

RICHMOND BEACH COMMUNITY NEWS

Visit Richmond Beach at:
www.richmondbeachwa.org

Published by the Richmond Beach Community Association

March 2008

Richmond Beach Community Association General Meeting

Tuesday, March 11, 2008
7:30 pm
Congregational Church

March 2008 General Meeting and Park Clean up

By Ed Adams

With spring and summer just around the corner, all of our thoughts begin to turn toward the outdoor activities and the locations around us. As a way of keeping the community informed about the on-going and upcoming projects in and around Richmond Beach and the City of Shoreline, the March general meeting will again feature members of the city's parks department and project managers. Dick Deal, the City of Shoreline's Parks Department Director, will be on hand to provide updates on the Pump Station Park, the Richmond Beach Tennis Courts/Sports Court, the Kruckeberg Gardens and the off-leash dog park. Maureen Coliazzi, Project Coordinator for the City of Shoreline Parks Department, and a few students from the University of Washington, will be discussing the work planned for the Saltwater Park.

In every issue, and in what seems like every article, someone is asking for volunteers. There are many ways to give back to the community. Whether you choose to help with the Strawberry Festival, the Halloween Carnival, give your time to the library or any of the other numerous events in the area, this meeting will provide details to

further your involvement. Project Coordinator Coliazzi will outline the details of the "Friends of Saltwater Park" program and ask for your support. The program involves the design, clearing, cleaning and installation of plants and bedding in and around the Saltwater Park. Your help is needed in the implementation of this work.

Park clean up is an everyday responsibility and takes everyone to get it done. There has already been a city wide park clean up, February 23. The next chance to help out is Saturday March 15th. In past years, the Richmond Beach Community Association has sponsored a clean up of our own at the library park about one week prior to the annual Strawberry Festival. This year, the Association decided it would be best to combine our efforts with the city on Mar. 15. If necessary, there might be an abbreviated cleanup the week before the Festival. The city does a tremendous job cleaning and preparing the parks for all of our usages and our thanks should go out to them for it. Please plan on attending the meeting, Tuesday March 11th at the Richmond Beach Congregational Church. The meeting starts at 7:30pm.

We need you! Please join the Richmond Beach Community Association using the membership form on Page 2.

President's message

By Sean Quigley, President

Elections for new RBCA board members will be in May and we need some new people to step up. Half of the board will be leaving after six years, taking a well deserved break. Our remaining four members are very capable and qualified. Five new board members will be needed to help out; no experience is necessary. It's a very rewarding and manageable commitment, with limited meetings and summers off. Simply said, we are looking for folks who care about Richmond Beach and want to be involved in protecting and supporting this community. If this is you, contact me, or any of our current board members and express your interest. Please remember that you must be a RBCA member for at least 30 days prior to the election, which would be April 1st for election at the May meeting.



Sean Quigley, President
Richmond Beach
Community Association

Our spring and summer events will soon be approaching and we always need community support. The Strawberry Festival and Sand Castle Contest get bigger and better every year. In order to grow and manage these events more volunteers are needed.

Finally, one more plug for membership. All of our annual events require lots of resources—both volunteers and dollars. If you are a dues paying member we thank you, and if you haven't volunteered lately, we'd love to see you. If you're not a member, please fill out our form (see Page 2) and support your community by considering getting involved. If the only way you can help is by writing a check, well that's OK too.

Happy St. Patrick's Day to all of the Irish, and honorary Irish, in Richmond Beach.

Beach Blossoms Garden Tour

by Lynn Wright

The 16th annual Richmond Beach Garden Tour will be held on Saturday, June 14, 2008. Would you be willing to consider opening your garden for the tour? We would be thrilled if you joined in the fun!

Here are a few thoughts you can "hoe" over in your mind while contemplating opening your garden for this fabulously cool tour. Gardening is all about FIT-ness. We can "get FIT", because gardening is indeed a muscle toning, calorie burning work out. We get to "outFIT" ourselves with the latest gardening tools and fashionable attire. We experience the thrill of the "perfect FIT", when the right plant flourishes in the right place and we can "throw a FIT" when our favorite zone-challenged plant succumbs from a winter blast.

Last, and most important, I can see your garden "FITting" in with our tour! There are no "misFITS" on the Beach Blossoms Garden Tour. We welcome all gardens in various stages of planning, growth and development. It's a great chance to share ideas with other garden buffs. Give Lynn Wright a call, or send her an email, if you would like to have your garden included in the 2008 tour. Phone: 206-542-4554; email beachrights@msn.com. The deadline to sign up is May 1, 2008.

Share your good health.

GIVEBLOOD

Friday, March 7
12:00 pm to 6:00 pm
(closed 2:00 pm to 3:00 pm)
RICHMOND BEACH LIBRARY
Meeting Room

Make an appointment today! Info & sign-ups at:
<http://www.psb.org/programs/drive.asp?URL=3120>
or contact Tom Petersen at mtson@icehouse.net

Richmond Beach School Reunion

by Cliff Nixon

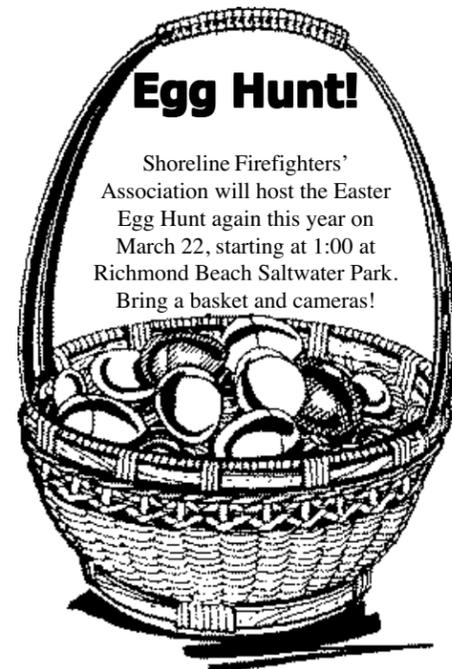
The 17th Richmond Beach School reunion will be held on Saturday, July 26, 2008, at Rickey's Bar and Grill, starting at noon. Lunch will be served from 1 - 3 p.m.

Rickey's is located in the QFC complex at 185th (Richmond Beach Road) and 8th Avenue NW.

Please call Cliff Nixon at (206) 300-4250 if you have questions. All friends of Richmond Beach are welcome.

Egg Hunt!

Shoreline Firefighters' Association will host the Easter Egg Hunt again this year on March 22, starting at 1:00 at Richmond Beach Saltwater Park. Bring a basket and cameras!



Anina's CORNER

by Anina Coder-Sill

June Pattenaude was my neighbor and the Richmond Beach Library manager when my family moved to Richmond Beach in 1962. She made the library a fun and inviting environment for reading, learning, and visiting. With the artistic talents of Joe & Eve Phillips, Judy Odell, Betty Baer-Kaas, Tom Olson, and the help of the library board and neighbors, the first annual art show was held (42nd year on May 9th & 10th!) Her dachshund General accompanied her to work and held a place of honor behind the desk. The library held an annual plant sale, summer reading program and showed 16mm films for kids on Saturdays. She never raised an eyebrow when a friend and I would check out a pile of novels for adults and then promptly put them in the book drop, giggling. She hired me as a page in 1973, was an excellent role model for good customer service, and I had the pleasure of working with her until her retirement in 1979, after 23 years of service. Even then she came back to work to help out for 2 more years. After taking our kids trick-or-treating, the Pattenaude's house was always our last stop. Kevin and I would visit with June and Jerry while the kids sorted their candy. They always provided really good treats, a beer for us and packages of different types of candy decorated with a yarn fluff ball June created. Once

she made a Halloween needlepoint canvas cover for a coffee can and put an electronic noisemaker on the lid—we've still got the noise device, and when rummaging around a drawer recently it greeted me with a wavery, spooky "ooooooooohhhh" sound that made me laugh and think of her. When our son was about 12 I asked her if she would do me a favor and assign him a few weekly chores. It developed into a friendship that involved playing cards and eating homemade cherry cobbler. Our daughter also helped her out and would do chores for June that somehow weren't ever done at home. When she started to have serious health problems a few years ago, she would infuriate one of her friends by postponing a call to 911 because she was worried about the care of her dear dog, Higgins—and then she would smile charmingly, wave, and say, "bye bye" cheerfully as the medics wheeled her to an ambulance. She was infallibly charming and somehow turned those difficult moments into tears of laughter. After a hospital visit and yet another near-death experience, June told a nurse, "I'm breathing through my nose!" as if it was a surprising and amazing feat (it actually is...) And the nurse said, "That's the way to go." June explained that that's exactly what she planned to do...to go/exit this world, but she stuck around for two more months. Both Richard and Michael, her beloved sons, were able to visit her recently and say their goodbyes. She told me she should have just died when they were there—but that's not a choice that is ours to make. She was 90 when she died on January 25th and she was ready— she had already said her goodbyes many times.

June was feisty, funny, adaptable, smart, loved trains, crafts, reading, and crossword



puzzles. She will be sorely missed by her family, her friend Carol OGara and our family. She shared her joy of cooking with me, and always offered recipes when requested. A little part of her resides in our kitchen now—literally, some of her ashes are in a spice jar—and a big part of her remains in the hearts of those who loved her. Climb to the top of the charts! Play the word scramble challenge with star power. Play now!

Richmond Beach Community News

The *Richmond Beach Community News* is published monthly September through June by the Richmond Beach Community Association. Editorial opinions expressed do not necessarily represent those of the Community Association. News items, letter to the editor and calendar listings must be submitted by the 15th of the month prior to publication. Send to:

Richmond Beach Community News
 c/o John Thielke, Editor
 19518 14th NW
 Shoreline, WA 98177
 206-542-3641 / fax 206-542-3657
 email: grahmarc@ctr.net

Ad rates: Richmond Beach Community News welcomes advertising support. The ad rate is \$12 per column inch with a one column inch minimum. Deadline: 15th of the month prior to publication. Contact Starla Hohbach at 818-1168 for more information or to place an ad.

Copy Editor
 Kay Brittain

Contributing Writers
 Anina Coder Sill
 Sheri Ashleman
 Chris Riveland
 Tracy Tallman

2007-2008 Community Association Board of Directors

Sean Quigley, Presidnet 930-0755
teamquigley@aol.com

Ed Adams, Vice-President 542-8229
ed.adams@macmiller.com

Starla Hohbach, Treasurer 818-1168
starlahohbach@comcast.net

Tom Petersen, Secretary 546-4865
mtson@icehouse.net

Debbie Bowen-Mills, Board 546-2050
drene52@hotmail.com

Lisa Buchheit, Board 546-4891 X35
llekdahl@msn.com

Jill Gardner 616-0966 jc-gardner@comcast.net

Rick Sola, Board 795-9024
rsola@golfsavingsbank.com

Scott Keeny, Membership 533-1024
skeeney2@comcast.net

Sheri Ashleman, Events 542-9147
sbashle@aol.com

Starla Hohbach, Advertising 818-1168
starlahohbach@comcast.net

Tom Penrod, Webmaster 542-1412
tom.penrod@verizon.net

John Durgin, Circulation 542-0999

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.

Art Show and Strawberry Festival

By Sheri Ashleman

Back by popular demand is Richmond Beach's Art Show and Strawberry Festival. Combining the events allows attendees to enjoy two spectacular happenings in one convenient location. This is a blossoming celebration in the Richmond Beach community.

Friends of the Richmond Beach Library will be hosting its 42nd annual Art Show at the Richmond Beach Library on Friday, May 9, from 6:00 to 9:00 p.m., and Saturday, May 10, from 10:00 a.m. to 5:00 p.m. Artists wishing more information about the Art Show can contact Bette Round at 542-0336 or the Richmond Beach Library at 546-3522.

Richmond Beach Community Association will be hosting its ninth annual Strawberry Festival at the Richmond Beach Community Park on Saturday, May 10, from noon to 5:00 p.m. The festival will feature music by local musicians, food from local restaurants, games and activities for kids and more! A raffle to help cover the costs of the event will be held; local businesses are encouraged to donate gift certificates. Volunteers are needed for set up, to run food booths, to help with games and activities and to clean up. If you would like to help with this exciting event, please contact Sheri Ashleman at 542-9147.

Richmond Beach Community Association **DUES FORM**

Dues are \$15 per person per year

Please make checks payable and return this form to:
 Richmond Beach Community Association, Attn.: Scott Keeny P.O. Box 60186, Richmond Beach, WA 98160-0186.

Please add my name to the mailing list because I currently do not receive the Richmond Beach Community News in the mail.

First name(s):	Last name(s):	Street:
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	City, State, Zip:
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	Telephone:
<input type="text"/>	<input type="text"/>	<input type="text"/>

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

Editor:

"The start of a bad day" joke is not funny. It does not fit your own requirement as a story of "such a nature as to appeal to all family members."

Are you unaware that there is at least one large family of long time Richmond Beach residents who are in fact "dwarfs"?

How stupid and thoughtless of you to include this gross "joke" in the *RBCNewspaper* that is delivered to every resident's home whether we ask for it or not. I am sure each member of that family fails to see your humor.

Keep your jokes free from making fun of people because they were born different. Maybe try to be witty in your joke selection. You owe the readers of your "joke" column a printed apology for your inclusion of this as a "joke".

Irene Dabanian

Editor responds:

I apologize if the joke offended anyone, which it apparently did, illustrating that what may seem funny to one person is not to others.

Editor:

Richmond Beach Community Association was awarded a \$1,000 grant by the Shoreline-Lake Forest Park Arts Council to support the 2008 Strawberry Festival. I would like to recognize and thank those individuals who helped with the grant application: RBCA board members Jill Gardner, Lisa Buchheit and Starla Hohbach. Their assistance with this project is greatly appreciated and resulted in a tremendous benefit for our community.

Sheri Ashleman

Editor:

Many of you in our wonderful neighborhood have noticed a new eatery next to the bowling alley. The Richmond Beach Grill House. The owners, Sean and LaRae Richards, also own the excellent 5th Ave Grill House in Edmonds. My wife and stepson Jerry Estes ate there recently and were truly impressed by both the quality of the food and the service. They will be one of the vendors at our annual Strawberry festival but don't wait until then. (A must try are the sweet potato fries).

Jerry (burger lover) Girmus

Brightwater Construction Update

By Monica Van der Vieren

Neighbors and pedestrians who walk Richmond Beach Drive will notice that Brightwater construction activities will extend onto the beach area at Point Wells in two phases. First, the West Tunnel contractor will move the property fence 40 feet westward for a distance of about 150 feet at the south end of the site. This will allow access for trucks and equipment to excavate the main portal shaft, which now extends 165 feet, 100 feet beyond the original projections. In April, King County's Marine Outfall contractor will construct fences north and south of the designated area for trench excavation. This area begins at the shaft currently located on the beach at Point Wells and extends westerly. Work on the Marine Outfall is projected to begin in June and extend until October; the fencing will remain in place during this time.

King County's contractors will restore any beach areas disturbed by construction. Crews will store driftwood logs during construction so they can be redistributed after work is done. In addition, they will arrange to replant beach vegetation that, along with driftwood, provides habitat and reduces erosion. Beach restoration will be monitored and subject to a performance standard to insure recovery.

In early June, a small army of biologists will descend on the beach at Point Wells over a few weeks. Their work will provide a picture of the nearshore environment just before construction

of the Brightwater marine outfall begins. Scientists from the county and partner agencies will conduct surveys of Dungeness crab, eelgrass, and animals and plants in the intertidal zone. Other groups will conduct sediment sampling and harvest eelgrass for culture and eventual replanting.

West Tunnel Construction Update

As of mid-February, crews completed installation of the marine outfall connector pipe extending from the portal site to the beach. To do this, the contractor used a remotely-controlled microtunnel boring machine, which mines the tunnel and installs pipe casing at the same time.

Another West Tunnel crew is wrapping up the construction of supporting walls for the main portal shaft. Supporting equipment for both microtunneling and jet grouting operations is expected to be removed from the site in late February.

The large Tunnel Boring Machine (TBM) that will travel from Point Wells to Ballinger Way is being constructed in Toronto by Lovat, Inc. Richmond Beach residents will soon receive an invitation to a site visit (tentatively scheduled for May 18) to see the TBM prior to launch.

For more information about Brightwater projects at Point Wells, contact Monica Van der Vieren at 206-263-7301 or monica.vandervieren@kingcounty.gov.

Park Clean Up & Beautification

By Sheri Ashleman

Each year, Richmond Beach residents welcome spring by spending time sprucing up the local parks. Last year, crews painted park benches, picked up litter and weeded the gardens at the Richmond Beach Community Park and adjoining library grounds in preparation for the Strawberry Festival.

This year, RBCA's annual park clean up volunteers will join the City of Shoreline's work party on Saturday, March 15, from 10:00 a.m. to 2:00 p.m. at the Richmond Beach Saltwater Park.

The University of Washington Restoration Ecology network is working with the City of Shoreline to restore a portion of Richmond Beach Saltwater Park. University students will work closely with park staff and community members to create a native beach-dune habitat surrounding the park's playground. Native plant installations will attract wildlife, increase biodiversity, control erosion and suppress weeds. Scotch Broom removal will open up view corridors around the playground and increase park safety. Training, tools and refreshments will be provided by the city. Volunteers are encouraged to wear gloves.



Participants will meet at the lower parking lot restroom to sign volunteer forms. All adults and children over 14 are welcome. Children under 14 must be accompanied by an adult. Youth 14 or older need to have a parent present at the beginning to sign an approval form.

Any amount of time that can be devoted to this project is appreciated. Be part of a group effort to beautify one of our neighborhood's most precious assets.

To learn more, please contact Maureen Colaizzi at 546-0232 or by email at mcolaizzi@ci.shoreline.wa.us.



Beginning of Brightwater construction activities at Point Wells.

How to form a nonprofit
FREE TRAINING
for neighborhood groups

IS THIS TRAINING FOR YOU?

Yes, if you are:

- A neighborhood group
- Thinking of forming a neighborhood group
- Interested in organizing your community

TOPICS

- Incorporating as a nonprofit- pros and cons
- Basic processes of incorporation
- Annual reporting requirements
- Articles of incorporation
- Bylaws
- IRS status

Wednesday, March 19

7:00-8:30 pm

**Shoreline Fire Department Headquarters
Training Room
17525 Aurora Avenue North**

RSVP by 3/14 to Nora Smith, Neighborhood and Public Outreach Coordinator
nsmith@ci.shoreline.wa.us or (206) 546-8564



Library Friends to Hold Membership Drive

By Mary Lynn Potter

April 1st marks the start of the Friends of the Richmond Beach Library membership drive. This group is a nonprofit organization whose mission is to support and promote library usage and related cultural activities for the benefit of the community. As a nonprofit, the Friends group relies heavily on annual membership dues to sustain library programs. Funds raised from membership dues, the annual art show and donated book sales have been used to sponsor special programs for children, youth and adults; to re-landscape the area between the street and the library; and to purchase supplies and equipment beyond what is provided for the library by the King County Library System.

The Friends of the Richmond Beach Library board believes that quality library services are a valuable community asset. With members tax-deductible support, the board will continue to enhance the library's role as a community focal point, offering educational and recreational materials and programs for area residents. If you have not already joined, please consider becoming a Friend of the Richmond Beach Library. Membership forms are available at the library. Two other ways to support the library are to purchase a Friends of the Richmond Beach Library Bookbag or to purchase a Commemorative Tile for the garden area. Both the bookbags and tile forms are also available at the library.

Seven Chairs

By Chris Riveland

They call themselves the *Monday Drippers*, that assemblage of seven cancer patients in the cheerful common treatment room called the "Tiki Lounge." The seven chairs are comfortable beige recliners, with a side table at each armrest. The tables flip up and lock into place, like the ones in college lecture halls. Depending on the patient's mood, the tables hold hot or cold drinks, something to eat, or reading matter.

All of the men and women cancer patients reclining in those chairs share the same fate—an uncertain future. They are hooked up to intravenous drips, many of them having lines into several successive plastic bags of various toxic liquids. The bags are suspended from a chrome pole next to their chair. The patients call the dedicated, skilled nurses who arrive with the bags "the bag ladies." The pole also holds an electronic monitor that regulates the drip rate and beeps when a bag is empty. Then one can hear comments such as,

"Hilda, are you beeping?"

"No, not me, but I think Hortense is making noise."

The two women make the weekly trip from Ellensburg and Wenatchee for chemotherapy. One is a retired college professor and the other a retired teacher. Their bald heads make them look less assertive somehow, but both are fighting the same enemy.

Over by the west window sits flippant oral surgeon Dr. Chris X., a veteran *dripper*. Between snores his wit emerges, and he often has the whole room break into laughter. He got zapped with metastasized colon cancer but is not giving up. He quizzes me why I am always crocheting potholders. My answers vary, depending on my mood. When one of the nurses calls, "Chris," he and I both answer. But it concerns him, not me. One day when a nurse injected a bone-strengthening potion into my husband Dale's IV line Dr. Chris hollered, "Hey Dale, they just gave you a shot of Viagra." I blushed. Everyone else laughed, and even Alva, the depressed, retired pilot smiled.

The camaraderie and empathy among the seven people in this room is amazing—everyone is open to exchanging health tips, dietary

suggestions and ways to banish depression. The seven people cry and laugh with one another over family conundrums arising from this chronic illness. Pepper, sporting an expensive wig, has been around the world and had a superb career, but had to put everything on hold because of her *enemy*. Tall, gorgeous Minnie, also completely bald, was an investment banker and has a delicious way of looking at life. Arleen wants to be a commercial artist, but looking at her now, we doubt she will have enough time left to succeed. The retired Sequim city clerk in the group is one of the less lucky ones. She has undergone Gamma Knife surgery for a brain tumor. I barely recognized her last week. But she is hopeful. She looks forward to the day when she and her husband, a cancer patient in remission, can ride their motorbike around Hood Canal again and feast on those oyster sandwiches at a special pub along the way. These people have amazing mental and spiritual strength. Another one of the patients, a real trouper, is looking forward to a Canadian ski vacation. Each one of the acutely sick individuals has an incredible life story to tell. A Bellingham woman wants to ride her horse this spring; the woman from Port Angeles, also a horse lover with two young sons, wants to write songs again.

According to statistics, these people, including my husband, would have died a long time ago were it not for the marvelous doctor at this clinic who has dared to go outside the box. He treats cancer unconventionally, augmenting infusion of the strong drugs with naturopathic treatment, herbal and nutritional supplements, supportive counseling, massage, acupuncture and laugh therapy, all available in the same clinic. But he agonizes when one of his patients does not survive and is pensive—why this time his best efforts did not work.

Folks who arrive for treatment after all the chairs in the common room, the "Tiki Lounge," are filled often wander in from their private rooms to say hello, and to absorb some of the positive energy that exists in this infusion room. When they retreat to their individual rooms down the hall they often leave their doors ajar, to listen to the *Monday Drippers*, and partake of the joy among the sadness in the room with the seven chairs.

Note: all names except that of my husband have been changed to protect people's privacy.



Local and Helpful...

"Excellent! Very Professional and responsive."

~Amy Stensrud

Doug Smith
ABR
Common Name. Uncommon Service.
206-419-3760
www.DougsHomePage.com

SCC Nursing Program Accepting Applicants

Too busy to enter a traditional nursing program? Register today for new 10-quarter program at SCC

Shoreline Community College is currently accepting applications for the new 10-quarter nursing program which will begin September, 2008. The program, created in response to the ongoing nursing shortage, was designed for students who cannot enroll in the College's traditional six-quarter Nursing Program due to schedule conflicts. The program may also benefit those who have found a full-time load too challenging, and who learn best with a slightly slower pace. Students may submit applications at only one time a year. The deadline for applications this year is April 3, 2008.

Students will complete the program in 10 consecutive quarters, with the first class finishing the program in Winter Quarter of 2011. The average credit load will be seven to eight credits per quarter, with students attending classes two to three days a week and during summer quarter. The majority of theory classes will be scheduled in late afternoon or evening and clinical experiences will be offered during both day and evening shifts.

Students admitted to the part-time program must meet the same pre-requisites as those entering the full-time program. Check out the Web site at www.shoreline.edu/nursing and select 10-quarter program or call (206) 546-4734 for more information or for application procedures.

Curves™

Visit our new location - 612 Richmond Beach Road
206-533-8702



FRAME IT!

Made to order wood and metal frames for your art and your memories. Classic to contemporary styles. Preservation framing at its finest.

Richmond Beach Classic Framing

1436 NW Richmond Beach Road • Shoreline

206-542-3007

Your neighborhood custom picture framing & art source

GET ADS THAT WORK

Visit
www.teamwatkins.com/getads
We are a Richmond Beach Business
Team Watkins Advertising
David Watkins, Owner
206.533.8756
david@teamwatkins.com

Skyline Windows Inc.

Kevin Sill, Owner
Manufacturer of vinyl and aluminum windows, patio doors and screens.

We measure and install replacement windows.

542-2147 17240 Ronald Place N.

Hubby Dave for Hire

FORMALLY *Handy Hubby for Hire*
LICENSED, BONDED, INSURED - HUBBYDF922BG

Dave Grubbs
206-852-3072

hubbydave@msn.com

INSTALL:	REPAIR:
Door knobs	Toilets
Dead bolts	Clogged drains
Bathroom grab bars	Bathroom tiles
Light fixtures	Patch dry wall
Faucets in kitchen & bath	Patch plaster and lathe
Garbage disposals	Recaulk bath tubs & showers
Base board molding	Painting
Doors and jambs	
Assembly IKEA furniture	Pressure washing

40 MILLION
drivers
TRUST STATE FARM.

Personal service and competitive rates are why more people trust State Farm® for car insurance than the next three companies combined. Contact me today.



Rachel Alexander Ins Agcy Inc
Rachel L. Alexander, Agent
Shoreline, WA 98177
Bus: 206-542-8800

LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®
Providing Insurance and Financial Services

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company • Bloomington, IL • statefarm.com®

05/05

Please support our advertisers!



Health check

By Dr. Fran M. Pinault ND, LAc, MS
 Director, Shoreline Natural Medicine Clinic
 Dr. Joseph Vizzard, PhD & Lill Abrahamsen Vizzart LMT
 Vibrational Psychology, Edmonds

Vibrational Transformation

As beings of energy as well as matter, we are the senders and receivers of energetic information, experiencing information interchanges with others daily on an energetic level. We operate at a vibrational rate, and like a magnet, draw to ourselves experiences that match that vibratory rate. Negative thoughts, disturbing emotions, disease and drama are reflective of a low vibratory rate. None of these negative energies can exist in a high vibrational state. We have found if people want to change the conditions of their life, to heal, to attract a healthy environment, they need to raise their vibrational rate.

People may not always connect emotional struggles with low energy frequencies because there may not always be a physical component. That often prevents a needed energetic intervention from occurring, because people are not conditioned to recognize emotional blockages. Transformational intervention is achieved by raising the client's vibrational rate. Negative thought forms and beliefs are released, bringing about powerful demonstrations regarding the power behind shifting ones energy. These demonstrations include a sense of peace, acceptance toward others, unconditional love, insight into behaviors and patterns of behaviors.

In vibrational transformation work everything that is not of light (or higher energy) will come up to be released. This process can be temporarily painful as we look at aspects of ourselves that we may find undesirable. We help clients to understand that they can have command of their own lives. We can change the course of events by consciously shifting our thoughts. This in turn shifts the energy which we project that co-creates the situations in our lives. Every aspect of our work brings to clients a profound clarity

that helps them to understand how their old style of functioning no longer serves them.

Our emotions are our guidance system. Negative emotions indicate disharmony; positive emotions show that we are in harmony with all that is good. We are not the victims of circumstances. We are the creators of everything we experience, with our emotions serving as the purest form of feedback. We have the power of choice. Do we wish to continue with the thoughts and actions that have produced this disharmony, or do we wish to use our innate skills to create a much different result?

Mirrors: Significant people and events are brought into our lives to challenge us regarding our shadow side and our lessons. They serve as mirrors for those aspects of ourselves that need to be transformed so that we can come into balance and actualize our authentic selves.

Forgiveness is highly accepted as one of the most powerful spiritual tools. It is easier to forgive others when we understand that they are here to help us to see our true selves and to learn. In our work, we advocate self-forgiveness, another powerful tool.

It is our purpose to help the client through the pain of viewing those aspects of themselves that they could not see, clear them of negative energies and remove related blocks. This is accomplished through hands-on techniques for shifting energy and teaching people the discipline of applying higher thoughts that reframe their life experiences into positive images. Then, with great pleasure, we watch clients harmonize every aspect of their lives, reflecting their true spiritual self. For more information please visit vibrationalpsychology.com.

Community Emergency Response Team (CERT) Training

Shoreline Fire Department Headquarters, 17525 Aurora Avenue N.
 Melanie Gransfors (206) 533-6564

The City of Shoreline and Shoreline Fire Department are offering a three-week CERT class beginning Tuesday, April 15. CERT classes help citizens learn how to rely on each other during emergencies. The classes are offered to citizens who live or work in Shoreline. The classes will be held on the following days:

Tue, April 15, 6:30 - 9:30 p.m.
 Thu, April 17, 6:30 - 9:30 p.m.
 Sat, April 19, 9:00 a.m. - noon
 Tue, April 22, 6:30 - 9:30 p.m.
 Thu, April 24, 6:30 - 9:30 p.m.
 Sat, April 26, 9:00 a.m. - noon
 Tue, April 29, 6:30 - 9:30 p.m.
 Thu, May 1, 6:30 - 9:30 p.m.

Hills' Food & Wine

"A Neighborhood Restaurant"

Serving Dinners:

Tues-Thursday	4-9:00 p.m.
Friday-Saturday	4-9:30 p.m.
Sunday	4-9:00 p.m.



"3 Stars" Seattle Times, Nancy Leson

*** SPECIAL! 1/2 off All Bottles of Wine Every Tuesday & Wednesday ***

1843 NW 195th in Richmond Beach • (206) 542-6353



Jack Malek

Windermere RE / Shoreline
 Direct: 206.498.2189
 Office: 206.546.5731
jmalek@windermere.com
www.jackmalek.mywindermere.com

What Influences your Child?

Are you tired of the same, old boring exercise routine?

Focus
 Discipline
 Confidence
 Respect

\$19.95
 TRIAL PROGRAM
 INCLUDES: UNIFORM,
 PRIVATE LESSON
 AND GROUP LESSONS

WE MAKE EXERCISE FUN!

Give your child a Different kind of education

Lee's Martial Arts Academy

614 NW Richmond Beach Road
 Shoreline, WA 98177
 (206) 542-7778

WWW.SeattleMartialArts.Org



RIGHT THOUGHT - RIGHT ATTITUDE - RIGHT BEHAVIOR

Fresh Air
 BY ECOQUEST™

Introducing Fresh Air by EcoQuest™...
 By duplicating the same processes nature uses to clean the air outside, Fresh Air by EcoQuest™ keeps indoor air fresh and clean-smelling day and night. Collectively known as SynAirG™, these processes work together synergistically to eliminate smoke, odors and tobacco smoke.

Like clean water, fresh air is essential to our well being. Now, having the fresh air you want is as easy as pressing a button, when it's Fresh Air by EcoQuest™

Call NOW for a FREE trial offer!
 Independent Distributors
 John & Karen Claus
 (206) 542-7123

BEACH HOUSE
 GREETINGS

A UNIQUE CARD & GIFT SHOP LOCATED IN THE RICHMOND BEACH QFC SHOPPING CENTER

626 Richmond Beach Road • Shoreline, WA 9817 • 206 542-2773

Help us preserve this Richmond Beach treasure

BECOME A MEMBER

Kruckeberg Botanic Garden Foundation

(206) 542-4777
 20312 15th Ave. NW • Shoreline, WA 98177
kgbf@kruckeberg.org • www.kruckeberg.org

Please support our advertisers!

The Shoreline/Lake Forest Park Arts Council Presents:

The Third Annual Art in the Attic Sale

March 29th from 9 a.m. – 4 p.m.
Lake Forest Park Towne Center

Ah, art! It appeals to our senses in different ways at different times in our lives. Sometimes it grows on us, and sometimes we outgrow it. When we do, it's time find it a new home. Patrons have donated the art, the only thing missing is YOU!

The Shoreline-Lake Forest Part Arts Council proudly presents the third annual Art in the Attic

sale March 29th from 9 a.m. – 4 p.m. at the Lake Forest Park Towne Center's upper level space next to Third Place Commons, 17171 Bothell Way NE, Lake Forest Park, WA, 98155.

All proceeds benefit Art Council programs. Tax deductible donations of artwork will be accepted until March 26.

The Shoreline-Lake Forest Park Arts Council and Cascade Bank Presents:

An Evening with Shawn Mullins

March 22 7:30 p.m.
Shorecrest Performing Arts Center

Please join the Shoreline-Lake Forest Park Arts Council for an intimate evening with Grammy-nominated singer/songwriter Shawn Mullins on March 22, 2008 at 7:30 p.m. at the Shorecrest Performing Arts Center. A consummate performer and storyteller, this is going to be an incredible showcase for his new album *honeydew* which is set to be released on March 11. Don't miss this show!

Shawn Mullins' vibrant new album, *honeydew* (to be released March 11, 2008 on Vanguard Records) is teeming with humanity—hobos, railroad workers, traveling salesmen, homeless troubadours, fearful old people, youngsters yearning to escape from a dead-end existence, and several generations of family members, living and dead. There's a ton of heartache in this record, and a ton of hope as well. This richly interwoven, character-driven work is

at once the most panoramic album of Mullins' distinguished career and the most intensely personal.

"These new songs are character sketches of people I've come across and places I've traveled through," says Mullins. "Some of my earlier records were set in specific parts of the country, like the West Coast on *Soul's Core* (his 1998 platinum album featuring the indelible hit "Lullaby"). This one is about the south, what has changed and what *hasn't* changed. It has to do with what I'm seeing around me, and telling stories that haven't really been told."

The Shorecrest Performing Arts Center is located at 15343 25th Ave NE, Shoreline, WA 98155. Tickets are available online at www.ShorelineArts.net or by calling 206-417-4645 or visiting the Arts Council office at 18560 1st Ave NE, Shoreline, WA 98155, M-F 12-5 p.m.

The Shoreline-Lake Forest Park Arts Council Presents:
5th Avenue Adventure Musical Theatre's

NW Bookshelf 2: A Brand New Musical

Saturday, March 22, 11 a.m.
Tickets: \$6 all ages

When you open a book you start an adventure. Join us for 5th Avenue Adventure Musical Theatre's production of *NW Bookshelf 2: The Stories Continue*. It's the story of six children who visit their local library searching the shelves for the perfect book. What they discover are shelves filled with books by authors from the Pacific Northwest. With witty lyrics and exciting music, the stories come to life. This show is sure to delight and spur your child's imagination!

Tickets are available on line at www.Shorelinearts.net, by calling the Arts Council office at 206-417-4645 or at our offices at 18560 1st Ave NE, Shoreline, WA 98155. The Shoreline Community College Campus Theatre is located at 16101 Greenwood Ave N. Bldg. 1600, Shoreline, WA 98133.

The Shoreline-Lake Forest Park Arts Council Presents:

First Annual Poetry Month Celebration and Contest

Saturday, April 19, 7:30 pm
Shoreline Community College Campus Theatre

Out of the quarrel with others we make rhetoric; out of the quarrel with ourselves we make poetry.
~ W.B. Yeats

The Shoreline-Lake Forest Park Arts Council joins the tradition of celebrating April as National Poetry Month with the first annual Poetry Month Celebration to be held at the Shoreline Community College Campus Theatre at 7:30 p.m., Saturday, April 19. National Poetry Month was established in 1996 by the Academy of American Poets and has grown over the years into the largest literary celebration in the world.

Poetry Contest applications are available online at www.shorelinearts.net. Work will be judged in three divisions: Secondary Student, College Student, and Non-Student Adult, with cash prizes for College Student and Adult winners, and ribbons for Secondary Students winners. The submission deadline is Friday, March 14.

The Poetry Month Celebration will feature an evening with readings by three recognized Seattle-area poets: Samuel Green, Washington State Poet Laureate Peter Pereira, and Anna Maria Hong. In addition, student and adult winners of a special Poetry Month Contest will read their winning poems.

The Shoreline-Lake Forest Park Arts Council's Readers' Theatre Presents:

September Skies by Jim Moran

Monday, March 31, 7 p.m.
Aurora Room at the Shoreline Center

The Shoreline-Lake Forest Park Arts Council's Readers' Theatre presents "September Skies" by Bellevue playwright Jim Moran on March 31 at 7 p.m. in the Aurora Room at the Shoreline Center. Set at a New York airport, the play centers around two people who briefly knew each other in the past and are now in other relationships, who are thrown together by the fates as they wait to catch the next flight out after their flight to the west coast is cancelled.

Readers' Theater presentations are cast readings of original, un-produced plays. Admission is free and the readings will be followed by coffee, cookies, and a discussion between the cast, the audience, and the playwright.

(Almost) Local History

By Tracy Tallman

This event didn't occur in Richmond Beach. On March 1, 1910 one hundred and one people (at least) lost their lives in a weather year much like this one. Rail transport was the way to travel then if you wanted to get farther than the neighboring town, so a very ordinary group of people left Spokane and points beyond, making their way toward Seattle. They were likely aware of the snowfall and a tad nervous, but the railroad was the Iron Giant that could overcome anything and some of these people likely had no idea of what Stevens Pass was like. No one had driven over it. There was no road. There were few automobiles yet.

But the railroad people knew the dangers. Stevens Pass was the most problematic section of the Great Northern rail line. Since 1910 the long switchback has been replaced and an eight mile tunnel installed, but then it wasn't easy getting over the pass, even in the best of times. The superintendent of the Cascade District was James H. O'Neill, a well-respected newlywed whose wife was in Everett with her small child and a maid. O'Neill ended up spending several sleepless days trapped at or near the trains that eventually ended up in a 700 foot ravine. In fact, his own private car ended up at the bottom as well, encasing remains of some of his friends and co-workers. He, however, was in Scenic when the "Cascade Cement" finally broke loose from the fire-ravaged hill above Wellington throwing the trains and a considerable amount of rubble – tree stumps, other small buildings and equipment with along with it to later hampering rescue efforts.

At least the passengers had a final night of merriment. The decision had been made to walk out the next day and they had enjoyed their last evening of seclusion high in the Cascades by playing cards, putting on a theatrical performance and generally making merry. The gloom that had infested the Winnipeg, as the sleeping car was named, had floated away with the prospect of a short hike, a long slide, and a short train ride into Seattle. It had been deemed possible to evacuate the passengers on foot and they were planning to make their break the next morning. A few of the more impatient (or perhaps prescient) men had walked out in the latter days of February and paved the way for an escape on foot.

Only one man who walked out returned, the universally well-liked conductor - father of seven young children whose family was living near Snohomish, Washington – Joseph Pettit. He had promised to return to the passengers in his care and return he did, only to be swiped off the mountain with the rest. Some of his descendants still live in Snohomish County.

Mrs. Sarah Jane Covington was sixty-nine years old, and had been worried all along about their plight, but she chatted and played cards with the others. After word reached Seattle her son, a minister there, came to the mountain hoping to find her alive. The telegraph lines were down, so the trip had to be made. A diary she had been writing was found near her body to tell her story from the grave.

The entire Beck family, parents and three children died. They had been living in Marcus, Washington and were moving back to Pleasanton, California. They are buried in Livermore, California.

Edward W. Topping had just lost his wife in Ohio and their unborn child. His parents owned a "safety door" company and had sent him west to drum up business and have a change of scenery while they watched his 22 month old son William.



Two massive locomotives lying side by side in the snow at the foot of the hill at Wellington after the disaster. This photo was taken in 1910 by Asahel Curtis and found at the University of Washington Digital Collections site where many more pictures can be found.

Topping had been writing a letter that survived the ordeal. Later, a lawsuit was brought by the grandparents on behalf of young William, but the inquest failed to find any fault on the part of the Great Northern.

The book that captivated me and inspired this article was found at Costco and is entitled *The White Cascade – The Great Northern Railway Disaster and America's Deadliest Avalanche* by Gary Krist. Mr. Krist took some of his data from the notes gathered by Ruby El Hult for her 1960 book *Northwest Disaster – Avalanche and Fire*. A third book by Don Moody – *America's Worst Train Disaster: The 1910 Wellington Tragedy* was published in 1998. There is also information to be found at www.HistoryLink.org and other places on the internet including a LOT of resources amassed on the web site of Robert E Kelly of Renton at <http://home1.gte.net/mvmmvm/research.html>.

In the end there was some thought that O'Neill had been partially responsible because he let a crew of workers trying to negotiate better wages walk off the mountain – leaving few people to do the manual snow clearing necessary to get the trains moving. This eliminated the possibility of putting the train in the nearby tunnel. The workers had been making 15 cents an hour and wanted a raise because the conditions were treacherous and their room and board amounted to \$4.50 per week, leaving them with little profit. Of the workers who remained and were killed, several were buried in unmarked graves and the consensus is that some may never have been found. Few records were kept of day laborers in 1910.

Another criticism of Great Northern surrounded the recovery effort. Survivors and relatives of those who died felt that Great Northern had more interest in getting their mail car back up and running after the Disaster than finding the bodies of the victims, and indeed they had a lucrative contract to run the mail to the west coast that was in jeopardy and they felt an urgency to get the track opened and the trains running again.

Whatever the truth, it was a tragic event. With the recent closures of our mountain passes it seems that although the details change, the reality remains somewhat constant as the years march on.

Spin Alley Bowling Center

Come help us celebrate
all month with specials!

206-533-2345



NEW LANES!
NEW COSMIC
LIGHTS!

Cosmic Bowling Special

\$2 off with this ad

Friday/Saturday nites

10:00 pm - Midnight

After school special with this ad:

M-Th: \$2 games \$2 shoes

Hours:

•Monday – Thursday 10 am - 9 pm
•Friday 10 am - Midnight
•Saturday 11 am – Midnight
•Sunday Noon – 9 pm

Please support our advertisers!

Gardening Notions

by Deborah Bowen-Mills

Hi everyone. First of all I did not forget you for the February issue; I had a computer glitch. February is a very important month for pruning. The rule of thumb is that pruning is done best on Presidents' Day, but I am hoping that since it has been such a cold winter my advice won't be too late. This is the time for pruning roses, shrubs, trees, perennials and ferns. Remember not everything needs to be pruned. Roses and perennials and ferns every other year is fine, but shrubs and trees do not need to be pruned every year. If they are leggy or have any diseased or dead material then yes prune it off. I like a carefree looking garden; some people like everything groomed. If you do not know what or how to prune, please learn. Pruning correctly is very important and doing it wrong can cause all kinds of problems and an ugly looking tree or shrub. Do not cut back any shrubs that are budded out and bloom in early spring, or you will not have any flowers this year. Also, pruning promotes growth so this is why it is wise not to do it in the winter. When we plant bare root roses, trees and berries we always root prune to promote root growth. There is a very good reason why you cut at a slant and this includes trees, this prevents water from rotting out the freshly pruned stem or branch. By correctly pruning you will help prevent diseases too. Pruning is an art and if you don't know what you are doing read up on

it, get on your computer or take a cutting into your favorite nursery. Please go to a real nursery where they have a lot of certified nurseryman to help you.

Now on to March and the returning of spring! I truly love this time of year. Late February I notice my crocuses blooming first and even though I know it will get cold and rainy and then the little petals will be shattered, I still love and plant them wherever I go. If you did not get a chance to plant any bulbs they will have potted ones at the nursery, this is quite a bit more expensive but if you want them then you have this option. Just remember that they will have them for sale indoors and this shows you that it is too cold to have them outside. The best way to buy bulb starts is when the nursery has the little packs of starts that have not started to bloom yet. This way it's less expensive and you can plant them outside. The nurseries will start having other things to plant too. Onions, potatoes and some early blooming perennials and lots of trees and berries. If you can get anything bare root it is less expensive but you must get it planted right away to protect the roots. Remember to take a good look around: spring is coming and with that the biggest change in our landscaping. Look at the trees as the leaves start to burst out; the color of chartreuse is simply beautiful. Everyday something is changing so enjoy!

Fill up your brisket with Blarney

by Sandra Plush

Saint Patrick's Day is coming and it's time for all those people who love green to get active. Every year they paint a green stripe down the middle of every Main Street for the March 17 Parade. Everyone becomes Irish on that day. They all put "O" in front of their names like O'Shaugnessy or O'Toole, except some of the names don't do so well with "O." For instance, have you ever heard of O'Bush? How about O'Cheney? What do you think of O'Clinton? Of course, this year we have Obama! But he doesn't claim to be Irish

On St. Patrick's Day the Irish remember the "potato famine." Actually, we don't really remember it but we all go out and eat potatoes and drink green beer to commemorate it. Did they dye their beer green back then when they ate all those potatoes?

Now, should you happen to feel like eating baked potatoes and drinking green beer, they're serving it up March 14 at the Shoreline-Lake Forest Park Senior Center. Doors open at 5:30 p.m. where they offer a banquet of Irish green salad, Gallic bread, baked potatoes with all, and I mean ALL the trimmings. Besides sour cream and chives, bacon bits and cheese, they will even offer Corned beef and cabbage and other Irish toppings!

Wash it all down with green beer and stay for the entertainment. Lynne and Dave "O"Cheeney will play and Irish Dancers from Peggy O'Toole Weber's Irish dancing class will perform. There will be a ceili (Irish line dances, reels, etc.) as well!

Anyway, don't forget to tell your friends in case they don't read newspapers. Of course, that includes all the beer and the trimmings on top of the potatoes. And since there's no free lunch (or dinner in this case) the cost is \$15 a plate. Tickets go on sale Feb. 25, \$15 for senior center members, \$18 for others and \$12 for children under \$12. Seating is limited! Buy your tickets early.

The Shoreline-Lake Forest Park Senior Center is located at 18560 1st Ave NE, in Shoreline. Call (206) 365-1536 for more information.

Container Gardening

On Wednesday, March 11th, 2008, at 7 p.m., the Sustainable Shoreline Education Association is sponsoring a talk on Container Vegetable Gardening at the Richmond Beach Library. There is no charge for this talk, presented by Gini Paulsen.

Conifers that turn golden in fall and are bare in winter

by Art Kruckeberg

Much of the "living architecture" of our garden is created by cone-bearing (coniferous) trees. Most are needle-leaved evergreens: pines, hemlocks, firs and spruces. But a notable number of conifers are deciduous. Plant scientists are still puzzled by the "purpose" or adaptive role of deciduous cone-bearers. After all, they usually coexist with evergreens. Here in the Northwest, larches keep company with evergreens like ponderosa pine, spruce and grand fir. Both types endure frigid winters and hot summers. Just witness them in late fall, thriving together just east of Chinook Pass. Both our native larches occur east of the Cascade Crest.

Larches most resemble their evergreen kin, the true cedars, in the old-world *Cedrus* (like Atlas or Deodar cedars). All bear their needle leaves in clusters on stubby, short, lateral shoots.

Larches in variety offer a major display in our garden. Besides our native western larch (*Larix occidentalis*), we feature a European larch (*L. decidue*, the pendant form) and two Asiatic larches (*L. gmelinii* from northern China and *L. kaempferi* from Japan). A third, the golden larch, is placed in a related genus, *Pseudolarix*. Our other native larch (*L. lyalii*) is a high mountain

species that just won't survive in our lowlands, so be content to see it in the wild. Lyall's larch can be seen in all its subalpine glory at Washington Pass, on the North Cascades Highway (US 20). For backpackers, their autumnal gold is stunning in the Enchantments or at Ingalls Pass (both Alpine Lakes Wilderness).

Yet we do have a taste of Lyall's larch in the garden: progeny of an intentional cross of Lyall's larch with western larch.

Two other deciduous conifers grace the garden. We grow several of that remarkable living fossil, dawn redwood, much admired by garden visitors. Its near relative, bald cypress, likes a moist site in our garden; it is native in cypress swamps in the southeastern United States.

Deciduous conifers appear most striking in autumn, golden yellow just before leaf-fall, and then in spring, when their buds break open with new leaves. These elegant trees form vivid contrasts with their evergreen kin. The kinship of larches with many other conifers is revealed by their inclusion in the Pine family (*Pinaceae*). Besides larches and cedars, the family embraces pines, Douglas fir, true firs, hemlocks and spruces.

BRONSCAPES
CUSTOM RESIDENTIAL LANDSCAPES

Jeff & Linda Brons, Owners
206-940-3480

RICHMOND BEACH based
Owned & operated since 1992

Fax: 800-862-7450
www.bronscapes.com
LICENSED - BONDED - INSURED

Your Neighborhood Accounting Service

June E. Howard, CPA
Individual, Business & Estate Taxes
All Accounting Services

Call for your appointment
542-8177
jeh.cpa@verizon.net

PROFESSIONAL
Dental Care

Dr. Lynn Leyde
206.546.8377

Specializing in gentle care

721 North 182nd Street, Suite 301
Shoreline, Washington 98133
E-mail: info@pdcare.com

Serving

Individual Investors Since 1871

Stocks Mutual funds Bonds Government securities
Tax-free bonds CDs Money market funds IRAs

...and much more. Call or stop by today!

Serving individual investors from more than 7,000 offices nationwide.


Mark Anderson
621-B NW RB Road
Shoreline, WA 98177
542-4930
www.edwardjones.com
Member SIPC

Edward Jones®

QUALITY WORKMANSHIP SINCE 1984

Residential & Apartments
Composition • Shakes • Torchdown Roofing
Free Estimates • References Available
All Work Guaranteed • Licensed • Bonded • Insured
542-6692

JOHNSON ROOFING & GUTTERS
JOHNSR160DA

Happy New Year! *Beauty at its finest.*

Grace NAILS & SPA
Skin Care

Gift Cards Available

All services including nails, spa pedicures and skin care!

Permanent Makeup • Eyebrow & Eyelash Tint • Eyelash Extensions • Waxing
Removal: Age Spots, Acne, Sun Damage, Moles, Tattoo & Hair • Wrinkle Reduction

206-533-1200
1437 NW Richmond Beach Road • Shoreline

Mon-Fri 9:30am-7:00pm • Sat 9:30am-6:00pm

20% OFF All Service for New Customers Expires 2/29/08

Pedicure: \$5 OFF or Manicure: \$3 OFF Expires 2/29/08

Richmond Beach
Congregational Church
United Church of Christ

An Open and Affirming Congregation
Handicap Accessible

Sunday worship is at 10am
Sunday school and nursery care provided
Bible study classes at 8:30am

We are a Christian community that fosters mutual understanding and respect as we journey together in a diverse world. We seek justice and peace for all.


Rev. Joy R. Haertig
Senior Pastor
206-542-7477
www.rbccucc.org

Stacks of photos?

Karen Weber
Creative Memories Consultant

Visit my new website:
www.creativememories.com/kweber

206 546-1662

Richmond Beach
Photo Albums & Supplies
Classes & Workshops

Please support our advertisers!

March calendar of community events

Richmond Beach Library Call 546-3522 for information

Children & Families

Read to Me!

For children ages 0-5 and their caregivers. Read together for 20 minutes for 20 days in a month, and bring a completed 'Read to Me' form to the library to select a free prize book! Ask at the Information Desk for more details. This program runs through June 2008.

Study Zone

Mondays March 3, 10, 17 & 24, 4:00 to 6:00pm
Need homework help? Get it at the library! The Study Zone is a great place to study, do homework, and get help with your questions.

Pajamarama Family Story Time

Wednesdays March 5, 12, 19 & 26, 7pm
All young children welcome with parent or caregiver. Wear your pj's and join us for books, stories and songs!

Toddler Story Time

Thursdays March 6, 13, 20, & 27, 10:15am
Join us for books, fingerplays, stories and songs just for toddlers! Ages 2 to 3 with adult, siblings welcome.

Preschool Story Time

Thursdays March 6, 13, 20, & 27, 11am
Share the wonderful world of books with your preschooler! Ages 3 to 6 with adult, siblings welcome.

Adult & Teen

Afternoon Book Discussion Group

Thursday February 14, 2pm
Join us for a lively discussion of *Winter's Bone*, a novel by Daniel Woodrell. Ree Dolly's father has skipped bail on charges that he ran a crystal meth lab and the Dollys will lose their house if he doesn't show up for his next court date. With her mother and younger brothers depending on

her, Ree knows she has to bring her father back-dead or alive-or see her family turned out into the unforgiving cold.

You Can't Make 'Em Do It!

Saturday, March 08, 3:00 PM
Presented by Roslyn Duffy, for adults-parents, educators, child care providers.
You can't make a child eat, sleep or use the toilet. Only she can open her mouth, close her eyes or sit on a potty and actually DO something while there. In other words, she is in complete control. What we can do is invite cooperation, set the stage for success and stay respectful. Learn how to create environments that encourage self-confidence, as well as, satisfied stomachs, well-rested children and more toileting triumphs than diaper-duty. Stars credit available.
Registration required. Register online at www.kcls.org/programs or by calling 206.546.3522.

SAT Preparation Session I: Diagnostic Test & Introduction

Saturday, March 29, 10:00 AM (additional dates: April 5, 12, 19 & 26)
For Teens. Five sessions will get you started to prepare for the SAT. In addition, you'll receive a copy of the Official SAT Study Guide. You must attend all five sessions to participate.
Registration is limited and begins March 15. For more information call the library 206.546.3522.

Special programs at the Shoreline Library
345 NE 175th 206-362-7550

SCORE Counseling

Event Type: Adult Programs
Date: Thursday, March 06, 2008
Start Time: 10:00 AM
Library: Shoreline Library
Description: SCORE counseling.
Age(s): Adults
Please call 206.362.7550 to make an appoint

Shoreline School District

Support Staff Appreciation Week
Mon., Mar. 10

School Board Meeting
Mon., Mar. 10, 7:30 p.m.

Second Trimester Ends
Thur., Mar. 13

No School - Staff Work Day
Fri., Mar. 14

Regional History Day Contest
Wed., Mar. 19 Shoreline Center

School Board Meeting
Mon., Mar. 24, 7:30 p.m.

Shoreline Public Schools Foundation Appreciation Week Mar. 24-29

Westside Choral Festival
Tue., Mar. 25, 7:30 p.m. Shorewood Theater

Shoreline Foundation Community Breakfast & Luncheon Thur., Mar. 27

No School - Spring Break
Mar. 31 - Apr. 4

Einstein Middle School

8th Graders Receive Shorewood Registration Materials Mon., Mar. 10

Spring Forward! Shorewood registration; Einstein PTSA General Membership Meeting and Awards Ceremony; Jazz Ensemble Performance
Tue., Mar. 11, 6:30-8:00 p.m. Cafeteria

SKMEA Mid-Level Band Festival
Thu., Mar. 13

Shorewood Registration Materials Due
Mon., Mar. 17

Grades Posted Online
Mon., Mar. 17

Report Cards Sent Home
Mon., Mar. 24

Concert Band Performance
Thur., Mar. 27, 7:00 p.m.

Syre Elementary

Syre PTA General Membership Meeting, Golden Acorn & Outstanding Educator Award Ceremony
Tue., Mar. 18, 7:00-8:30 p.m. Library

Partners in Print Workshop
Thur., Mar. 20, 6:00-7:30 p.m.

No School for AM Kindergarten Only for Parent Conferences Mar. 24-28

No School for ADK Only for Parent Conferences Mar. 26-28

Early Release for Grades 1-6 for Parent Conferences Mar. 26-28, 11:50 a.m.

Shorewood High School

Orchestra Concert
Tue., Mar. 11, 7:30-9:30 p.m.

Principal's Coffee
Thur., Mar. 13, 8:00-8:45 a.m.

World Night
Thur., Mar. 13, 5:30-8:30 p.m.

Cheer Try Outs
Mar. 17-24

Principal's Brown Bag Lunch
Tue., Mar. 18, 12:45 p.m.-1:30 p.m.

Shorewood PTSA Meeting
Tue., Mar. 18, 7:00-8:00 p.m. Library

Band Concert
Tue., Mar. 18, 7:30-9:30 p.m.

Westside Choral Festival
Tue., Mar. 25, 7:30 p.m. Shorewood Theater

Private School Registration Night
Wed., Mar. 26, 6:00-7:00 p.m.

Community Help Needed

Raffle Donations for Strawberry Festival (spring) - Soliciting donations from local businesses for raffle at Strawberry Festival. Proceeds help cover costs of event. Great opportunity to highlight businesses in the Richmond Beach community. Donors would be acknowledged in this newspaper and at the event. Contact Sheri Ashleman at 542-9147.

Sponsor for Bounce House at Strawberry Festival (May) - Looking for a business or individual to sponsor the bounce house at the Strawberry Festival. Cost would be approximately \$200. Donor would be acknowledged in this newspaper and at the event. Contact Sheri Ashleman at 542-9147.

Volunteers to Work at Strawberry Festival (May 10) - Need helpers to set up, assist at food booths, run games and activities and clean up. Contact Sheri Ashleman at 542-9147.

Storage Unit (year round) - Looking for a secure, dry storage unit for the Halloween Carnival equipment. Currently rent a 10' x 15' space. Finding free storage would save the community association approximately \$1,700 a year. Contact Sheri Ashleman at 542-9147.

Volunteer Coordinator for Halloween Carnival (fall) - A newcomer to Richmond Beach, Maren Harrington, has volunteered to co-chair this position. Would be helpful to find someone to work with her who has children or connections at Syre Elementary. A friendly, outgoing personality is desirable! Contact Sheri Ashleman at 542-9147.

Halloween Decorations - (year round) Cleaning out the closets? Don't throw away your unwanted Halloween decorations. Will take anything in good condition that can be used to decorate the carnival. Contact Sheri Ashleman at 542-9147.

Front Desk Receptionist: The front desk is the hub of the Senior Center. If you, or someone you know, wants a responsible, vital volunteer experience, this is the one! Receptionists usually work one-half day per week; either mornings or afternoons. Positions are now available. 18560 1st Avenue NE, in Shoreline. 206-365-1536, shorelinesc@seniorservices

Volunteer Drivers Urgently Needed: The Shoreline/Lake Forest Park Senior Shuttle urgently needs more volunteer drivers. We are seeking dedicated people to drive our senior shuttle, which transports local seniors to hot lunch programs, grocery stores, and local errands. Drivers do not need a special driver's license and we offer free training. If you are interested, or if you know anyone that may be interested, please call (206) 448 5740 or apply online at www.seniorservices.org

Help wanted?

Are you involved with a non-profit organization that seeks volunteers? Perhaps we can help. The *Richmond Beach Community News* will include a monthly "Help Wanted" column to provide a space for organizations to ask for volunteers. There are many ways Richmond Beach residents can help others in the community and this is your access to these opportunities. Send an email with your "Help Wanted" ad to grahmarc@ctr.net. Notices should be less than 50 words. Please provide a telephone number for contact.

RBCA Community Events

Park Clean Up

Sat., March 15, 10 a.m. to 2 p.m.
Richmond Beach Saltwater Park
Meet at the lower parking lot restrooms
Sponsored by City of Shoreline

Art Show

Fri., May 9, 6:00-9:00 p.m.
Sat., May 10, 10:00 a.m.-5:00 p.m.
Richmond Beach Library
Artists contact Bette Round at 542-0336 or
Richmond Beach Library at 546-3522
Sponsored by Friends of the Richmond Beach Library

Strawberry Festival

Sat., May 10, Noon-5:00 p.m.
Richmond beach Community Park
Music, food, games & more!
Sponsored by RBCA

Community Garage Sale

Sat., May 17
For buyers and sellers alike!
Sponsored by RBCA

Beach Blossoms Garden Tour

Sat., June 14, Noon-4:00 p.m.
Community sharing of gardens
Call Lynn Wright at 542-4554 to be included on the tour
Sponsored by RBCA

Articles Sought for April Issue

We are planning our April issue (for all fools). Do you have a joke or funny story to share? Please send your articles, cartoons, jokes, etc. to grahmarc@ctr.net. Please include your name (or pseudonym) with your submittal. The deadline is March 15th.