social security. Volunteers can also make referrals on homeowners concerns, elder law clinics and landlord-tenant rights. Our volunteer, Anita Matson, comes two Friday mornings each month. Call the Shoreline-Lake Forest Park Senior Center at 206-365-1536 for an appointment, or call the SRA office at Senior Services, 206-448-5720.

Old and New Family Traditions

By Patty Price

Traditions and rituals are the things that tie family and friends together and give us memories lasting from one generation to another. We don't have many traditions in our family, but the two important ones for me are baking traditional Norwegian "goodies" with my daughter Karen—while remembering all the years that Grandma Nellie did this for us, and the other is making Swedish meatballs with my two grandsons shortly before Christmas to be served at our "traditional" Christmas Eve dinner.

But there are many small traditions that we also follow, like Christmas stockings. Early on, it was my decision to fill stockings for everyone. It was always a challenge to find reasonable treasures for five children and six grown-ups! Over the past several years my daughter and daughter-in-law have helped round out the gifts and now the stockings are bulging—the knit stocking would not stretch any larger! As a solution, I bought 11 green QFC shopping bags for 99 cents each, placed a full stocking in each one and filled out the rest of the bag with the larger items. They were a hit! Especially because our family doesn't want to continue using plastic bags!

This year there will be change in Christmas giving. Our son was involved in

the Boeing strike, and with two kids in college, funds are a bit tight. I suggested we not draw names as we have done in the past and just concentrate on the stockings. His face reflected a smile of relief. But then I had another inspiration. While volunteering at the Shoreline Center Thrift Shop, I have been coming across wonderful gift items that cost so very little. For example, I found a beautiful, chenille brown woven lap throw for \$5—perfect for my college granddaughter. A new Brookstone coffee warmer was a mere \$1.00 and I know who needs it. I found a beer glass with an inner shell filled with freezable pellets for the cold beer lover and a huge set of beautiful dominoes for my daughter who loves to play. When I worked at the fall bazaar, I found all kinds of treasures in new condition which would mean a package for each of my beloved family to unwrap when they thought there would be nothing extra under the tree. And for me, it has been great fun to scout the many thrift shops to see what I might discover.

My personal tradition is to decorate our tree with gold colored ornaments and add a new one each year. This year I'll check my favorite thrift shops!

Sewer District Work Planned

Ronald Wastewater District will be replacing approximately 730 feet of 8 inch concrete sanitary sewer mainline on NW 195th Place from Richmond Beach Drive easterly to the intersection of NW 196th Street. The existing concrete mainline will be replaced with 8 inch High Density Polyethylene (HDPE) pipe using the technique called "pipe bursting." The work will be primarily in the public right of way with some work on private property. The sewer stubs, which connect the mainline to individual side sewers at the property line, will also be replaced. Replacing the mainline and sewer stubs will reduce inflow and infiltration of ground water into the sanitary sewer system which is good for creeks, salmon, and aquifers.

Residential homes that connect to this mainline via the sewer stubs will have the option of having their side sewer replaced from the property line to the first wye on the side sewer at a cost of \$1,000. If the homeowner so chooses, this cost can be amortized over 15 years at 5% interest or payment plus interest can be deferred until title to the property changes or the end of 15 years, whichever occurs first, at which time payment will be due.

The project is expected to start in December or January and to last a few weeks. Little traffic disruption is anticipated.

If you would like more information, please contact Michael Derrick or George Dicks, 2065462494.



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Local History

By Tracy Tallman

While running a Google Books search for the term “Richmond Beach” I stumbled across a lawsuit filed by B. Weiman(n) in 1914 against the Richmond Beach Telephone & Power Company (RBTP). Bernard Weimann (1866-1949) was an early settler at Echo Lake and once owned a Dutch Colonial home there torn down in 2005 to make way for the current development at Echo Lake. He was a German immigrant who came to the United States, apparently with wife Frieda (1868-1952), in about 1891 and was naturalized in California in 1896. As a 50-year Gold Card member of the Bricklayer’s Union, he certainly built some of the rockeries, foundations and chimneys still in use today.

The Weimanns purchased their land at Echo Lake on June 22, 1910 and their long-time home was built in about 1924. In 1935 they sold the large house with its stunning rock foundation and chimneys and built a smaller house up the hill across from Crista where they were likely living until their deaths. The Weimanns also owned other properties in the area—likely purchased for speculation, including one near the present-day Fred Meyer.

The RBTP had been formed in 1907 by five people – one of whom was Judge James T. Ronald (1855-1950) for whom so many places are named in Shoreline. The company had issued stock in \$100 increments to a maximum of \$15,000 (about \$330,000 in today’s dollars), but only \$1,875 was contributed to the cause, the remaining shares being unsold. However, by 1914, the value of the company had increased to \$8,000, but no dividends had been paid to the enterprising shareholders. The Public Service Commission felt that they should contribute the remaining \$13,125 to the total of \$15,000 in order to make the company viable and able to “make betterments and extensions.”

The controversy arose because the rate structure had always been on a flat per-call basis, but the company had issued a new rate schedule as of July 1, 1914 adding a toll for a call to Seattle, and presumably beyond. Part of this toll would go to the Pacific Telephone & Telegraph Company that apparently owned the lines completing the connection to Seattle. The Public Service Commission felt that this toll would “materially increase the returns” of Pacific to the detriment of the “patrons” of the Richmond Beach system, deeming them “excessive and unreasonable.”

The commission also found that the lines of the Richmond Beach Company were “monopolized by extended individual conversations to the exclusion of other parties desiring to use said lines” and limited the length of a call to “five minutes duration,” promising to review the case further.

Mr. Weimann and his attorney, John Whitham (1868-1952), himself an early settler in the area and a contemporary and friend of Judge Ronald, fought the phone company and managed to win. The men who started the company laid the groundwork for a phone system taken more for granted every day as people disconnect their land lines in favor of cell phones. In 1907, the five men who started the company (Henry Parry, Ralph St. John, John Holloway, D. D. Olds and Judge Ronald) risked their personal fortunes to bring telephone and power service to our neighborhoods. I’m guessing they would be surprised to find that within 100 years those old land lines are going out of favor.

Having grown up in unincorporated King County (Richmond Highlands) I can remember the old party line phones that had a specific ring for each household on the line. One had to pick up the phone and listen to determine if the line was free for an outgoing call. There was a telltale click when one of

the other line members picked up the phone and it wasn’t uncommon for people to listen to the calls of their line members. Twenty-four dollars a month doesn’t seem too much to pay for that old reliable land line that works through a power outage, allows me to make secure phone calls, and doesn’t limit my minutes. In fact it seems like one of the best deals around.



Photo 1: West Coast Telephone Company 1939 – I’m not sure when the Richmond Beach Telephone & Power Company became the West Coast Telephone Company, but this building was built in 1937 and the photo taken in 1939. It finally gave a permanent home to the phone company locally. The property wasn’t sold until 1959, so perhaps that is when the phone company was consumed by GTE.



Photo 2: West Coast Telephone Company 2005: The building hasn’t really changed much by 2005, but the foliage has grown up and other buildings surround it.



Photo 3: Weimann House 2005: This photo was taken before the Weiman/Weimann House was torn down in 2005. It sat amongst a sea of aged trailers, but was still being rented as a duplex. Bernard Weimann’s rock foundation was still intact, though, as were the brick stairs leading to the house.



Photo 4: Whitham House 2006: This photo of John W. Whitham’s house was taken in 2006 when it was surrounded by a variety of used cars. It was still there the last time I looked – facing the Drift On Inn. Mr. Whitham also filed a plat in 1912 for the land to the south and west of the house.

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December calendar of community events

Richmond Beach Library Call 546-3522 for information

Pajamarama Story Time

Wednesdays, December 3, 10 and 17 at 7 p.m.
All young children welcome with parent or caregiver. Wear your pajamas and join us for books, stories and songs!

Toddler Story Time

Thursdays, December 4, 11 and 18 at 10:15 a.m.
Ages 2 to 3 with adult, siblings welcome. Join us for books, finger plays, stories and songs just for toddlers!

Preschool Story Time

Thursdays, December 4, 11 and 18 at 11 a.m.
Ages 3 to 6 with adult, siblings welcome. Share the wonderful world of books with your preschooler!

Tree Tales

Tuesday, December 23 at 2:00 p.m.
Ages 5 to 10. Enjoy stories told by Kruckeberg Botanical Gardens staff/volunteers and KCLS staff. Kids can create a holiday craft from nature! Limit of 25, first-come, first-served.

Study Zone

Homework help for K-12. Every Monday afternoon at 4 p.m. when school is in session.

Game On & Mural Project

Thursdays, December 4 and 18 at 4 p.m.
The Game On/Mural Project (GOMP) is video gaming and manga art for teens! Gamers and artists in middle and high school play multi-player video games and create full-wall mural. Games may include Wii, DDR, Guitar Hero, Cooking Mama and others. Bring your talents to the library and get GOMP!

NaNoWriMo Survival Celebration

Monday, December 1 at 4:00 p.m.
Authors of all ages are invited to celebrate the end of National Novel Writing Month! Successes large and small will be rewarded. Refreshments will be served to everyone who attempted to meet the NaNoWriMo goal of writing 50,000 words in a single month.

Talk Time

Tuesdays at 4 p.m.
Improve your speaking and listening skills in this English conversation group.

Evening Book Discussion

Monday, December 1 at 7 p.m.
Join us for a lively discussion of **Loving Frank** by Nancy Horan.

Afternoon Book Discussion

Thursday, December 11 at 2 p.m.
Join us for a lively discussion of **Loving Frank** by Nancy Horan.

Free ESL classes in cooperation with Shoreline Community College!

Tuesday evenings, 6:30 - 8:20 p.m. and Saturdays, 10 a.m. - 12:50 p.m., January 6 to March 14. Students must be 16 years old or older; registration required. Classes are for low intermediate to high intermediate level students. Classes will teach English reading, writing, speaking and listening skills that can be used in everyday life including at work and in the community. Attendance at all classes is important.

Syre Elementary

Shoreline PTA Holiday Food Drive
Dec. 2-12

Parent Coffee
Thur., Dec. 4, 11:00 a.m. - noon

PTA Meeting
Tue., Dec. 9, 7:00-8:30 p.m.
Library

Early Release - Parent Conferences (Grades 1-6)
Dec. 16-19, 11:50 a.m.

Kindergarten Parent Conferences
Dec. 18-19

Multi-Cultural Holiday Sing-A-Long
Fri., Dec. 19, 11:00 a.m.

Einstein Middle School

Einstein Choir Performance at Christmas Ship Celebration
Mon., Dec. 8, 7:30 p.m.
Richmond Beach Saltwater Park

Einstein and Shorewood Orchestra Concert
Wed., Dec. 10, 7:30 p.m.
Shorewood

Holiday Assembly
Fri., Dec. 19, 9:10 a.m.

Shorewood High School

Drill/Dance Competition
Sat., Dec. 6, 1:00 p.m. Auditorium

Orchestra Concert
Wed., Dec. 10, 7:30 p.m. Auditorium

Winter Tolo
Fri., Dec. 12, 9:30 p.m.-12:00 midnight
SAC/Cafeteria

Big Band Dance
Sat., Dec. 13, 7:30 p.m.
Shoreline Community College Pagoda Union

Choir Concert
Tue., Dec. 16, 7:30 p.m. Shorewood Auditorium

Once Upon a Week
Wed., Dec. 17, 7:30 p.m. Auditorium

Shoreline School District

School Board Meeting
Mon., Dec. 8, 7:00 p.m.
Shoreline Center

No School - Winter Break
Dec. 22 - Jan. 2

School Resumes
Mon., Jan. 5

RBCA Community Events

Ornament Decorating/Tree Lighting/ Caroling

Sat., Dec. 6
2:00-4:30 p.m. - Decorate ornaments at Fire Safety Center
5:00 p.m. - Tree Lighting Ceremony at Spin Alley
5:30 p.m. - Caroling at Richmond Beach Rehab Center
Sponsored by Richmond Beach Community Association

Christmas Ship Celebration

Mon., Dec. 8
7:30 p.m. - Syre and Einstein Choirs
8:20 p.m. - Christmas Ship arrives
Richmond Beach Saltwater Park
Sponsored by City of Shoreline and Richmond Beach Community Association

Bring a flashlight to wave at the Christmas Ship so they can visualize the size of the audience on the beach! This is one of the largest Christmas Ship gatherings in the Seattle area and the most community oriented.

Ready Neighborhood Program 1st Pod Meeting

Sat., Jan. 24, 10:00 a.m.
Syre Elementary School Library
Anyone interested in becoming a facilitator for their neighborhood pod is welcome to attend. Sponsored by Richmond Beach Community Association

Community Help Needed

Donations for Youth Jam Prize Money - (before February 27) Interested in encouraging the musical development of youth in Shoreline? Help support this event by making a monetary donation toward the prize money given out to contestants. Contact Scott Becker at 533-9112 or scottb@fourfoldarchitecture.com.

Donations for Door Prizes at Youth Jam - (before February 27) Soliciting door prizes that would appeal to teens. To donate, contact Scott Becker at 533-9112 or scottb@fourfoldarchitecture.com.

HOLIDAY EVENTS

Sponsored by Richmond Beach Community Association

HOLIDAY CRAFT PARTY
Saturday, December 6
2:00-4:30 p.m.
Shoreline Fire Safety Center
(next to Pizza Mia)



TREE LIGHTING CEREMONY
Saturday, December 6
5:00 p.m.
Spin Alley
Come see Santa!

COMMUNITY CAROLING
Saturday, December 6
5:30 p.m.
Richmond Beach Rehab



CHRISTMAS SHIP
Monday, December 8
7:30 p.m. - Syre & Einstein Choirs
8:20 p.m. - Christmas Ship Arrives
Richmond Beach Saltwater Park



Other Community Events

Holiday Gift Sale

December 6 and 7, 10 am - 3 pm Kruckeberg Botanic Garden, 20312 15th Ave NW
Find a 'green' gift at the Kruckeberg Garden's Holiday Gift Sale! Gifts will include tabletop trees, gift certificates and memberships, cards, wrapped plants, crafts, and more. Proceeds support the garden.

Community Bowling Party to Benefit Children's Hospital

By Betsy Zeifman

The Zeifman family invites you to a bowling party fund-raiser in honor of their daughter Amy's 21st birthday at Spin Alley on from 2:00 to 4:00 on Sunday, December 28th. Admission is by donation only, and amount is up to the donor's discretion. All proceeds will benefit Seattle Children's Hospital and are tax deductible.

For the first month of her life, twenty one years ago, Amy was a patient at Children's Hospital recovering from open heart surgery, an operation she had at 4 days old. A year later, when Amy turned one year old, her family hosted a similar party as part of Children's *Kids Bowl for Kids Program* and was able to raise enough money for a very generous donation to the hospital. Thanks to the generosity of Spin Alley, the Zeifmans are once again able to host this party as a way of saying thank you to Children's Hospital and the Richmond Beach Community where Amy has been raised.

So, if you find there is a lull in your holiday schedule, bring your family to Spin Alley on December 28th. It will be a great way to have some fun, catch up with old friends and neighbors, and contribute to a very vital and worthwhile cause.