

# RICHMOND BEACH COMMUNITY NEWS

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Published by the Richmond Beach Community Association

September 2008

## Richmond Beach Community Association Next General Meeting

Tuesday, Sept. 9, 2008  
7:30 pm  
Congregational Church

## Brightwater Update September, 2008

Monica Van der Vieren, METRO

Residents in the Richmond Beach area know that this summer has been a busy one for Brightwater construction at Point Wells. Significant milestones in the Brightwater West Tunnel and Marine Outfall projects will be reached in early September.

### Marine Outfall

The Brightwater Marine Outfall will convey highly treated wastewater a mile offshore and 600 feet deep in the Puget Sound. This summer, the design completed by the contractor team is being turned into reality.

Marine construction requires input from state and federal agencies to protect the marine environment. To minimize impacts to sensitive eelgrass meadows at Point Wells, the project design included a narrow trench supported by steel shoring. In deeper water, where there isn't enough light for eelgrass to grow, the contractor was able to excavate a wider open trench without having to install shoring. Shoring installation, trench excavation, and installation of the nearshore pipe were completed in August.

At the Port of Everett, work was completed in August on the two offshore sections of pipeline. Since June, two mile-long HDPE (plastic) pipelines have been constructed, fitted with concrete weights, and stored in the Snohomish River. In early September, these pipelines will be towed from Everett by tugs and installed on the seafloor at Point Wells using a method called *controlled submergence*, which involves slow flooding of the pipeline to lower it to the seafloor.

The first section of pipeline is scheduled to be towed on Sunday, September 7, arriving at Point Wells the following morning. The second pipeline is scheduled to arrive within a day or two of the first. This activity is very weather-dependent and the schedule is subject to change as a result.

Once pipeline installation is complete, the trench will be backfilled and shoring removal will begin, about mid-September. Final restoration may occur this year, or extend into spring, depending on conditions.

### West Tunnel Activities

The tunnel boring machine (TBM) that will build the West Tunnel was delivered in sections over the summer, with the two largest and final pieces arriving in late July. The TBM, an *earth pressure balance* machine constructed by Lovat, Inc. in Toronto Canada, is being assembled on site. Addition of the trailing gear will be completed after tunneling begins, reaching a total length of about 300 feet. The TBM will build a tunnel 21,000 feet long over the next 18 months and will be retrieved from the 200-foot deep access shaft at Ballinger Way once the tunnel is complete.

As the TBM mines the tunnel, pressure on the surrounding earth is maintained by the head of the machine. Behind, concrete rings are installed in segments to line the tunnel while muck is transported in cars on rails out of the shaft. Once the liner is completed, pipe that will convey treated wastewater can be installed.

The TBM used to build the West Tunnel has been named in the same tradition as marine vessels. The DiPonio brothers of Jay Dee Contractors, the project sponsor, have named the machine "Elizabeth" in honor of their sister.

Tunneling is expected to begin shortly after Labor Day. During the first critical phase, as the machine gets underway and passes the railroad, crews will work 24 hours a day.

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](mailto:monica.vandervieren@kingcounty.gov).

## President's Message

By Ed Adams

Welcome back! After a slow start to the summer, we have been blessed with some great weather. As the kids head back to school and everyone's life returns to some level of normalcy, the Richmond Beach Community Association's board of directors also starts to work. At the June board meeting, the new board members were introduced and the officers were elected. The new officers are Ed Adams president, Tom Petersen vice president, Lisa Buchheit-Eckdahl secretary and Jack Malek treasurer. Board members are Sheri Ashleman, Sherry Edwards, Debbie Bowen-Mills, Scott Becker and Steve Kerr. Because of the loss of some very experienced board members due to term limits, I was somewhat concerned about the future of the Association. However, with the addition of Scott and Sheri, we have regained some leadership and past experience. The heart, desire and fresh ideas that all of the members bring to the board will give renewed life to our community association. I look forward to serving with each of them during the next year.

Are you interested in serving on the RBCA board? We will need at least two new members in June of next year and any one of the past or present members would be glad to talk with you if you have an interest in serving your community.

We are very pleased that Jerry Girmus, past vice president, has agreed to serve as advertising manager for the paper. Starla Hohbach had been handling advertising in addition to her treasurer's duties. She did a great job and on behalf of the RBCA, I would like to thank her for doing a great job. Jerry will have help from Jack Malek, billing, and Achtung Graphics, with graphic design.

The RBCA would like to thank Lynn Wright for organizing the Garden Tour over the summer. There is an article in this month's issue that details the success of the event. [Please see Page 5].



Ed Adams, RBCA President

As usual, there are lots of events planned for the upcoming year—the beauty of the Holiday Tree Lighting Festival, the excitement of the Halloween Carnival, and the relaxing atmosphere of the Strawberry Festival. These and other events will be highlighted in the calendar section of the Richmond Beach Community News. Your help will be needed as volunteers to make sure that the community continues to put on successful events. So when your phone rings and it is someone asking for your help, don't just let it go to voice mail. If you can't help with the next upcoming event there is another one around the corner that could use some help.

Thank you to everyone for all of your help and support and I look forward to a great year.

## Halloween Carnival

By Sheri Ashleman

This fall marks the 22nd anniversary of Richmond Beach Community Association's annual Halloween Carnival. This event has become a timeless tradition in our community. Each year brings back traditional carnival games with prizes, inflatables, haunted house, raffle and food, but there is always something new to experience too. As far as old-fashioned carnivals go, this one is truly exceptional and prices are family friendly. This year's carnival is scheduled for Saturday, October 25, from 3 to 7 p.m. at Syre Elementary School.

**Volunteers Needed:** Well over a hundred volunteers are required to successfully run the carnival. At least one adult with a helper is required for two two-hour shifts at each amusement plus a number of volunteers are needed to help set up and clean up. Youth are encouraged to volunteer with an adult to supervise, and community service hours can be earned by high school students. If you plan to attend the carnival, please consider spending a couple hours enjoying the games and other attractions with your family and another two hours volunteering as a family or by yourself. **DON'T WAIT TO BE ASKED TO HELP!** There are a number of ways to volunteer: (1) Call Maren Harrington at 853-2657 or Rhoda Plesha at 542-8443 to sign up to work a booth or help with set up or clean up. (2) Call Doris McConnell at 546-9380 to donate an item for the raffle or

cash to purchase prizes. Gifts appropriate for kids or adults are gladly accepted. Anyone can donate an item and will be acknowledged in the Richmond Beach Community News. (3) Call Felicia Forrest at 533-2314 or Gail Turk at 533-8828 to bring a cake for the cake walk.

**Job Descriptions:** **Set up** begins Friday, October 24, at 3:30 p.m. and continues Saturday morning at 9:00 a.m. This involves unloading the delivery truck, setting up the wood booth frames, laying out the game pieces and decorating. The haunted house is also erected during set up. **Booth attendants** work a two-hour shift collecting tickets, supervising games and handing out prizes. The last shift dismantles the booth and counts tickets at the end of the night. **Clean up** involves boxing up all the games, taking down decorations, tearing down the haunted house, loading up the delivery truck, vacuuming and emptying garbage cans. Any amount of time that can be offered is greatly appreciated!

Contact Sheri Ashleman at 542-9147 if you have any general questions about the carnival.

As you can see, there are many ways in which to participate in this community-building event. 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.

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# Anina's CORNER

by Anina Coder-Sill

What we did the summer of 2008:

Our son, Tristan, daughter-in-law, Ayako, and her brother-in-law, Masa, all greeted us at the Tokyo airport for our 10-day visit, and Tristan handed me a bouquet of flowers. His Japanese relatives laughed because they were flowers for graves that he purchased at a grocery store. It didn't matter—we were all together after 11 months apart—and the first of our social blunders began without consequence. (When we met a lot of people at one time, I sometimes resorted to the first Japanese words I had learned, such as my daughter-in-law's name, or saying "bonsai" instead of "kompai" for a toast.)

It was wonderful to have our families reunited—Ayako's family received us warmly and invited us into their home with home-cooked meals as well as restaurant outings. They went to great lengths to plan a thoughtful itinerary, and with the generosity of people we'd never met we were guests at a barbecue in the country, a tea ceremony, an overnight stay at a traditional Japanese ryokan/hotel complete with natural hot springs, and a night at a beautiful lodge, where I heard a cuckoo bird and we were served a multi-course meal we couldn't finish. We later heard our hosts thought Americans ate more than we did—and I don't know if they were trying to keep up with how they thought we ate to make us feel comfortable, or if they really ate that much for special occasions. The ryokan proprietor (who was from Seattle) asked if we were going to go see the hot spring monkeys—and our hosts kindly accommodated us when I realized it was a

geographic possibility and about jumped out of my skin with excitement. I'd seen photos of these Japanese macaques in National Geographic—with snow powdered on their furrowed brows, partaking of the hot springs of their own choice. There wasn't any snow when we visited in July at the Jikokudani Monkey Park near Nagano, but among the 200 land-born primates residing in the area, one or two monkeys were relaxing in the steamy pool on a hot day. Visitors are instructed not to look the monkeys in the eye, or touch them as we walked beside them, and we abided. My family knew that it was especially difficult for me to refrain from holding out my outstretched paw to theirs—and there was one monkey who didn't abide by the rules, and used our daughter Katrina's head as a springboard to the other end of the bridge railing where she was resting her hand. She didn't like that; I thought it was funny.

We brought gifts from Seattle (Starbucks coffee, foaming soap from Bed and Bath, Sun Chips, and the less appropriate crystal chopstick holders for Ayako's parents...) but then we received gifts in return. That didn't end up the way I intended—they won.

Ayako's father took a day off to treat us to a bus tour to Mt Fuji; we were fortunate enough to have a clear viewing (less likely than seeing Mount Rainier.) We went to the John Lennon museum in Saitama which Yoko Lennon established, saw many shrines, rode the bullet train, visited Ayako's joyful aunt Junko and her family in the countryside of Nagano. It was so beautiful there—lush and green with apple orchards, rice fields, streams, and mountains—and we received such a welcome. We spent a day in Tokyo—unique fashions, crowds, huge digital screen ads on the sides of buildings, smog, parasols/umbrellas shielding people from the sun, washcloths/handkerchiefs frequently used to wipe sweating faces, men with white gloves who aggressively loaded commuters into rush-hour trains until they were so full the doors would barely close, vendors on step stools shouting sales

prices...that was worth seeing, but I preferred the countryside.

I was able to employ my tiny newly acquired Japanese vocabulary, and the day we left I greeted a woman walking one dog with another in a stroller. I was able to say in Japanese and body language: bow/smile/ good morning/dogs/ yes/smile/yes, I like dogs/thank you/good bye/ smile/bow. I am also happy to report that I was even able to use the Japanese word for "elephant" which seemed so unlikely when I learned it. I am so glad our whole family was able to be together in Japan and look forward to our next reunion, wherever it may be.



## 2008 RBCA/City of Shoreline Sand Castle Contest

By Ed Adams, Pictures by Bob Pfeiffer

The 2008 Sand Castle Contest was held on Sunday August 17<sup>th</sup> at the Salt Water Park. The weather was perfect and 32 teams turned out to show their creativity. The teams built everything including an alligator, a boat, a flag, an Olympic Village, the Olympic Rings, and pyramids. It always amazes me what people are able to make with things that they find on the beach. Using seaweed and sticks to make palm trees was one of the cool things that I noticed. The contest started at noon and the judging began at 2:45. The judges were Tami Johnson, Bob Pfeiffer and Susan Will.

Prizes were provided by the RBCA and featured local businesses. The top prize was \$100 gift certificate to Hills Restaurant. 2<sup>nd</sup> place was a \$75 gift certificate to Pizza Mia. 3<sup>rd</sup> place was a \$50 gift certificate to the Grill House and 4<sup>th</sup> through 10<sup>th</sup> place all received gift cards to the Richmond Beach Coffee Company. Thanks to all of the local businesses for your support. First prize went to Team Crabylon and their boat. 2<sup>nd</sup> place was Lord of the Sand Dollars. 3<sup>rd</sup> place went to Team Dragon. 4<sup>th</sup> place was Team Lesh, 5<sup>th</sup> place was Team Scooter, 6<sup>th</sup> place was Team Luisa, 7<sup>th</sup> place went to Team Erickson, 8<sup>th</sup> place was Cole, 9<sup>th</sup> place was The Sharks and rounding out the top ten was the Cherkasov's.

The music was sponsored by the City of Shoreline Parks Department and featured Islanders Digital Steel Drum Band. The Islanders Band has been performing at the past couple of contests and their music greatly enhanced the mood of the contest. Thanks to the city and the parks department for all of your support.

The event is open to anyone who wants to participate. In addition to our local entrants, several teams were from Edmonds and Bellevue. The contest is held every year in conjunction with the Celebrate Shoreline festivities. We look forward to see what next year will bring.



The winning sand castle.



### 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:

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19518 14th NW  
Shoreline, WA 98177  
206-542-3641 / fax 206-542-3657  
email: [grahmarc@ctr.net](mailto: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.

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

### 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

By Sheri Ashleman

For those exercise enthusiasts in our neighborhood, Richmond Beach Community Association is once again hosting the Turkey Day Fun Run on Thanksgiving Day morning. Run, jog or walk a course through scenic Richmond Beach on the morning of Thursday, November 27. The course for joggers/runners is 3.4 miles and a shorter 1.6 mile course has been planned for walkers. Park below and meet at the entrance to the Richmond Beach Saltwater Park at 8:30 a.m. for warm up. Dress for the weather and bring a water bottle. After a group photo, participants will be off and running at 9:00 and be finished by around 10:00. Come as a family, bring a friend or attend solo and meet your neighbors!

Due to the overwhelming popularity of this event last year (over 200 participants!), the Turkey Day Fun Run will be an annual event and each year will have it's own theme (for those of you who like to dress up like the Hartman brothers who showed up last year in the best neon attire thrift stores have to offer!). To celebrate the spirit of this year's 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 (like the Jones clan who all wore yellow head bands last year!) to designate them as a team. Be silly and have fun!!!

New this year is a food and fund drive to support Hopelink's food bank in Shoreline. Help our neighbors in need by bringing either canned food items or a cash donation (make checks payable to "Hopelink"). Please do not include items that have expired or those in glass containers.

Register for the event by filling out the upper portion of the form printed below or contacting one of the organizers listed below with your name, age, email address and whether you will be walking or running. Participants will receive a digital copy of the group picture 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. Simply complete the lower portion of the form below 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. Forms may also be returned (checks only--no cash) to Spin Alley. Extra order forms can also be obtained at Spin Alley. Shirts will be available for pick up at the event.

RBCA is still looking for sponsors for this year's event. For a \$100 donation, sponsors get their logos printed on the event t-shirts and their names acknowledged in this newspaper. This is a great advertising opportunity for businesses and an excellent way to show support for community activities which encourage a healthy lifestyle.

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

Shoreline-Lake Forest Park Arts Council

## Call to Artists: New Arts Council Logo

Deadline: October 31, 2008

The Shoreline-Lake Forest Park Arts Council, which will celebrate its 20th anniversary in 2009, seeks an original graphic design for a new logo to be used on all marketing and collateral materials, such as posters, newsletters, letterhead stationery, etc., and on a redesigned website to launch at the end of the year. The artwork must include "Shoreline-Lake Forest Park Arts Council" in a creative way that conveys the Arts Council's brand and messaging. The selected artwork and artist will be profiled on the website and to the press, and a \$250 cash prize will be awarded to the selected artist.

Please send your submission to:

Shoreline-Lake Forest Park Arts Council  
Attn: Logo Design  
18560 1st Ave. NE, Shoreline, WA 98155

Or via email to info@shorelinearts.net

Deadline for submissions is October 31, 2008. For more information please call the Arts Council office at 206-417-4645.



## 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.

### 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
<b>GRAND TOTAL</b>		\$
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

## 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.

## Readin' and Bleedin' at the Richmond Beach Library!

By Aarene Storms

The Puget Sound Blood Bank, the Richmond Beach Community Council, and the Richmond Beach Library are now working together to organize blood drives every eight weeks in the meeting room of the Richmond Beach Library. A drive held in August registered 17 donors including three first-time donors, and collected 13 units of blood, which will be able to help 39 patients.

The next drive will take place on Monday, October 13th, from 11 a.m. to 5:30 p.m. Donating blood is quick, painless, easy—and saves lives!

The following are just some of the many patients who received blood from Puget Sound Blood Center in the first two weeks of August. Blood was available for them because of community blood drives.

- 6-month-old patient (motor vehicle accident) has been issued 10 units red blood cells, two units platelets, 10 units plasma and 2 cryoprecipitate pools.
- 37-year-old patient (caesarian section) has used 18 units red blood cells, six units plasma, one unit platelets and one cryoprecipitate pool.
- 51-year-old patient (cardiac surgery) has been issued 18 units red blood cells, 16 units plasma, two units platelets and four cryoprecipitate pools.
- 36-year-old patient (motorcycle collision) has been issued 52 units red blood cells, 13 units platelets, 72 units plasma and 11 cryoprecipitate pools.
- 47-year-old patient (liver transplant) has been issued 12 units red blood cells, 10 units plasma and two cryoprecipitate pools.
- 35-year-old patient (bone cancer) has been issued 28 units red blood cells, three units platelets, 12 units plasma and three cryoprecipitate pools.

## Fresh Fruits and Vegetables for You Weekly!

By Beth Secord

Richmond Beach Congregational United Church of Christ is considering being a drop-off site for boxes of produce from Full Circle Farm, a certified organic farm in Carnation which has a Community Supported Agriculture (CSA) program.

Full Circle Farm's CSA program provides members with a box of organic vegetables, fruits and more on a weekly or twice-monthly basis, whichever schedule you choose. Boxes vary in price from \$30 to \$58, depending on the size you want. You can make some modification to your order each week. More information is available at Full Circle's web site at <http://fullcirclefarm.com>

CSA members would make their own payments to Full Circle Farm. No money would be collected through RBCC. The church would simply be the drop site.

Right now, we are just exploring the details, but need to know how much interest there is. We need a commitment of at least 15 families to be able to be a drop site, so it will be important to know who is seriously interested. Please e-mail Marcia( [seattlerspirit@msn.com](mailto:seattlerspirit@msn.com)) or Beth ( [dogged4justice@msn.com](mailto:dogged4justice@msn.com) ) or call 206 546-4354 if you have questions or wish to participate.

## Why Babble About Barley?

By Chris Riveland

I am passionate about barley! Don't you love the way the word BARLEY rolls off the tongue? Soft, round, comforting? I can't deny it—I never tire of barley—such a delicious robust, ancient grain. My fondness for it goes back to my World War II childhood in Germany, when food made from or with wheat was a luxury. BUT, since the price of wheat in the USA has doubled since last year, wheat might soon seem like a luxury in our country, too. The difference between the WWII era and the present is this: store shelves during the 1940s in Germany were empty. Even those who had money could not obtain the food they needed; we here now have stores stocked with all manner of food, but a segment of the population cannot afford to pay the price.

But inexpensive barley was readily available during WWII. Our family ate nutty-tasting barley as bread, pilaf, porridge, barley soup and even barley pudding. And, yes, we drank barley as a substitute for non-available coffee. Drinking barley? Yes, indeed. It was my father's favorite pastime to slowly roast the grains in a frying pan while listening to a soccer game on the radio. Mother held the hand-cranked coffee mill steadily between her knees, to prevent the roasted hard kernels from skittering out of the hopper, and ground them to powder. Then she brewed a hot beverage. It tasted vaguely like slightly burned toast smells. My father would enjoy a mug of this saccharine-sweetened pseudo coffee to which he added chunks of stale barley bread. He called it "Stromer Goulash," hobo stew. It was filling. I also developed a taste for it. During that era, when the stomach growled from hunger, anything warm and sweet went down easily. An occasional hankering for barley coffee makes me buy Postum - the American brand for instant grain "coffee." It reminds me of my childhood and the hardships we overcame.

But my fondness for barley never waned. No wonder I felt a sense of satisfaction when my husband installed two barley-grain bins at our North Dakota homestead farm. Each bin holds 3,500 bushels of the world's oldest cultivated grain. It made me feel fortunate. But I don't have to travel to North Dakota to get some, and I am likewise glad barley is no longer used as currency as it was during biblical times.

Unfortunately, only ten percent of this delicious grain is used as human food, and while a third is used for brewing beer, the majority of the harvest is fed to livestock. What a shame! When home cooking the grain, the versatile grain nuggets or their cousins, barley flakes, adapt well to any savory or sweet recipe that would customarily use rice. Another advantage—people who suffer from gluten allergies find barley tolerable.

Cooked barley's nutty flavor and nutritional value is unequalled compared to that of nutrient-poor, bland white rice. My favorite grain has one disadvantage for baking—barley flour lacks gluten, the substance that makes baked goods rise. So, when baking with barley flour and trying for an airier product, one needs to add a bit of wheat flour. A good rule of thumb is to use 3/4 cup barley flour and 1/4 cup wheat flour to replace one cup of all-purpose flour in raised dough.

Harvested barley must be processed before it is suitable for human consumption. This means the kernels are tumbled numerous times with harshly abrasive disks. Each turn the barley passes through these disks is a process called "pearling" (thus the term "pearl" barley); it requires four turns before the grain is ready.

In this day of high grocery prices, barley is still inexpensive and adapts well to many types of flavorings and cooking methods. One cup of dry pearl-style barley equals four cups cooked. Spices and herbs that go particularly well with barley are cinnamon, garlic, marjoram, parsley, thyme, and the Italian seasoning blends. Several "avant garde" eateries now serve barley as a side dish. The famous barley soup Scotch broth is a meal in itself. And the newly trendy barley vinegar is considered a "must-have" in several posh restaurants.

Won't you join me for a dinner of roasted lamb and apple barley pilaf?

### My own Apple-Barley Pilaf

- 1-1/2 cups uncooked pearl barley OR barley flakes
- 2 Tbsp. butter, plus 2 Tbsp. olive oil
- 1 Tbsp. dry Italian seasoning, rubbed in the hand to release the flavors
- 4 cups finely chopped onion
- 1 cup golden raisins
- 3 bay leaves (discard before serving)
- 4 large sweet-tart apples, cored and finely chopped
- 3 cups low sodium chicken broth; perhaps additional water if the mixture begins to get dry
- 2 Tbsp. chopped fresh parsley, for garnish

In large skillet with a tight-fitting lid, melt fats over medium heat. Add onion and barley; cook, stirring until golden. Add broth, raisins, bay leaves and Italian seasoning to barley mixture. Heat to boil; reduce heat to simmer, cover and cook 40 to 45 minutes or until barley is tender and liquid is absorbed. Fold apples and parsley into barley mixture; cook an additional 5 minutes and serve. Could be that it needs to cook a few more minutes with the cover off, for liquid to evaporate. Makes 10 servings.



## Health check

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

### Are There Any More "Real Men"?

There have been several research studies demonstrating a decline in sperm counts in men over the past 50 years. The British Medical Journal reported a study of the semen quality of 500 men born from 1959 to 1974. The findings were that the later birth dates (more recent) were associated with declining sperm counts and motility. The New England Journal of Medicine published a study of sperm quality in "healthy" French men between 1973 and 1992. They reported a 2.6% decline in sperm count, motility and normal cell type during the last 20 years.

Environmental chemicals may be to blame. Researchers propose that exposure of the developing testis to estrogen or estrogen-like compounds decreases the multiplication of cells where sperm formation occurs. The sons of women given diethylstilboestrol in pregnancy have been found to have decreased sperm counts. The Danish Environmental Protection Agency reports possible links between environmental chemicals that have estrogen effects with testicular cancer and declining sperm counts.

The environmental pollutant DDT has been shown to influence fetal testicular function. Pesticides have the capacity to act as estrogens which inhibits the formation of testosterone and sperm. Some countries used tons of the pesticide DDT in the 1990's. Men were also found to have lowered sperm counts when given teething powders with mercury and levels were restored with the removal of mercury from the powders. The susceptibility of the male reproductive system to environmental toxins demonstrates the need for conscious reduction of environmental toxins. Ignoring environmental contamination may compromise the fertility of our future generations.

Low testosterone in men has also been linked with premature death. A study of men, ages 50-91, reported that 33% had lower than normal testosterone levels, and those men had a 33% greater mortality risk within the next 18 years. Low testosterone in men causes erectile dysfunction, low libido, loss of energy and muscle strength, hot flashes, night sweats, weight gain and has clearly been linked with adult onset diabetes. Men often see a decline in testosterone production after age 50. This is considered "male menopause" but more accurately termed "Andropause". Prescription testosterone use in men with low testosterone levels increases energy, strength, physical endurance, mental clarity and sexual function.

Diet also affects our hormones. High insulin causes lowered free testosterone, as well as elevated blood, sugar, cholesterol and blood pressure. Elevated cortisol is associated with lowered sex hormones in men and women. Cortisol and insulin are elevated when we consume sugar and processed foods (high glycemic index foods).

In summary, men can protect their reproductive health and age gracefully by avoiding environment estrogens from plastic (never microwave in plastic), and milk and meat from animals given hormones. Men should also exercise regularly, and consume a low glycemic diet, avoiding white sugar, white flour, white rice, and white potato. Men over age 50 should have their salivary or blood testosterone levels checked if they are concerned about low testosterone symptoms as well as test for estrogen, SHBG and progesterone. Annual detoxification is an excellent practice to reduce toxins stored in the body.



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# Local History

By Tracy Tallman

The September 30, 1928 Richmond Beach Herald headline read "Local House Figures in Murder Mystery." The murderers happened to live in a house in Richmond Highlands near the corner of today's 185<sup>th</sup> Avenue North and Fremont Avenue North, described as a "little brown house." In 1938, ten years after the fact, TIME magazine published a story on the murder of James Eugene Bassett and called it "the most celebrated West Coast crime of the 1920s." Mary Eleanor Smith and her son Decastro Earl Mayer were eventually convicted of grand larceny for the theft of Bassett's car in separate trials. The body was never found so the pair escaped conviction for murder.

The prosecutors of Mrs. Smith were the first in the U. S. to use the "lie-detector" and "truth serum." The story of Mayer's interrogation was reported in the Washington Post and the New York Times, but it all began in Richmond Highlands where the deadly pair had rented a house from local dentist

James P. Clark. A great effort was made to locate the remains of the unfortunate Mr. Bassett, who had driven his "flashy blue Chrysler roadster" across the country in preparation for his first deployment to the Philippines. He had recently graduated from the U. S. Naval Academy in Annapolis, Maryland where his father was the secretary of the Chamber of Commerce. When he arrived in the Seattle area to spend some time with his aunt and uncle, he advertised the car for sale through the newspaper. Fate drew Smith and Mayer to call James Bassett and Bassett drove to the house near 185<sup>th</sup> Avenue North and Fremont only to be chopped into pieces and burned or buried—this amounting to considerable work according to Mrs. Smith's later confession. Smith and Mayer were later found driving the blue roadster around in Oakland, California where they were arrested. Lakes were dragged. The current Saltwater Park, then a sand and gravel pit, was searched. Volunteers were enlisted and bloodhounds employed but in the end only Mr. Bassett's wallet was found. The search for the body kept the nation titillated. The couple was extradited to Seattle from Oakland where Mrs. Smith was sentenced to ten years and her son to life due to his previous criminal record.



Photo of the two murderers – Mother Smith and son Decastro Earl Mayer. Taken from Don Duncan's book and likely copyrighted by the Seattle Times.

The book "The Lie Detectors: The History of an American Obsession" by Ken Alder discusses the use of the interrogation tools on Decastro Earl Mayer. August Vollmer (1876-1955), a self-taught criminologist who is generally considered to be the father of the "police reform" movement in the early 1900s, was the chief of police in Berkeley. He was contacted for advice on extracting a confession from the murderous couple and referred the Seattle police to the inventors of the lie detector, Leonarde Keeler (1903-1949) for whom the

"Keeler Polygraph" is named and policeman John Augustus Larson (1892-1965). These two men had worked together to develop the machine we know today. They were enlisted to try and worm a confession from Mayer in 1938, when Smith was nearing parole and talked a little too loosely with a cellmate. I'll spare you their draconian methods, hailed nationwide as amounting to torture, but during the lengthy

interrogation process, Mayer had a moment of weakness. Information given led the police to where they thought he might have buried the remains in a local cemetery, but the search proved fruitless.

In Don Duncan's book "Washington: The First One Hundred Years," the August 1928 murder and the tricks used by police to finally get the details are discussed. The mother finally confessed to a policeman disguised as a priest and the details of the dismemberment and disposition of the body were finally revealed. She was released from prison at the age of 86 and died in a Seattle nursing home four years later. Mayer hung himself in his cell in Seattle in December 1938.

In King County's tax records, the house near the corner on the lot where Smith and Mayer once lived was built in 1916, not brick and only 1,080 square feet. However, the house on this lot is considerably larger and it appears that the original house must be hidden under the rebuilt structure.

Further details on this murder and many other local crimes have been collected by Director Vicki Stiles at the Shoreline Historical Museum. Her excellent display can be seen through September 20, 2008.

# Blue Skies and Beautiful Gardens

By Lynn Wright

Folks ventured out in record numbers on June 14th to view the gorgeous gardens of Richmond Beach and Innis Arden. I'm happy to report we had the 'perfect storm' this year, (unlike last year) of sunshine, comfortable temperatures, beautiful gardens to behold, and the good fortune of fuel over four dollars a gallon, making our local event even more attractive. Some hosts commented they had upwards of 90 people come through!

W extend our gratitude to all the gardeners who jumped at the chance to open their gardens and allow us a glimpse: Tom and Carol Moran, John and Tami White, Mike and Mary Servais, Kay and Theresa Jones, Bill and Judy Kesel, Jean Yoho, Eric and Stacy Gillett, Bill and Jan Schnell and Bruce and JoAnn Amundson. We would also like to thank the staff and volunteers of Kruckeberg Botanic Gardens for opening the garden for our annual community tour. Without

you and your willingness to put forth all the time and effort to prepare your gardens, the tour would not have happened.

My forecast for Tour 2009 is good weather and even more gardens to visit. Several gardeners have expressed an interest in having their gardens included. Send me an email if you are considering being a host garden next year, or would like more information. I'd also love to hear feedback from the tourists, if you have any suggestions to improve the tour for next year. Is four hours enough time to make it around to all the gardens? Did you have any trouble finding the gardens? Did you have any trouble accessing the garden descriptions and map on the website? Your comments are valuable to improving our tour. Please email Lynn Wright at beachrights@msn.com, and include "Garden Tour" in the subject line.

# Shoreline CC to Expand Community Service Learning Opportunities

Volunteering in our communities has become as common as helping mom with the dishes or taking out the garbage. It is such an integral part of our society that volunteer programs are set up at schools – from high school through college.

After helping people for nearly 45 years, Shoreline Community College (Shoreline CC) is currently taking steps to expand service learning opportunities for students.

Last fall, the college joined Washington Campus Compact (WCC), a statewide coalition of colleges and universities to promote service learning. Thanks to an AmeriCorps\*VISTA grant to WCC to help serve people in poverty through service learning, Shoreline CC has been assigned an AmeriCorps\*VISTA member to begin work to help support the campus' service learning program.

Kaelyn Caldwell, the college's AmeriCorps\*VISTA volunteer started her new position in mid-July. She is working with instructor Neal Vasisith to build and coordinate partnerships between SCC instructors and community partners.

"I will make sure that faculty members have community partners who have the same goals...the same needs," says Caldwell, who will also work with students to see that they are aware of service learning opportunities.

Formerly a star soccer player at the University of Massachusetts, Caldwell hopes to use that personal experience to find additional

partnerships here for SCC students. "I hope to work with the women's soccer team at the college to develop service learning opportunities for these student athletes," she said.

Volunteers can work in advocacy, political action and combinations of direct service and efforts to affect structural change and raise awareness on issues like social inequities.

According to Ken Lawson, political science instructor and dean of Business, Intra-American Studies and Social Sciences, students learn and perform better when involved in some kind of community help that applies to their studies. "When students experience some form of community service it supports learning, particularly if there is a relationship between course content and the community service."

Partnership discussions have already begun with the YMCA, Hopelink, Center for Human Services, City of Shoreline, EarthCorps, Teen Hope, Shoreline-LFP Arts Council, Shoreline-LFP Senior Center, Four Freedoms House, Kruckeberg Botanic Garden and MsK Rare Plant Nursery, Wonderland Development Center, Briarcrest Elementary, Meridian Park School, Brookside Elementary and the Power of One Senior Volunteer Program.

To discuss possible community service partnerships, please contact Kaelyn Caldwell, 206.533.6690. For more information about the program, please contact Ken Lawson at klawson@shoreline.edu or 206-546-4691.

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Shoreline-Lake Forest Park Arts Council Presents:

## 2008-09 Arts in Culture Season

**October 11**  
Singer/Songwriter **Jonatha Brooke** at  
Shorecrest PAC  
\$22/\$20

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.

"Brooke has dedicated herself to the well-made song."—*New York Times*

"Brooke is pure folk clarity cut with pure rock opacity."—*Rolling Stone*

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 acclaimed 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.

**November 30**  
Magical Strings Celtic Yuletide Concert at  
Shorecrest PAC  
\$20/\$15/\$12

The Boulding family has been presenting this special holiday concert for 28 years. Many families have been making this a family tradition for years. Features storytelling, juggling, dance and song.  
www.magicalstrings.com

**January 17**  
Jazz it Up with Special Guest Trombonist  
Dennis Wilson at Shorecrest PAC  
\$18/\$15

Jazz it Up is the Arts Council's annual Arts Scholarship fundraiser. This year we'll feature jazz trombonist Dennis Wilson. Mr. Wilson began his professional career with Lionel Hampton as trombonist, arranger, and musical director. He has been a lead/solo trombonist for the Dizzy Gillespie Big Band, The New Tommy Dorsey Orchestra, and for ten years with Mr. William James "Count" Basie and his Orchestra. He received a Grammy Award nomination for arrangements created for Manhattan Transfer. He has performed on over six Grammy-winning

albums with the Count Basie Orchestra. His experience includes work with many jazz greats including Sarah Vaughn, Frank Sinatra, Ella Fitzgerald, Clark Terry, and Joe Williams.

**February 7**  
Vagabond Opera at Shorecrest PAC  
\$20/\$18

Hailing from Portland, Oregon, Vagabond Opera is a six-piece ensemble that delivers an eclectic mix of original and traditional compositions, unified by an old-world mood. Gut-bucket swing, tangos, Paris hot jazz, Ukranian folk-punk ballads, Arabic belly dance, Klezmer, operatic arias and vigorous originals mingle with Absurdist, Bohemian cabaret style, and played with skill, exuberance and a gritty vagabond edge.

**March 7**  
BodyVox2 at Shorecrest PAC  
\$20/\$18

Breathtakingly physical; highly original; passionately lyrical; frequently whimsical. BodyVox has a reputation for choreography that is both adventurous and innovative—challenging and engaging for committed dance fans, while also remaining accessible to new audiences. BodyVox2 will feature energized dance, unexpected storytelling, original cinema and human comedy. www.bodyvox.com

**April 24**  
Poetry Month Celebration at Shoreline  
Community College  
Free Community Event  
Featuring Washington State Poet Laureate Samuel Green, Poetry Slam, winners from our Poetry Contest and more. Free Community Event.

**Children's Series:**  
All Tickets are \$6  
Shows start at 11 a.m.

January 24  
School of Acrobatics and New Circus Arts  
Shoreline Community College

February 28  
Jungle Book by Book It Theatre  
Shoreline Community College

March 21  
Tears of Joy Theatre – The Shoemaker and his Elves  
Shoreline Community College

## You're invited to a Shoreline Community Conversation in October

From Nora Smith, Neighborhood and Public Outreach Coordinator

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 number one best neighborhood. Shoreline's

excellent schools, parks and neighborhoods were built over many years by a community of caring and active residents.

Help keep Shoreline's top ranking and make your City an even better place in the coming years by participating in one of the many "Community Conversations" in October. A wide variety of community groups will meet to talk about a Vision for Shoreline's future. See the details for these "Community Conversations" on the next page and mark your calendar now for the one most convenient for you.

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, 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 of 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.

These conversations will not be televised or recorded, nor will individuals be required to speak to a large group. Opinions, concerns and ideas will be shared and collected in small, informal circles of participants. Information gathered throughout October will later be shared with the City Council and Planning Commission. From these conversations, the City will prepare language for further public review and City Council adoption early in 2009.

Bring a friend or neighbor and take part in the Conversation this October to help us create a shared Vision of Shoreline's future.

For more information, visit [www.cityofshoreline.com](http://www.cityofshoreline.com) or contact Associate Planner David Levitan at (206) 801-2554 or [dlevitan@ci.shoreline.wa.us](mailto:dlevitan@ci.shoreline.wa.us).

**Wednesday, Oct. 1** – Long-Range Financial Planning Citizen Advisory Group  
Shoreline Center  
18560 1st Avenue NE

## Shoreline Fire Hosts Free Party for Seniors!

Did you know? Shoreline firefighters respond to hundreds of 9-1-1 calls due to falls. Especially at risk are people over the age of 60. A fall at home can cause devastating injuries that threaten your independent lifestyle. You can learn how to prevent falls and how to be safe in your home at an upcoming event sponsored by Shoreline Fire and the Shoreline Lake Forest Park Senior Center.

**What:** *Safe Steps – Say NO to Falls!*

**Who's invited:** Senior citizens and families

**Where?** Paramount Park, 8<sup>th</sup> NE and 153<sup>rd</sup> Street

**When?** 10:00 till 2:00 on Saturday, September 27.

**What's Happening?** Free blood pressure and glucose checks, bone density screenings, vision screenings, medication analysis, balance and fitness assessments, nutrition counseling, exercise and fitness demonstrations, refreshments, and lots of free advice and giveaways.

Don't lose your independence as you age! Shoreline Fire, Northwest Hospital, and the Shoreline-Lake Forest Park Senior Center are co-sponsoring this event to bring awareness to the devastating life changes that can happen after a fall at home!

**Tuesday, Oct. 7** – Shorewood PTSA  
Shorewood HS Library  
17300 Fremont Avenue N

**Wednesday, Oct. 8** – Westminster and Highland Terrace Neighborhood Associations  
St. Dunstan's Church  
722 N 145th Street

**Thursday, Oct. 9** – Meridian Park Neighborhood Association  
Meridian Park Elementary Library  
17077 Meridian Avenue N

**Tuesday, Oct. 14** – Ballinger and North City Neighborhood Associations  
Shoreline Library  
345 NE 175th Street

**Wednesday, Oct. 15** – Vision Aurora  
Firestation #61  
17525 Aurora Avenue North

**Thursday, Oct. 16** – Chamber of Commerce  
Fircrest School  
15230 15th Avenue NE

**Monday, Oct. 20** – Hillwood and Richmond Beach Neighborhood Associations  
Crista campus; Shirmer Auditorium  
19303 Fremont Avenue N

**Wednesday, Oct. 22** – Pro Shoreline  
Firestation #61  
17525 Aurora Avenue North

**Thursday, Oct. 23** – PRCS Board, Trails Committee and Arts Council  
Shoreline Center  
18560 1st Avenue NE

**Tuesday, Oct. 28** – Forward Shoreline  
Location to be determined

**Wednesday, Oct. 29** – Briarcrest and Ridgecrest Neighborhood Associations and Fircrest Staff  
Fircrest School  
15230 15th Avenue NE

**Thursday, Oct. 30** – Town Hall Meeting  
Fircrest School  
15230 15th Avenue NE

**City Council has adopted the following Goal for 2008-2009**

"Develop a shared community vision that integrates the Environmental Sustainability, Housing and Economic Development Strategies into the Comprehensive Plan and community development initiatives."

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Shoreline-Lake Forest Park Arts Council Presents:

# The 2008-09 Readers' Theater Season

The Shoreline-Lake Forest Park Arts Council is proud to announce the script selection for the 2008-2009 Readers Theater season. Playwrights Russell Weeks, Diane Nichols, George Savage, Nicola Pearson, Richard Maslow, and Jo Adamson will receive a \$100.00 award from the Arts Council on the night of their presentation. All readings take place on Monday evenings at Shoreline Center. A coffee, cookie and discussion time is scheduled after each of the presentations when audience, playwright, and cast will have the opportunity to exchange ideas about the script.

The 2008-09 selections are:

October 27 – 7 pm

### **Sinking Bass Turds by Russell Weeks**

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.

Monday, January 19 – 7 pm

### **Tomatoes by Diane Nichols**

The plot centers on a high school prank played in the life of one of the major characters. Most of us will recognize some of the people and events, which might parallel our own lives, in this script with its interesting and likable characters.

February 23 – 7 pm

### **The Restive and Rebellious Horse by George Savage**

This is a play about the life and exploits of Ethan Allen, who has been the subject of the author's research since reading a book about Allen as a boy. This script has a very creative format from which to launch a series of Ethan Allen's accomplishments in an unusual cast including Allen's wife and a freed slave. . The script mixes Allen's daily life with history in a workable wonderful way.

March 30 – 7 pm

### **Saving Nature and Karmic Koffee by Nicola Pearson**

Saving Nature is an improbable but compelling story of the rescue of Nature from an industrial building site. Paired with this environmental fantasy is another of Pearson's short plays. In *Karmic Koffee*, a brew that can put Starbucks to shame is peddled by a young man who wishes good fortune to the world he sells his product to.

April 27 – 7 pm

### **A Cricket in the Snow by Richard Maslow**

This script takes us back to the days when J. Edgar Hoover's militia prowled the streets and invaded homes and found communists under every stone they turned. This script presents a well-written retrospective perspective on J. Edgar's paranoia.

May 16 – 7 pm

Triple Play:

### **High Noon by Jo Adamson**

### **Dinner for Two by Marianne Gutteridge**

### **A Unicorn Named Perfection by Willy Clark**

We are featuring three short plays by three Seattle writers who, collectively, have been writing and producing and acting and directing in Seattle area theaters for about 125 years. Jo Adamson gives us her monologue play *High Noon*, a view into the mind of an actress who is past the prime of her career.

Marianne Gutteridge contributes another of her wonderful comedies, *Dinner for Two*, about a man and a woman and some other delightful characters, who experience odd circumstances and coincidences.

A very short play, with some music attached, has been contributed by Willy Clark. *A Unicorn Named Perfection* deals metaphorically with the ideal that all artists chase.

For more information on these and other Arts Council programs please contact us at 206-417-4645 or go to our website: [www.Shorelinearts.net](http://www.Shorelinearts.net).

# Dr. G's Marital Advice Column

By Dr. Jerry Girmus

Dear Dr. G.:

I am a recently married man and find myself completely unable to understand my wife. Can you please help me with any rules to do so?

Dr. G responds:

Join the club fellow! But yes, there are rules. The following are a few.

- The female always makes the rules
- The rules are subject to change at any time *without prior notice*
- No male can possibly know all of the rules
- If the female suspects that the male knows all of the rules, she must *immediately change some or all of the rules*
- The female is *never* wrong
- If it seems that the female is wrong, it is because of a flagrant misunderstanding which was the direct result of something the male said or did wrong
- The female can change her mind at any time
- The female has the right to be upset or angry at any time
- The male must remain calm at all times, unless the female *wants* him to be angry or upset
- The female must *under no circumstances* allow the male to know whether or not she wants him to be angry or upset

The following two words are *essential* and can help you survive almost any adverse situation:  
*Yes dear!!*

## Senior Calendar Continued from Page 8

Coming Up in November and December: REAL Gingerbread houses and Christmas Cards. Watch for more information in our next issue!

You are invited by your Board of Directors to the 2008 Annual Meeting to be held on Friday, September 26, 2008

12:30-2:00PM in the Bridge Room  
Join the Board of Directors and Center Staff to find out how the Center's future is looking.

### **New Program: Dental Hygiene Care**

As part of the *wellness emphasis* at the Shoreline-Lake Forest Park Senior Center, we will be introducing a dental hygiene service. This fee based service will be provided by a mobile service with Patty Funk, a Registered Dental Hygienist. She will bring her own dental chair and be located in our Nurse's Office. Fees will vary with the service and are to be paid to the Senior Center after your appointment.

Appointments will be made for the 2nd and 4th Thursdays of each month. Make appointments at the Front Desk or call 206-365-1536

### **Annual Aloha Lua'u**

Friday, September 19  
5:30PM  
We'll have a Lua'u Feast & amazing entertainment by The Hokulani Hula Studio and the Shoreline-Lake Forest Park Kupunas

Dress: Island Style!  
Tickets: \$16 for members, \$18 for all others, \$8 for children under 12  
Tickets on sale from Tuesday, September 2 to September 17 at the Front Desk.  
HINT: Tickets go fast, so buy yours early!

**A Falls Prevention Event**  
Safe Steps: *Say NO to Falls, Stay Independent!*  
Saturday, September 27 10:00AM to 2:00PM  
At Paramount Park, 15300 8th AVE NE Shoreline  
Enjoy a few hours and hear how you or someone close to you can become fall "proof." Join in on a Matter of Balance exercise demo, try out some Tai Chi, get a blood pressure check, find out how to make your home safe for you and so much more. Brought to you by The Shoreline Fire Department and Shoreline-Lake Forest Park Senior Center.

**Van Drivers Needed!**  
Can you or someone you know help? Senior Services provides the training necessary. All you need is a regular driver's license.  
Time commitment: a half-day or full day, once a week, morning, afternoon; it's pretty much up to you and your schedule.  
Call Jon Ann or Judy at 206-365-1536 or Senior Services Transportation: 206-727-6262, to volunteer and get more information.

## Stacks of photos?

## Karen Weber

Creative Memories Consultant

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## Inside Delivery

By John Thielke

The August 20<sup>th</sup> Concert in the Parks event was actually held in the the Richmond Beach Congregational-UCC Church due to inclement weather. The Delivery Boys, who certainly can deliver the goods, entertained those who managed to attend. With three guitars and a percussionist, the band did a great job performing many classic pop harmonies.

All concerts in the parts are free to the community. Information about Arts Council events and programs is available by calling 206-417-4645. Next year, if there is any question about the weather, please contact the Arts Council to get information about specific performances.

Shoreline Bank and the Shoreline/Lake Forest Park Arts council present concerts in the Parks with partial support from the Cities of Shoreline and Lake Forest Park, 4Culture Lodging Tax and Washington State Arts Commission.

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# September calendar of community events

## Richmond Beach Library Call 546-3522 for information

### Children & Families

#### Tune Tales for Toddlers

Tuesdays, September 9, 16, 23, and 30 at 10:15a.m.

Tune Tales is a 40-minute class for ages 1 to 3. Join Teacher Jeanne for an exciting musical adventure. Each class is filled with hands-on instrument play, singing and dancing with finger puppets, scarves and dyna bands. Focused listening activities and learning the language of music through music theory games and imaginative play. Registration for each class required. Sponsored by the Friends of Richmond Beach Library.

#### Tune Tales for Preschoolers

Tuesdays, September 9, 16, 23, and 30 at 11:15 a.m.

Tune Tales is a 50-minute class for ages 3 to 6. Join Teacher Jeanne for an exciting musical adventure. Each class is filled with hands-on instrument play, singing and dancing with finger puppets, scarves and dyna bands. Focused listening activities and learning the language of music through music theory games and imaginative play. Registration for each class required. Sponsored by the Friends of Richmond Beach Library.

#### Pajamarama Family Story Time

Wednesdays September 10, 17 and 24 at 7p.m.

All young children welcome with parent or caregiver.

Wear your pj's and join us for books, stories and songs!

#### Toddler Story Time

Thursdays September 11, 18, 25 at 10:15a.m.

Join us for books, finger plays, stories and songs just for toddlers! Ages 2 to 3 with adult, siblings welcome.

#### Preschool Story Time

Thursdays September 11, 18, 25 at 11a.m.

Share the wonderful world of books with your preschooler! Ages 3 to 6 with adult, siblings welcome.

#### Study Zone

**Mondays, September 15, 22, and 29 from 4:00 to 6:00 p.m. 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.**

#### The Magical Adventures of Bug Boy

Saturday, September 20, at 11:00 a.m. Magician Jeff Evans visits with tricks and amazing facts about bugs, insects, and other creepy crawlies. You'll see Hercules the World's Strongest Flea, a Venus Fly Trap, and the dreaded "Scorpion Moth." You'll wonder if Jeff has gotten in

over his antennae when he reaches into a swarm of bees in the name of a card trick! Crawl, hop, or buzz in to the library and be part of the entomological adventure. Recommended for ages 5 and up.

Sponsored by the City of Shoreline Parks and Recreation Department.

#### Uphill Both Ways – Stories of Childhood in the Pacific Northwest

Saturday, September 27, at 11a.m. at the Shoreline Historical Museum

Uphill Both Ways - stories of childhood in the old Pacific Northwest. What was life like for kids in the old Pacific Northwest? Come and hear stories from the early days! *This event will be held at the Shoreline Historical Museum, 749 North 175th St. Shoreline, WA 98133, (206)542-7111.*

#### Adult & Teen

##### Game On! & Mural Project

Thursday, September 18 at 4p.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!

##### Evening Book Discussion Group

Monday September 8 at 7p.m.

Join us for a lively discussion of "Hearts of Horses" by Molly Gloss.

##### Talk Time

**Tuesdays September 9, 16, 23 and 30 at 4 p.m.**

**Improve your speaking and listening skills in this English conversation group.**

##### Afternoon Book Discussion Group

Thursday September 11 at 2 p.m.

Join us for a lively discussion of "Hearts of Horses" by Molly Gloss.

##### Creating a Healing Environment for Children

Thursday, September 25, 6:30 to 8:30 p.m.

Creating a Healing Environment for Children Who Experience Trauma. For adults who work with children ages newborn through age 5. This interactive workshop covers mandated reporting laws for child abuse and neglect. Learn to recognize if you have a child in your program who may be a victim and discuss ways you can create a protective and healing environment for children. This workshop provides two STARS credits in Health, Safety and Nutrition.

## Syre Elementary

### Curriculum Night & PTA General Membership Meeting,

Thur., Sept. 18

6:00-6:40-K-2, 6:45-7:15-PTA, 7:20-8:00-3-6

## Einstein Middle School

### Back to School Night

Thur., Sept. 11, 6:30 p.m.

## Shorewood High School

### Back to School Night

Thur., Sept. 25, 6:30 p.m.

## RBCA Community Events

### Halloween Carnival

Saturday, Oct. 25, 3:00-7:00 p.m.

Syre Elementary School, 19545 12<sup>th</sup> 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

Thur., 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)

## 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** - (fall) For a \$100 donation, sponsors can have their names or logos printed on the event t-shirts. Contact Sheri Ashleman at 542-9147.

## Shoreline Senior Center

**NEW! POETRY: Reading it—Talking About It, with Dick Harrison Starting Wednesday, Sept. 10.** 4 sessions, 1:30-3:30PM; next session starts October 8., same time. This class will involve reading our favorite poems and talking about their meaning. Class could include: study of poetic forms, looking at writing techniques, maybe writing a few poems. No special knowledge or talent is required. The intent is to have fun. Fee: \$25 members, \$28 non-members. Register at the Front Desk.

### George Ray of KCTS

Coming to Our Center

Tuesday, September 16, 10:00 AM

Exercise Room

George will bring us more information about the High Definition transition and how it may or may affect you. Following Mr. Ray, Mr. Scott from the Pike Place Development Company as a part of our regular PROBUS meeting. All are invited to attend. Starbucks' treats and coffee will be served.

### Retirement Community

#### Field Trip

Have a tour. Enjoy lunch at University House in Wallingford, and then have dessert at Ida Culver in Ravenna

Thursday, September 11

EraLiving Van pick up at the Senior Center: 10:00AM; return: 3:00PM. Limit:15

Sign up at the Front Desk or call: 206-365-1536

### Holiday Bazaar Help needed!

Watch for the "official" sign up book at the Front Desk *starting September 29th.*

Help needed to: set up on Thursday, October 30, take down Saturday, November 1; help in the kitchen, rummage sale, donate to the rummage sale, bake sale, bake for the bake sale, help at the Front Desk and so much more! This is one of the Center's bigger fundraisers, so everyone's help is appreciated.

Call Jon Ann at 206-365-1536 for more information.

### Economic Tax Stimulus Filing

Did you know that over **28,000** taxpayers in King County who are eligible for the Economic Stimulus Payment have not filed a tax return?

If these individuals do not file they will not receive the **\$300** or **\$600** they are entitled to, and approximately **\$8.5 million** will fail to come back into our community. Individuals who received more than \$3,000 in wages, Social Security payments, Social Security Disability payments and/or veterans' benefits in 2007 are eligible for the payment. Taxpayers have until **October 15<sup>th</sup>** to file a simple tax return on Form 1040A and receive their Stimulus Payments! Mike Speyer will be here Fridays, Sept 5 to Oct. 10 to offer help if needed. Make appointment at the Front Desk.

### Special Crafting Classes from Kathy Leon!

Our favorite Crafting Instructor is presenting a series of classes:

For September and October:

Wednesday, September 24 and October 1: a two class session:

Sept. 24: **Hanging Bats for Halloween!** Imagine bats dangling from your porch ceiling to scare your trick or treaters! Put them together with Kathy's guidance out of TP rolls and shoulder pads. Kathy always comes up with clever ideas! Oct. 1.: Construct really cute, yet frightening, **Halloween cards** to mail or give to friends and family. They will include slider cards and pop-up cards. All materials including all the fun stamps for this special "boo-day" that Kathy has in her collection. Register at the Front Desk. Please register in advance; \$12 for members, \$14 for non-members.

## Book Review

by Aarene Storms

### "Dreamers of the Day" by Mary Doria Russell

The year is 1921 and Agnes Shanklin is alone, having survived the tragedies of the Great War and the Great Influenza that killed the rest of her family. Saddened, Agnes gathers her modest inheritance and her dachshund and leaves Ohio...to visit Egypt. There, she spends time with a few dignitaries who have gathered for a week at a Cairo hotel to draw territorial boundaries and invent the new nations of Iraq, Syria, Lebanon, Israel, and Jordan.

While Agnes is a fictional character, the figures and actions of Winston Churchill, T.E. Lawrence ("Lawrence of Arabia"), Gertrude Bell, and others are based firmly in the historical record.

The author's research translates beautifully into historical fiction, which not only illuminates the beginning of the modern political Middle East, but also reveals much about events and issues which are part of present-day headlines.

War leaders and politicians would learn much by spending time with this book, as will anyone else who is able to make the acquaintance of Agnes Shanklin, Rosie the dog, and a few Western politicians who toured the pyramids and changed the world.

Recommended for ages 14 to adult; contains a few minor sexual situations and cuss words. This would be an excellent selection for book discussion groups!

