

RICHMOND BEACH

COMMUNITY NEWS

Visit Richmond Beach at:
www.richmondbeachwa.org

Published by the Richmond Beach Community Association

October 2008

Richmond Beach Community Association

Next General Meeting

Tuesday, Oct. 14th, 2008

7:00 pm

Congregational Church

Candidates' Night Tuesday, October 14

The biggest night of the year on RBCA's calendar is this month: the annual Candidates' Night. It will be held from 7 p.m. to 9 p.m. in the basement of the Richmond Beach Congregational Church.

This year, with no local races scheduled, the RBCA has invited all the candidates for state and federal office to appear. At press time, response has been good, with candidates or official spokespeople for nearly every contest on the ballot pledging to attend. This includes the races for Washington State Governor, U.S. Representative for District 1, and State Representative for the 32nd District. Candidates or spokespeople for those vying for secretary of state, auditor, treasurer, and lieutenant governor are also expected to attend.

Richmond Beach Candidates Night has long been considered a "don't miss" event both for the community and for people running for office. Last year's event drew a standing-room-only crowd to hear every candidate for every office on the ballot in a mostly local election. This year's election involves crucial leadership decisions, as the state and the nation face important, if not dire, economic challenges and as some long-simmering cultural issues come to a boil.

Candidates for each office will have the opportunity to make a short speech. Then there will be time for all the candidates to respond to general questions from the audience. There will also be the opportunity for questions directed toward certain offices. As at past Candidates' Nights, there will be some informal "meet and greet" time before and after, and campaign literature and materials will be available.

Forum on Initiative 1000

By Evan Smith

Representatives of both sides of Initiative 1000 will debate the initiative Sunday, Oct. 19 at 11:30 a.m. in the basement of the Richmond Beach Congregational Church.

Proponents of I-1000 call it "Death with Dignity." Opponents call it "Assisted

Suicide." It is one of three statewide initiatives on the November ballot.

Members of the audience can write questions for the moderator to ask of the panelists.

The church is at the corner of Richmond Beach Road and 15th Avenue Northwest.

Turkey Day Fun Run

By Sheri Ashleman

Prepare for your Thanksgiving feast by starting the day off with a brisk jog or walk through scenic Richmond Beach. On **Thursday, November 27**, meet at the entrance to the Richmond Beach Saltwater Park at 8:30 a.m. for warm up. Parking is available in the park's lower lots. Do not park along 20th NW or 190th Street, which are part of the course. Dress for the weather and bring a water bottle. After a group photo, participants will be off and running shortly after 9:00 and be finished by around 10:00. The course for joggers/runners is 3.4 miles and a shorter 1.6 mile course has been planned for walkers, with an alternative course for those who wish to avoid "Dead Man's Hill" (if you participated in the run last year, you know which hill this refers to!).

Come as a family, bring a friend or attend solo and meet your neighbors!

This year's theme is a celebration of the summer Olympic games. Participants are encouraged to dress in their finest sports regalia or dress as their favorite athlete. Groups may choose to wear similar colors or uniforms to designate them as a team. Be silly and have fun!!!

Register for the event by filling out the upper portion of the form printed on p. 3 or contacting one of the organizers listed with your name, age (youth or adult), email address and whether you will be walking or running. Participants will receive a digital

See **Turkey Day Run** on Page 2

President's Message

By Ed Adams

October is the time of the year that work for the Richmond Beach Community Association Board picks up. Not that any other month of the year doesn't have anything important going on, but now we get serious. The events of the fall and winter are just around the corner and are going to take a lot of effort by the board and the community. We begin with the Candidates' Night on Tuesday, October 14th and continue with the annual Halloween Carnival at Syre School on Saturday October 25th. Both events are some of the larger events hosted by the Richmond Beach Community Association.

The candidates' night is held at the Richmond Beach Congregational Church and begins at 7:00 pm. Even though this year does not have a lot of local flavor, it is an important year nonetheless. Invitations to attend have been extended to the entire list of candidates in the area including the governor's race. This will be your chance to hear what candidates or their representatives have to say and get your questions answered. Plan on getting there early as the room is usually full.

The Halloween Carnival continues to grow and get better every year. Set up begins on Friday afternoon, continues into the evening, starts up again on Saturday morning and completes in the afternoon just prior to



Ed Adams, RBCA President

the opening. The number of volunteers that participate in this event takes continues to grow each year. If you have time, tools and a willingness to help, please contact any of the board members or volunteer coordinators and find out when and where you will be needed.

As the year moves forward you will read, and probably get tired of hearing from me, the same message: "Get involved and stay involved." Your efforts are needed to help build the community. Whether you volunteer for just one event, help with all of the events or run for the board, now is your chance to be involved.

Halloween Carnival Update

By Sheri Ashleman

Trick or treat! It's fall and time for Richmond Beach Community Association's annual Halloween Carnival held at Syre Elementary School located at 19545 12th Avenue NW. On **Saturday, October 25, from 3 to 7 p.m.**, children of all ages and their parents can scare up some fun at the carnival where they will find games, inflatables, a cake walk, a haunted house, a raffle full of great prizes, food and much, much more. Kids love to show off their costumes for this event; parents are encouraged to dress up too! Parking is limited, so please walk if possible. Tickets are 3 for \$1. All games and attractions are paid for with tickets; food can be purchased with tickets or cash. Most games are one ticket; the larger attractions are three tickets; and food prices vary. This is not a fundraiser, so prices are family friendly!

Volunteers: The success of the Halloween Carnival is attributable in large part to the many volunteers it takes to put on this event. Volunteers are still needed to work in the booths and construct the haunted house. Please call our Volunteer Coordinators, Maren Harrington at 853-2657 or Rhoda Plesha at 542-8443 with offers to help.

Cakes Needed: Volunteers are also needed to bring cakes for the cake walk. To make it convenient and inexpensive to donate, Richmond Beach QFC will have their Halloween cakes on sale for \$1 off the regular price. Cakes may be dropped off on the stage at Syre on the day of the carnival anytime after 9:00 a.m. Cake bakers please contact Felicia Forrest at 533-2314 or Gail Turk at 533-8828.

Raffle Donations: The Raffle Committee will gladly accept donations for the raffle. Businesses, as well as individuals, are encouraged to donate items or cash to purchase prizes, and they will be acknowledged in this newspaper. Donations can be made by contacting Doris McConnell at 546-9380.

As you can see, there are many ways in which to participate in this community-building event. Some require time, others require a financial donation. Find the one that works best for you and call today to volunteer. Above all else, bring your family to the carnival for a good time, to mingle with friends and neighbors, and to support the Richmond Beach community!

Anina's CORNER

by Anina Coder-Sill

The recent tragic pit bull attack in Seattle made me think of all the tips I've learned about various emergency situations. We are advised to wrap our arms around our torso and avoid eye contact if attacked by a dog. Stay calm, stand still, and yawn to appear non-threatening. Right.

If a cougar attacks, stand and face it, appear large by waving your arms and jacket, back away slowly. Don't run.

If a bear attacks, back off slowly if it is a grizzly—if it makes contact, lie face down

with your hands clasped behind your neck and play dead. If you encounter a black bear, shout and fight back, and (here it is again) don't try to outrun the animal. If you are attacked by a shark, bonk it in the gills or on the nose. Running away won't work in this scenario, either.

If there is an earthquake, get under a sturdy desk or a doorway. In case of a fire, get out of the building—but if your clothing or hair catches fire stop, drop, and roll. If there is a hurricane and the authorities tell you to evacuate, do it.

I can imagine that if I ever actually encounter a charging animal, I might get all mixed up and jump up and down, yell, look for a desk to hide under and stop, drop and roll. I just don't picture the yawn. I actually think I would remain calm (relatively speaking) in a fire or an earthquake, partly

because I've either had very limited experience with slight earthquakes, and because I've either rehearsed the fire drill or because it was embedded in my brain as a child at school. Both my husband and I remember the school assemblies when the fire fighters came to visit, and had a large toy house they set on fire. Thrilling!

Of course, it would be best to avoid all of the above from happening in the first place. But if you love the outdoors, use the buddy system, make noise when hiking to give animals the opportunity to leave the area, and read the warning postings by trail heads. We can't avoid earthquakes, but we can prevent fires. Fortunately, hurricanes aren't on the nearby horizon here. Check your bottled water supply, flashlights, and radio and feel fortunate to live in a beautiful and relatively safe part of the world.

You Should Have Been There!

by Tom Petersen, RBCA Vice President

The September public meeting of the Richmond Beach Community Association featured three presentations. Following suggestions from neighbors, officials were invited to address graffiti, plans for an off-leash dog park, and the upcoming series of "Community Conversations" about future development plans for Shoreline.

Sergeant Katie Larson of the Shoreline Police Department rolled out the anti-tagging and vandalism drive, "Give Graffiti the Brush-Off." Her team has cut graffiti dramatically all over Shoreline, and they've nabbed three of Richmond Beach's worst perpetrators. The department is pressing for prosecution, not just restitution. Sergeant Larson told us that the Shoreline Schools must spend \$50,000 per year cleaning graffiti, which might otherwise fund the recently-axed "C" sports programs at the

high schools. She urged all residents to follow the "3 R's: Report, Record, and Remove." Details of the police program will be presented in the November issue.

David Levitan of the City of Shoreline encouraged all residents of Richmond Beach to attend one or more of the "Community Conversations" during October at various sites around the city. The hour-long meetings start at 7 p.m. Richmond Beach is the "host" of the October 20 meeting, which will be held at Crista. Brochures and a calendar are available online or at city offices. People will chat with city officials and neighbors about what we want Shoreline to look like over the next 30 years.

Jesse and Ana Skinner announced the six finalist locations for off-leash dog parks in Shoreline. The City is likely to choose more than one site, taking into consideration

location, amenities, suitability and environmental impact. The area north of the picnic shelters on the beach at the Saltwater Park is one area under consideration that is already very popular. The selection team is aware that an inability to fence off that part of the beach and the great number of people using the site pose significant problems. Other possible sites include the old Aldercrest Elementary, North City Park, the small playfield next to the transfer station, and a park-like strip along a parking lot near Boeing Creek that many people already use for off-leash dog play. Richmond Beach residents are encouraged to contact the city and leave opinions, pro or con, for any site, by the end of October.

It was a lively and informative meeting. You should have been there!

Turkey Day Fun Run *(Continued from Page 1)*

copy of the group photo by email. Those who are pre-registered will have their names entered in a prize drawing.

Long sleeve t-shirts commemorating the event are available by pre-order only for just \$12 each. This year's t-shirt features a new design related to the theme and bears the year and sponsors' names. Simply complete the lower portion of the form on Page 3 and mail it, along with your check made payable to "Richmond Beach Community Association," to P. O. Box 60186, Richmond Beach, WA 98160-0186, by **October 31**. Completed forms with checks (no cash) attached may also be dropped off at Spin Alley. Additional order forms are available at Spin Alley. Shirts will be available for pick up at the event. Please thank and support the following owners/businesses for sponsoring

this event and encouraging a healthy lifestyle for our residents:

- Scott & Andie Piteo/Achtung Graphics
- Eric A. Carlson, D.D.S.
- Drs. Fong & Bennett/Highlands West Dental
- Mark E. Simons, D.M.D., Orthodontics
- Evan Voltsis/Spiro's Pizza and Pasta
- Dong Lee & Joe Whitworth
- Lee's Martial Arts Academy
- Richard T. Jones, D.D.S./Jones Orthodontics
- Harley O'Neil/Spin Alley
- Matthew Fairfax/James Alan Salon
- Richmond Pediatrics
- Jeff & Linda Brons/Bronscapes

RBCA will be conducting a food/fund/gift drive to support Hopelink in Shoreline at the Turkey Day Fun Run. Hopelink provides emergency services for low-income

families in our community during the winter months when they face added pressures such as higher home heating costs and additional food needs. Help our neighbors in need by bringing either canned food items or a cash donation (make checks payable to "Hopelink"). Food items most needed are juice (100% juice only), canned fruit, applesauce, rice, dry beans, canned vegetables and pasta. Please do not include items that have expired or those in glass containers. Participants may also bring toys or new clothing for the Gift Room, which allows parents to choose holiday gifts for their kids from the hundreds of items that are donated. Thank you for supporting Hopelink!

For more information or to register, contact Sheri Ashleman at 542-9147 / sbashle@aol.com or Don Wilson at 533-9631 / dwphotog@comcast.net.

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

2008-2009 Community Association Board of Directors

- Ed Adams, President
ed.adams@macmiller.com 542-8229
- Tom Petersen, Vice-president
mtson@icehouse.net 546-4865
- Lisa Buchheit-Ekdahl, Secretary
llek Dahl@msn.com 546-4891 X35
- Jack Malek, Treasurer
jmalek@windermere.com 546-5731
- Debbie Bowen-Mills, Board
drene52@hotmail.com 546-2050
- Sherry Edwards, Board
dsma@comcast.net 546-3724
- Steve Kerr, Board
SfKerr@cablelang.com 546-3693
- Sheri Ashleman, Board
sbashle@aol.com 542-9147
- Scott Becker, Board
scottb@fourfoldarchitecture.com 533-9112
-
- Scott Keeny, Membership
skeeney2@comcast.net 533-1024
- Sheri Ashleman, Events
sbashle@aol.com 542-9147
- Tom Penrod, Webmaster
tom.penrod@verizon.net 542-1412
- John Durgin, Circulation 542-1633

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.

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"/> |

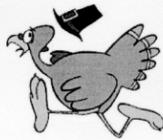
Join now and support the Richmond Beach community. There are many opportunities to be involved and you and your family will enjoy the fun of working with others to make our community a better place to live.



TURKEY DAY FUN RUN AT RICHMOND BEACH

Thursday, November 27, 2008 - 8:30 a.m.
Richmond Beach Saltwater Park

Registration and T-Shirt Order Form



Registration:

| Name | Age | Email Address | Walk or Run? |
|------|-----|---------------|--------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

T-Shirt Order:

Youth Sizes: M(10-12) L(14-16) - \$12
Adult Sizes: S(34-36) M(38-40) L(42-44) XL(46-48) - \$12
Adult Sizes: XXL(50-52) XXXL(54-56) - \$12

| Name | Size | Price |
|---|------|-------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| GRAND TOTAL | | \$ |
| Sales tax included in all prices | | |
| Make checks payable to "Richmond Beach Community Assn." | | |

NAME: _____

PHONE: _____

DEADLINE TO RECEIVE ORDERS: OCTOBER 31, 2008
QUESTIONS? Contact Sheri Ashleman @ 542-9147

Mail form and check to:
Attn: Turkey Day Fun Run
Richmond Beach Community Assn.
P. O. Box 60186
Richmond Beach, WA 98160
or return form (with check) to Spin Alley

Readin' and Bleedin' at the Richmond Beach Library!

By Tom Petersen

The Puget Sound Blood Center's mobile unit will return to the meeting room at the Richmond Beach Library on Monday, October 13, and will take donors between 10 a.m. and 5 p.m. Walk-ins are welcome. Past donors are encouraged to keep up the good habit. Appointments can be made by calling the Blood Center, at 800-398-7888, or e-mailing mailto@scheduling.psbcc.org or going to the online appointment calendar

at psbc.org and finding the Richmond Beach mobile unit event.

The last event, in August, had 17 donors. This was fewer than the number that turned out for the two drives in the spring, but still more than the number needed to keep hosting these events. The Puget Sound Blood Center has been very happy with the high level of community response and encouragement Richmond Beach gives to this vital service.

Home Stay Families Needed

Are you interested in learning about what it's like to live in places such as Japan, Indonesia or Russia? Have you always wanted to talk one-on-one with someone from someplace you've never been?

ABODE Homestays (ABODE) is currently looking for home stay hosts for international students who will begin studying at Shoreline Community College in the fall. Hosts need only to provide students with a private furnished bedroom and three meals a day (self-served breakfast and lunch/dinner prepared by the host most nights of the week). Hosts are not required to provide transportation to school as students will use public transportation. A monthly stipend of \$595 will be provided to cover the cost of hosting a student.

Young families and single parents, retired couples and single people from a variety of ethnic and socio-economic backgrounds are eligible to host students if they meet the home stay requirements. Applications must be received by ABODE at least one month before the student arrives in the Puget Sound area. This allows the organization to find the best matched homes for the students. Families are generally informed of their student two to four weeks before he or she arrives. ABODE and Shoreline CC hope that hosts will have an interest in other cultures and a willingness to share their homes with their international students.

Please consider this opportunity to get to know an international student and share the American culture with them. For more information, please contact ABODE Home stays at (206) 527-8654 or at info@abodehomestay.com.

Full Circle Farm Update

Organic Fruits and Vegetables Delivered in our Neighborhood!

By Beth Seacord

Last month we invited members of the community to let us know if they would be interested in participating in a community-supported agriculture program with Full Circle Farm. From the wonderful response that we have received, we hope that very soon Richmond Beach Congregational United Church of Christ will become a drop-off point for Full Circle Farm, a certified organic farm in Carnation.

Full Circle Farm's CSA program provides members with a box of organic vegetables, fruits and more on a weekly or every-other-week basis, whichever schedule the individual member chooses. Boxes vary in price from \$30 to \$58, depending on the size you want. Boxes can be customized according to your family's preferences. More information is available at Full Circle's web site at <http://fullcirclefarm.com>. In



some cases, individuals and smaller families are pairing up to share a box, which is a great way to ensure that none of the wonderful, fresh produce goes to waste.

If you have not contacted us and are interested, please do so. Once we have enough interest to be able to assure Full Circle that we meet their minimum delivery requirements of 15 boxes per week, we will notify those who have expressed interest and invite them to sign up through Full Circle Farm directly. CSA members will make their own payments to Full Circle Farm. No money will be collected through RBCC. The church will simply be the drop site.

If you are interested or would like more information, please contact Beth or Marcia at 206-546-4354, or use your email and send an inquiry to: seattorspirit@msn.com.

Become a Volunteer Driver and Change the World, One Mile at a Time.

By Melissa Trebelhorn, Senior Services Transportation Program

With record-high gas prices, it's harder than ever for seniors to run errands, buy groceries, or get to medical appointments. Help seniors in your community remain independent by becoming a volunteer driver for Senior Services Shuttle Program. We are seeking reliable, caring individuals to drive our agency vans—no wear and tear on your own vehicle! We offer flexible hours and free training in defensive driving and passenger assistance. You do not need a special driver's license and do no lifting or bearing of weight. Bilingual drivers are especially encouraged to apply. Interested? Call Melissa at (206) 748-7588 or 1-800-282-5815, email melissat@seniorservices.org, or visit www.seniorservices.org for more information.

Richmond Beach Community Association

HALLOWEEN CARNIVAL

Saturday, October 25
3:00 to 7:00 p.m.
Syre Elementary School
19545 12th Avenue NW

Games & Prizes
Food
Inflatables
Haunted House

Volunteers Needed!

Booth attendants: Rhoda Plesha 542-8443
or Maren Harrington 853-2657
Cake bakers: Gail Turk 533-8828
or Felicia Forrest 533-2314

Richmond Beach...

By Chris Riveland

—that marvelous place, where neighbors know each others' names, greet each other and always have time for a chat, help each other out but respect each others privacy; where we know practically everyone's dog or cats name.

Richmond Beach - quiet, close to magnificent mountains and ocean inlet picture-postcard views! We even call a saltwater park "our own," with all its amenities and ample parking—the site of summer music presentations, and a venue from which to view the Christmas Ships.

We take pride in our library and community park and the festivals presented there—appreciate the many individuals who tirelessly work as unsung heroes all year long

to keep our community the treasured place it is—a healthy, tree-studded, clean place to raise children, to live one's family life, free of annoying noises, free of fast food outlets and rowdy bars.

Let's honor and preserve these privileges and amenities and continue to keep them a reality for many years to come. How have we been so fortunate for so long? Through the dedication of our vibrant Community Association! Won't you consider membership?

Thanks to all who live here and appreciate this corner of the world, where life still seems to be in order, who do their best to keep it this way.

To the Good Folks in Woodway

By Jerry Girmus

I understand that you have plans for a large development on the former Point Wells site. What a fine idea—we really need more condos! Because this is not an easy area to access, we in Richmond Beach offer the following choices:

- (1) Highway 104 to 3rd S (Woodway Park Road). WPR to 238th SW, then to 115th Place west and then west on the new road.
- (2) Due west on 244th SW
- (3) The current access through Richmond Beach. Stop at the toll booth (\$40). A transponder system will facilitate access.

You probably will have to pony up a few bucks for the new right-of-ways but what the heck we know that you are all rich.

Your friend,
Jerry



Health check

By Dr. Fran M. Pinault ND, LAc, MS
Director, Shoreline Natural Medicine Clinic

Assessing Thyroid Function

Each day people are under-diagnosed for hypothyroidism. This occurs for three main reasons. Most doctors are trained to rely on the TSH test (thyroid stimulating hormone) to diagnose hypothyroidism. The reference range is 0.5 to 5.0 and patients are usually diagnosed with a thyroid disorder when they test outside the boundaries of that range. Now, the American Association of Clinical Endocrinologists has changed the reference range to a narrower margin of TSH from 0.3 to 3.0. The new range will result in proper diagnosis for millions of Americans who suffer from a thyroid disorder but have gone untreated.

Many of us who suspected the reference range was too high see this change as a long time coming. The American Association of Clinical Endocrinologists themselves made a statement in 2001 that even though a TSH level between 3.0 and 5.0 mU/ml is in the normal range, it should be considered suspect. Indeed most people with TSH's that fall between 3.0 and 5.0 mU/ml usually have symptoms of thyroid disease such as fatigue, weight gain, depression, constipation, dry skin and others. Also in 2002 the National Laboratory Support for the Diagnosis and Monitoring of Thyroid Disease published guidelines stating: "...given the high prevalence of mild (sub clinical) hypothyroidism in the general population, it is likely that the current upper limit of the reference range is skewed by the inclusion of persons with occult thyroid dysfunction." Volunteers screened that don't demonstrate low thyroid symptoms usually have serum TSH values between 0.4 and 2.5 mU/L.

The second reason many people are missed in their screening for hypothyroidism is because many doctors are not aware that there is an optimal part of the reference

range. This is also the reason that many patients already on thyroid hormone are under-medicated and still present with hypothyroid symptoms. The National Laboratory Support for the Diagnosis and Monitoring of Thyroid Disease also published guidelines in 2002 stating that TSH levels between 0.5 and 2.0 mU/L is generally considered the therapeutic target with thyroid hormone supplementation. A British study demonstrated that a thyroid stimulating hormone concentration above 2 mU/l was associated with an increased risk of future hypothyroidism.

Establishing and treating hypothyroidism is important to prevent other disorders. Hypothyroidism is associated with infertility, immune dysfunction, heart disease, and breast cancer, and new research reveals that older women with inadequate thyroid function have double the risk for Alzheimer's disease. It is speculated that about 20% of post-menopausal women have under functioning thyroids.

The third reason that some people are under diagnosed for thyroid disease is that doctors do not order other thyroid hormone tests other than TSH for screening. TSH is a hormone made by the pituitary gland that stimulates the thyroid to produce hormones. The actual hormones the thyroid produces are T2, T3, and T4, but mostly T4. T4 is converted to T3, the active form. I have found that people can have acceptable TSH levels but are deficient in T3 levels. T3 is needed for brain function and lack of T3 can lead to memory impairment, depression and other cognitive disorders. Instead of just measuring TSH, a better laboratory screening for thyroid hormone assessment is TSH, Free T4 and Free T3, with the free forms being the active forms.

Local History

Tracy Tallman was in Louisiana last month working on relief projects and did not get a chance to prepare her monthly article about local history. Her popular column will resume in the November issue.



DISCOUNTS.

See me today and get the discounts and service you deserve.



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



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®

PO57015 9/05

statefarm.com®

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL

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



Jack Malek

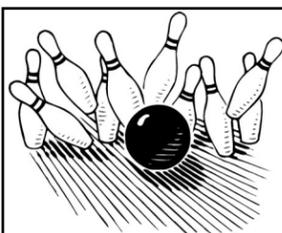
Windermere RE / Shoreline

Direct: 206.498.2189

Office: 206.546.5731

jmalek@windermere.com

www.jackmalek.mywindermere.com



**1430 NW Richmond Beach Road
Shoreline**

206-533-2345

www.SpinAlley.com

Birthday Parties • Holiday Parties

**Spin Alley
Bowling Center**

\$3 OFF COSMIC bowling
Every Friday and Saturday Night
10:00 pm-12:00 am
Bowling Shoes included
Regular cost: \$15.00

Please support our advertisers!

Richmond Beach Haunted Yard for Charity

Calling all friends, neighbors, ghosts and goblins! Once again it is time to awaken the spirits locked in the Klein's household for the Halloween season.

Come and enjoy our annual authentic haunted yard and help support our local food bank. This creepy, possessed exhibit will be on display from Wednesday, October 29 through Saturday evening, November 1. Our address is 19818 19th Avenue NW.

Stop by for a neighborhood fright and enjoy a cool, spooky Halloween tribute. We will be accepting donations of any non-perishable food items of your choice. All donations will go to the local Shoreline Food Bank.

Tell your friends, bring the kids, watch your step and help make this a terrific annual event... Plus, come visit us on Halloween night for the block's best candy!

Have a safe and happy Halloween!

The Shoreline-Lake Forest Park Arts Council Presents:

An Evening with Jonatha Brooke

October 11 7:30 pm
Shorecrest Performing Arts Center
Tickets: \$20/22

Please join the Shoreline-Lake Forest Park Arts Council for an intimate evening with singer/songwriter Jonatha Brooke at the Shorecrest Performing Arts Center on October 11, 2008. This performance will highlight songs from her newly released album *The Works*, which features the lyrics of Woody Guthrie set to music by Ms. Brooke, as well as songs from her extensive solo career.

When **Woody Guthrie's** daughter Nora invited **Jonatha Brooke** into the famous **Woody Guthrie Archives**, the intention was for Brooke to set Guthrie's lyrics to one or two songs, becoming the first woman ever to do so. The end result is a full-length album of previously unheard lyrics by Guthrie set to original music written and performed by Brooke. **Bad Dog Records** released the collection, titled *The Works*, on **August 26**. Nora Guthrie gushes "For the first time ever, a woman has composed, arranged, produced and performed a complete album of Woody

Guthrie's songs. The gods must be shaking their heads, 'bout time!"

Co-produced by Jonatha Brooke and the legendary Bob Clearmountain (Bruce Springsteen, The Rolling Stones), *The Works*

was recorded over a two-month period in New York City. Several **a c c l a i m e d** musicians joined Brooke in the studio including keyboardist Joe Sample (Eric Clapton, B.B. King), bassist Christian McBride (Sting, Diana Krall), drummer Steve Gadd (Paul Simon, Eric

Clapton), and steel guitarist Greg Leisz (Joni Mitchell, k.d. lang, Wilco). The album also features duets with **Eric Bazilian, Glen Phillips** and **Keb' Mo.' Derek Trucks** makes an appearance on slide guitar.

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 12-5pm.

"...this stripped down, soulful affair is a celebration of the brilliance of Woody Guthrie, and Jonatha clearly took the utmost care in honoring him and letting his words take center stage. This CD is one of the finest I've heard in a long time, and the perfect combination of two tremendous talents."

—Lydia Hutchinson, Performing Songwriter Magazine July/August 2008

Studio d'Arte - The Art Studio

We have a new artist and a new art studio here in Richmond Beach. The artist, Maria Grazia Repetto, master fine artist and muralist from Italy, is specialized in fresco painting techniques.

Ms. Repetto moved from Italy to the United States 12 years ago. In Seattle she opened an art studio and also taught Fresco Art classes at Frye Art Museum and at the Pratt Art Center.

In 2005, in order to complete large commissioned works, she moved to Arizona. She is now happy to be back in Seattle where she is opening her new art studio Studio d'Arte in Richmond Beach.

Maria's Studio d'Arte is located in the same building as Luminaries Wellness Center, 2411 NW 195th Place, Shoreline, WA 98177, in the historical building across the street from the old library.

Everyone is invited to visit Maria's studio where she teaches art classes as well as Italian when she is not busy working on her art pieces. Maria also teaches art classes in Italian for the aspiring artist who wants to practice Italian conversations.

At Studio d'Arte, Maria is offering a variety of custom art projects: portraits,



paintings, murals, frescoes, tromple l'oeil, stuccoes, reliefs and architectural decorations.

We are very excited to have here in Richmond Beach a new Studio d'Arte and we are looking forward to the opportunity of having new art creations on our walls. Maria also is looking forward to meeting all of us and to become an active member of our community.

For more information you can contact: Repettomg@yahoo.com or call: (206) 669-1706. Please visit Ms. Repetto's web site: www.yourfresco.com.

RBCA Board Sets Goals

By Tom Petersen

The Richmond Beach Community Association Board of Directors met at President Ed Adams' cabin in Marysville at the end of August to plan another year of activities that will keep the neighborhood vital and vibrant. It was a chance, too, to train the new board members, so that the work of the Association retains its continuity.

Richmond Beach residents can look forward to the return of the big, traditional events. Last year, the Candidates' Night and the Halloween Carnival in October, the Tree Lighting ceremony in December, and the Strawberry Festival in May all saw their greatest successes ever, and the Board is determined to maintain the high levels of fun, entertainment, and participation that made them so. The Turkey Day Fun Run

(November) and the Youth Jam (February) were so popular that they will now be "traditional."

The Board had many good ideas for community meeting topics, and various members brought suggestions from friends around Richmond Beach. Other goals for the year include putting beautification funds to good use, and helping the Shoreline Police Department fight graffiti. The board also moved forward with enhancing the Richmond Beach website, which now has the full content of this newspaper plus up-to-date announcements and events calendar.

The board thanks the local businesses that support community activities, and the many volunteers that help make all the year's events successful.

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.

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

TGC

TGC TOP GRADE CONSTRUCTION, LLC.

Full Service Contractor in your own back yard!
Specializing in:
Home Building • Remodeling • Dirt Work

Serving the Shoreline/Edmonds area for over 15 years
Contact: Tom Schultz, Owner
at **206-396-6045**
for an estimate.

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

Halloween

Cards, Gifts & Decor

BEACH HOUSE GREETINGS

Located in the Richmond Beach Shopping Center
626 Richmond Beach Road • (206) 542-2773

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 JOHNSRG160DA

Please support our advertisers!

Shoreline-Lake Forest Park Arts Council Presents:

Sinking Bass Turds by Russell Weeks

Monday, October 27 at 7 p.m.
Shoreline Center

The Shoreline-Lake Forest Park Arts Council is proud to present the first offering in the 2008-09 Readers Theater season. Playwright Russell Weeks will present his play *Sinking Bass Turds* on October 27 at 7 p.m. in the Ballinger Room in the Shoreline Center. This play deals with the business that occurs between Wall Street and the political world, and all of their machinations to achieve their objectives. Perhaps it is close to what really happens, and perhaps it isn't,

but Weeks' presentation and analysis are intriguing.

A coffee, cookie and discussion time is scheduled after the presentation when audience, playwright, and cast will have the opportunity to exchange ideas about the script.

For more information on these and other Arts Council programs please contact us at 206-417-4645 or go to our website at www.Shorelinearts.net.

Write a Novel in a Month

By Aarene Storms, Teen Services Librarian

Coming to the Richmond Beach Library in November: Write a Novel in a Month!

This is the first year that the Richmond Beach Library will be a "writing site" for National Novel Writing Month, also known as NaNoWriMo.

The idea is simple: Start writing your novel on the first day of November. Write all month long. Celebrate the finished first draft of your novel on December 1. The goal is 50,000 words, which will create a novel of about 175 pages. It doesn't have to be great—just get busy and write it!

The library will provide writing coaches, idea-building workshops, and an endless supply of coffee to all writers during the month of November. This program is open to adults and teens who want to write a novel in a month.

The official website of NaNoWriMo is www.nanowrimo.org. For more information about local programs in support of NaNoWriMo in Richmond Beach, call the library (206) 546-3522 or email astorms@kcls.org.

Shoreline-Lake Forest Park Arts Council announces

2009 Community Project Awards

Application Deadline: Friday, November 14, 2008
Project dates: January-November 2009

The Shoreline-Lake Forest Park Arts Council is pleased to announce the 2009 Community Awards Program. These awards provide funding for expanded arts opportunities for Shoreline and Lake Forest Park organizations. The Arts Council seeks to encourage, foster, and promote experiences in all the arts to enhance the quality of life in our community. Non-profit organizations that provide cultural programming for the benefit of the general public are eligible for funding of special projects, artists' residencies, and performances that extend their usual scope. Matching funds are required. An organization may only apply for one Community Award in any one year. Award amounts will range from approximately \$250-\$1000. For complete guidelines and an application, go to our website at www.shorelinearts.net, click on programs and then community awards. Please contact the Arts Council at 206-417-4645 with any questions.

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

THE FALL
COLORS HAVE
BEGUN! ENJOY A
VISIT TO YOUR
NEIGHBORHOOD
GARDEN THIS
SEASON.

Kruckeberg Botanic Garden
20312 15th Ave NW • 206-546-1281

Serving

Individual Investors Since 1871
Stocks Tax-free bonds
Mutual funds CDs
Bonds Money market funds
Government securities IRAs
...and much more. Call or stop by today!

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



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

Member SIPC

Edward Jones®

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

My Senior Center

By Patty Price

I wasn't aware of the Shoreline Senior Center after Shoreline High school closed some years back until I read in the paper about having a back massage there on Tuesdays, only \$10 for 15 minutes. I went to give it a try and was so impressed I started going every week for 30 minutes. I wouldn't miss it! Wonderful!

That visit led me to noticing how I could help just a wee bit in the thrift shop before I went out the door and one thing led to another. Now you'll find me in delightful company there on Tuesdays, marking, displaying, chatting up customers...and may I add, that the prices are excellent and well below most or all of the other area thrift shops! And if you need some companionship and love to sell or do other type shopkeeping chores, THEY NEED YOU and your contributions. I must admit I come home with fun stories and a good feeling.

Then, can you imagine, I got involved in the wood carving class! Something I tried long ago and the folks there under Jerry Clapp's great carving skills are fun to be with. Super ideas and lots of help.

Just this introduction made me look around at the activities on Tuesdays...line dancing, rug braiding, sewing, quilting,

genealogy....but check out the other days as well: yoga, exercise, Tai Chi, hula, billiards, Mah Jongg, bridge, sign language, poetry reading, pinochle, scrabble, water color, singing, diabetes support, digital camera basics, computer help, counseling, naturopathic medicine help, foot care, etc.

The list is endless...you could go every day, have a \$3 lunch – it's like a dinner – read in the lounge, go to the gym or try any of their activities. Whether you are an "oldster" or "youngster," you will fit right in.

Address: 18560 First Ave. NE. on the south end of the Shoreline complex with lots of parking. Phone: 206-365-1536 for more information and then, hope to see you!

AND, let's see you on October 31, Friday or November 1, Saturday, 10 to 4 pm for the Holiday Bazaar with handicrafts, silent auction quilt raffle, bake sale and a wide variety of specially picked items at the "rummage sale". Lunch and snacks both days. I understand Sky Nursery, gives a large amount of their items to tempt you to buy! See you there! Patty Price, a R.B. neighbor.

Join the Community Conversation

Share Your Vision for Shoreline

It's no accident that of over 100 Seattle-area cities and neighborhoods evaluated in the July issue of *Seattle* magazine, Shoreline was ranked the best neighborhood.

Since incorporation in 1995, Shoreline has enjoyed excellent public safety, strong community involvement and major public improvements such as the North City Project, the Interurban Trail and the first mile of Aurora. In 2006, Shoreline voters overwhelmingly supported the City's first-ever bond issue for parks and open spaces, and, after saving funds for a decade, construction of a new City Hall began this year.

To maintain Shoreline's quality of life in the coming decades, the City Council is developing a Vision for the future. Since the Vision will be adopted into the Comprehensive Plan and will guide Shoreline's growth and development for years to come, it is vitally important that every resident participates in the beginning of this process: a Community Conversation about Shoreline's future.

In October a wide variety of community groups will meet to talk about the Vision for Shoreline's future. The City would like to invite all Richmond Beach residents to attend

a meeting and share their views. These include an October 20th meeting at Crista's Shirmer Auditorium, which is being hosted by the Hillwood Neighborhood Association but serving as a joint meeting of the Hillwood Neighborhood Association and Richmond

Beach Community Association, and a meeting hosted by the faith community on October 21st at Calvin Presbyterian Church on 3rd Ave NW.

From these conversations, the City will prepare a draft Vision for further public review and City Council adoption early in 2009.

For more information, including

a full list of meeting dates, visit www.cityofshoreline.com or contact Associate Planner David Levitan at (206) 801-2554 or dlevitan@ci.shoreline.wa.us.

Help make your City an even better place in the coming years by participating in one of the "Community Conversations" meetings. All are open to the public ~ you don't need to be a member of any of the hosting organizations to attend. The only expertise you need for this dialogue is your experience, your ideas, your opinions and a willingness to share your views.

All conversations begin at 7:00 p.m. and last about an hour

• What Shoreline attributes or characteristics would you like to see preserved or improved?

• How can we meet the challenges of coming growth in a way that keeps this the #1 place to live in the greater Seattle region?

• What changes in technology, society or the way we live do you envision by 2028?



GP Air Restoration
OF
Medallion Healthy Homes
We Are Your
Indoor Air Quality Expert

Mold, Mildew, Allergens, Pet Odors
Chemical Smells, Smoking Odors
We Get The Smell Out

gerald@medallionhealthyhomes.com
medallionhealthyhomes.com

Gerald Young/Owner
Ph 1-866-888-4611

I have personally recommended Gerry many times. Always a very satisfied customer.

—Jerry Girmus

Please support our advertisers!

Museum Notes

By Vicki Stiles

In 1909, Seattle hosted its first world's fair, the Alaska-Yukon-Pacific Exposition. Held on the campus of the University of Washington, the event drew almost 4 million visitors and put the young city on the map as a gateway to the Pacific Rim. The impact of the exposition was felt throughout King County, and reached even Richmond Beach, with residents benefiting from the event in numerous ways. In 2009, the centennial celebration of the Exposition will take place throughout King County, and the Shoreline Historical Museum will be one of the first to open an exhibit about the AYPE.

In preparation for the upcoming year, join us at the Shoreline Historical Museum for an informative workshop on Saturday October 25th from 1:00 to 3:00 PM: Discovering AYP: A Community Research Project. Museum of History and Industry

expert Lorraine McConaghy will teach citizens how to research historical evidence connected with Seattle's first world's fair, the Alaska-Yukon-Pacific Exposition, and help participants share their research with the community. Topics may range from how the fair affected Seattle's early urbanization and transportation systems to how it influenced the women's suffrage movement. Individuals may wish to uncover the story surrounding an A-Y-P keepsake or delve into shocking accounts from behind the scenes at the fair.

Participation in Discovering A-Y-P is free and open to all but registration is requested and will begin in late September. To register, please visit: <http://www.ayp100.org>. For more information contact Vicki Stiles, 206-542-7111 or shm@shorelinehistoricalmuseum.org or

Brightwater Update

October, 2008

By Monica Van der Vieren



If you have an eye on the Puget Sound between Everett and Point Wells, you know that the largest HDPE pipelines laid on a West Coast seafloor went into place at Point Wells in early September. Whether you ride the train, paddle a kayak, have a great Sound view, boat for recreation or fishing, or just walk Richmond Beach Drive, you probably saw the two pipelines that were towed a total of 17 miles from the Snohomish River to Point Wells. From Richmond Beach Drive, you may have watched on Tuesday and Thursday, September 9 and 11, as the pipes were dropped to the sea floor.

What was that thing?

From inquisitive harbor seals to curious boaters, we received universal curiosity about the mile-long pipelines, which appeared for all the world like industrial art pieces depicting floating spines. The pipelines were made from 60-foot sections of high density polyethylene that were joined by heating the ends and fusing them together under high pressure. This work was done at the Port of Everett, where the elongating pipelines were fed out into the Snohomish River over the summer. Pre-cast concrete weights were added to the pipeline to overcome the natural buoyancy of HDPE and keep it on the sea floor. In order to float them during fabrication and for towing, the ends were capped and the pipelines were filled with air.

Dunlop Towing Company provided two tugboats to maneuver each pipeline out of the Snohomish River and into the Puget Sound. Larger tugs provided by Foss Maritime were used for the actual submergence. At Point Wells, the pipe was first guided into the nearshore trench and attached to the pipeline that the marine outfall contractor has been installing all summer. Once a pipeline was connected to the nearshore pipe, a barge and two Foss tugboats were attached to the western (seaward) end of the pipeline. These rigs were necessary to apply up to 90 tons of

pressure on the pipe to keep it in alignment as the pipe was submerged.

A method called "controlled submergence" was used to sink the pipelines. The contractor slowly flooded the pipeline from the shore section and monitored the alignment and rate of sinking using surface laser and an underwater remote operated vehicle (ROV). Air supply at the seaward end insured that the pipelines could be lifted to the surface if adjustments were needed. This careful and slow method of sinking the pipe is necessary to make sure that the pipe lands in the right place and the flexible plastic doesn't over bend with the potential to break during the process.

Sinking one HDPE pipeline of this length is notable around the world, but lining up a second one only feet away from the first is unprecedented. Russ Fogel, Triton's project manager, has spent a lifetime perfecting this type of pipe submergence. "You live through six months of construction just for these 24 hours it takes to lay each pipe," he says. His experience and skill, along with support crews and the tug companies, were critical for the successful towing and deployment of two mile long pipelines.

Construction activities have resumed with backfilling of the nearshore trench. In late September, steel shoring will be removed from the trench, creating about two weeks of noise for project neighbors. Steel shoring must be removed from fish migration areas in the nearshore by October 15.

The Brightwater Marine Outfall will convey highly treated wastewater a mile offshore and 600 feet deep in the Puget Sound once the treatment plant has completed testing and is processing wastewater, expected in early 2011.

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

Have Some Fun in Richmond Beach

Is the price of gasoline hampering your family's fun? Do you want to volunteer at Richmond Beach events? There are plenty of opportunities with the Richmond Beach Community Association. The fall Halloween Carnival and Turkey Day Run are only two of the many fun ways to become engaged in your town without having to make a long drive. Please contact a board member or come to the General Meeting held on the second Tuesday of each month to learn more. Whole families can work together with others to help make these events successful and our community a better place to live.

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

Richmond Beach

Congregational Church United Church of Christ

An Open and Affirming Congregation

Handicap Accessible

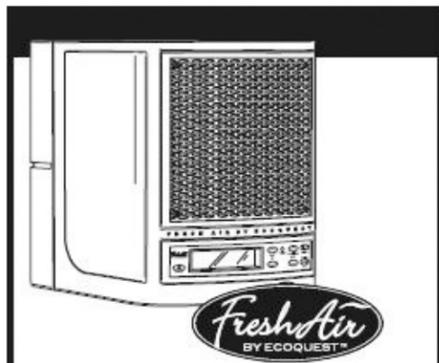
Sunday worship is at 10am

Sunday school and nursery care provided

We offer hospitable, joyful and meaningful worship. We take the Bible seriously but not literally. We seek to foster mutual respect as we journey together in a diverse world.

"God is Still Speaking!"

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



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

Hill's Neighborhood Restaurant

NOW OPEN FOR MONDAY DINNERS!!

LUNCH: Tuesday-Friday 11:30-2:30 p.m.
Saturday-Sunday 12:00-4:00 p.m.

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

SPECIAL! 1/2 off all bottles of wine every Monday & Tuesday!

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

Please support our advertisers!

October calendar of community events

Richmond Beach Library Call 546-3522 for information

Children & Families

Pajamarama Story Time

Wednesdays, October 1, 8 and 15 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, October 2, 9, and 16 at 11 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, October 2, 9, and 16 at 11 a.m.
Ages 3 to 6 with adult, siblings welcome. Share the wonderful world of books with your preschooler!

Science Magic!

Saturday, October 11 at 11:00 a.m.
Magician Jeff Evans raises questions about the way objects behave, then reveals the scientific reasons behind them. See unique properties of different solid materials, watch liquid apparently break the laws of gravity, and learn the shocking truth about electricity. When Jeff combines magic with science, the result is fun! Recommended for ages 5 and up.
Sponsored by the City of Shoreline Parks and Recreation Department.

Happy Pumpkin Stories

Wednesday, October 29 at 7:00 p.m.
Funny and gentle seasonal stories and songs for little goblins. Wear a costume! We will have refreshments and a special pumpkin craft.

For Teens

Study Zone

Every Monday afternoon at 4 p.m. when school is in session.

Game On & Mural Project

Thursdays, October 2 and 16 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 a full-wall mural. Games may include Wii, DDR, Guitar Hero, Cooking Mama and others. Bring your talents to the library and get GOMP!

Scary Stories for Brave Listeners

Tuesday, October 28 at 7:00 p.m.
Storytellers from KSER radio will tell yukky, frightening and true tales of ghosts and hauntings, followed by an open mike session for audience members with a scary story to share. Refreshments will be served...to survivors. This program is NOT RECOMMENDED for young or timid listeners.

For Adults

Talk Time

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

Evening Book Discussion

Monday, October 6 at 7 p.m.
Join us for a lively discussion of *Never Let Me Go* by Kazuo Ishiguro

Afternoon Book Discussion

Thursday, October 9 at 2 p.m.
Join us for a lively discussion of *Geography of Bliss: One Grump's Search For The Happiest Places In The World* by Eric Weiner

Syre Elementary

Skating Party
Mon., Oct. 20, 6:00-8:00 p.m.
Lynnwood Roll-A-Way

Walk-A-Thon Prize Day
Thur., Oct. 23

Partners in Print Workshop
Thur., Oct. 23, 6:00-7:30 p.m.

RBCA Halloween Carnival
Sat., Oct. 25, 3:00-7:00 p.m.

Parent Coffee
Tue., Oct. 28, 6:00-7:00 p.m.

PTA Meeting
Tue., Oct. 28, 7:00-8:30 p.m.
Library

Picture Day
Wed., Oct. 29, 7:00-8:30 p.m.

Shoreline School District

No School - Grades K-12 - Staff Work Day
Oct. 9-10

School Board Meeting
Mon., Oct. 20, 7:00 p.m.

School Board Meeting
Mon., Nov. 3, 7:00 p.m.

No School - Grades K-12 - Staff Work Day
Mon., Nov. 10

No School - Veterans Day
Tue., Nov. 11

Einstein Middle School

Magazine Sale Starts
Tue., Oct. 14

PTSA Meeting
Tue., Oct. 14, 7:00-8:00 p.m.
Staff Lounge

Picture Retakes
Fri., Oct. 17

Shorewood High School

Powderpuff Volleyball
Mon., Oct. 13, 7:15-8:15 p.m.
SW Gym

Powderpuff Football
Wed., Oct. 15, 7:15-8:15 p.m.

Orchestra Concert
Thur., Oct. 16, 7:30-9:30 p.m.
SW Auditorium

Homecoming Assembly
Fri., Oct. 17, 12:20-2:25 p.m.

Homecoming Game vs. Cascade
Fri., Oct. 17, 7:00-9:00 p.m.
Shoreline Stadium

Homecoming Dance
Sat., Oct. 18, 9:30-11:59 p.m.
SW Gym

SW Jazz Night Concert
Thur., Oct. 23, 7:30-8:30 p.m.
SW Auditorium

Choir Concert
Tue., Oct. 28, 7:30-9:30 p.m.
SW Auditorium

College Fair
Wed., Oct. 29, 5:00-8:00 p.m.
Shoreline Center

RBCA Community Events

Halloween Carnival

Saturday, Oct. 25, 3:00-7:00 p.m. Syre Elementary School, 19545 12th Avenue NW
Games, inflatables, cake walk, haunted house, raffle, food and more! Come in costume!
Sponsored by Richmond Beach Community Association

Turkey Day Fun Run in Richmond Beach

Thursday, Nov. 27, 8:30 a.m. Meet at entrance to Saltwater Park for warm up and group photo, then run, jog or walk a course through scenic Richmond Beach. T-shirts available by pre-order only (see registration and order form in this newspaper). Sponsored by Richmond Beach Community Association

Ornament Decorating/Tree Lighting/Caroling

Saturday, Dec. 6 Decorate ornaments for the community Christmas tree, then attend the tree lighting ceremony at dusk. Afterwards, entertain residents of Richmond Beach Rehab with caroling. See November issue of newspaper for more details. Sponsored by Richmond Beach Community Association

Christmas Ship Celebration

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

Community Help Needed

Volunteers for Halloween Carnival - (October 25) Help needed to run booths, set up and clean up. Need donations for raffle and cakes for Cake Walk. 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.

Sponsors for Turkey Day Fun Run - (by October 15) For a \$100 donation, sponsors can have their names or logos printed on the event t-shirts. Contact Sheri Ashleman at 542-9147.

Volunteers for Turkey Day Fun Run - (November 27) Help needed to set up and tear down running and walking courses. Also need volunteers stationed at various points on the course. Contact Sheri Ashleman at 542-9147.

Wading Pool for Halloween Carnival - (October 25) Need a small, wading pool for Duck Pond game. Does not need to be new as long as it is clean and has no leaks. Willing to take as donation or loan. Contact Sheri Ashleman at 542-9147.

Shoreline Senior Center

Shoreline-LFP Senior Center Holiday Bazaar Coming Up!

The annual Holiday Bazaar, held at the Shoreline-LFP Senior Center will be held on Friday, October 31 and Saturday, Nov. 1, 10:00 a.m. to 4:00 p.m. This is a great way to get an early start on your holiday shopping by enjoying our crafting vendors, a silent auction, bake sale and more. This fundraiser is one of the biggest conducted by your Senior Center, helping to continue outstanding programs for seniors of all ages.

Look for the giant snowman and come on in for a special treat!

Your Senior Center in YOUR Community

The Shoreline-LFP Senior Center offers over 50 weekly classes, 26 special services for seniors and their families, a daily hot lunch, thrift shop, special events, and activities. The Center is located at 18560 1st Avenue NE, in the Shoreline Conference Center campus. For more information on current activities please call 206-365-1536 for an activity guide. This is a Center with very active seniors. Come by for a guided tour and see what sorts of activities or services would be of interest to you! You'll be surprised at what you will see and be able to do.

A Vintage Fashion Show, Wednesday, Oct. 15, 12:00-2:00 p.m. at Third Place Commons in Lake Forest Park Towne Centre, in collaboration with the Senior Center and Friends of Third Place Commons. Come to a no-host lunch; lunch may be purchased from the Commons food court, noon - 1:00 p.m. Enjoy the fashion show from 1:00 p.m. - 2:00 p.m. Feel free to shop in the bookstore afterwards if you like.

Need a ride or want to save gas? Call our shuttle at 206-727-6262 to arrange for transportation to Lake Forest Park Towne Centre: 17171 Bothell Way NE.

Flu Shot Time

Shots will be offered on two days: Monday, October 6 and Friday, October 17, 1:00 p.m. - 4:00 p.m. both days.

Bring your Medicare, Part A and B or Secure Horizons card, no fee. Otherwise: \$30, cash or check, payable to Visiting Nurses. Pneumonia shots are \$40. Sign up at the front desk or call 206-365-1536. Numbered cards will be given out starting at 1:00 p.m.