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Historic Beach Park  
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State Funds

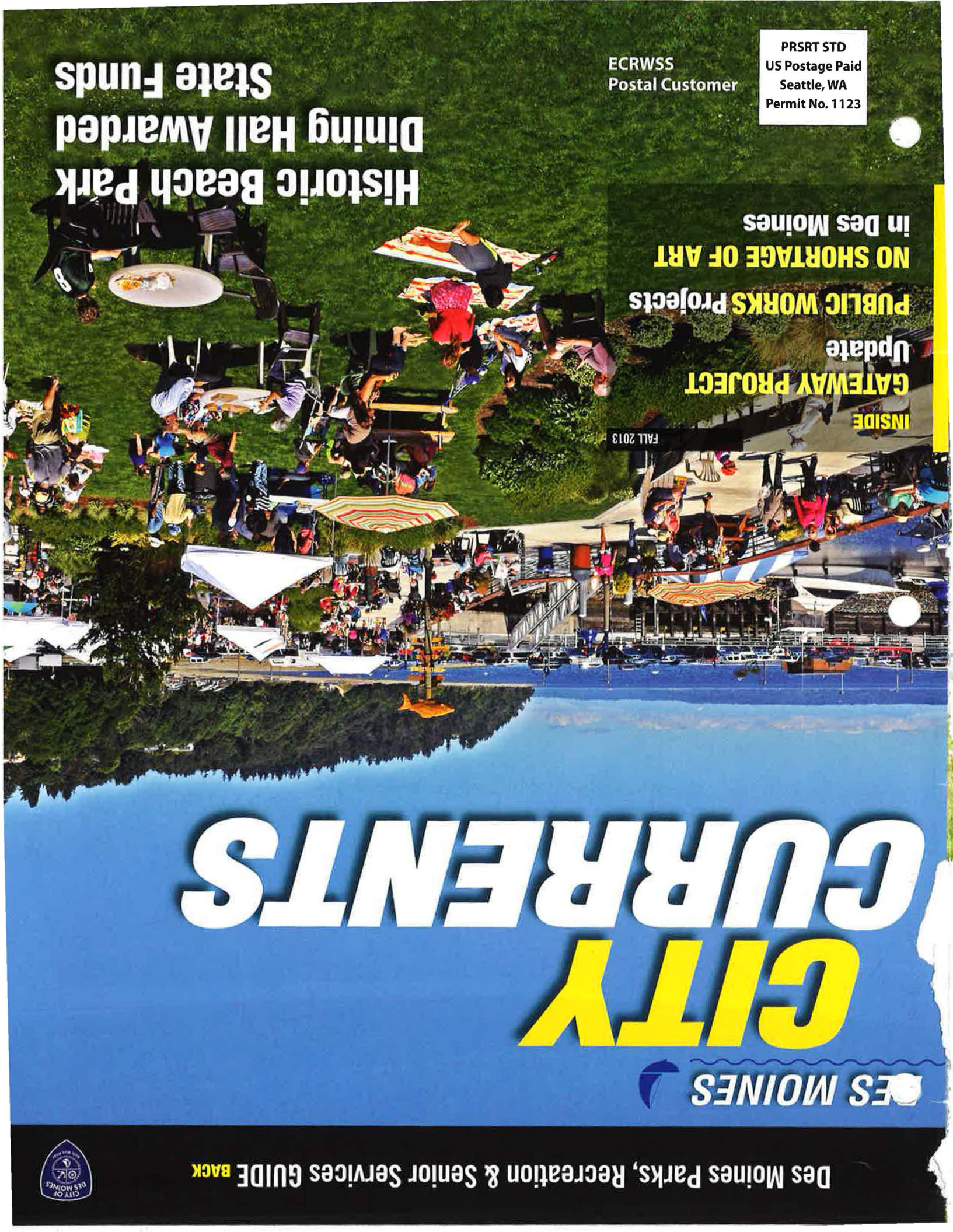
INSIDE  
GATEWAY PROJECT  
Update  
PUBLIC WORKS Projects  
NO SHORTAGE OF ART  
in Des Moines

FALL 2013

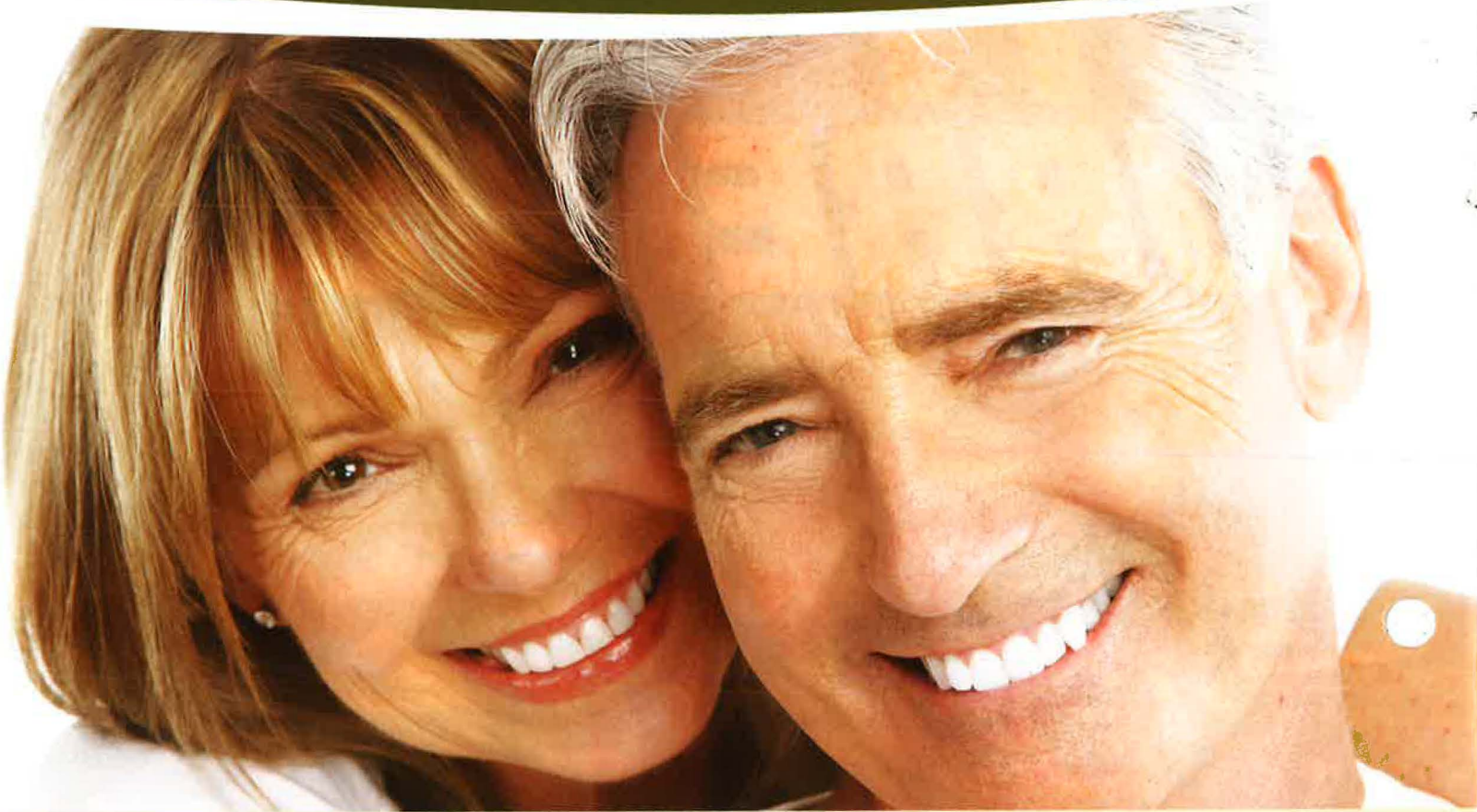
# CITY CURRENTS



Des Moines Parks, Recreation & Senior Services GUIDE BACK



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Southwest King County  
Chamber of Commerce



# Shop Waterland!

Dear Des Moines Resident:

In these challenging economic times Des Moines stands behind our local businesses, to help our community survive and thrive. The City of Des Moines, the Southwest King County Chamber of Commerce, Destination Des Moines, and Highline Community College StartZone have partnered together on the "Shop Waterland" campaign, and we encourage you to participate.

We regularly promote shopping and dining in Des Moines but we want to take this effort to the next level, and we need your participation to do so. Why promote shopping locally? As our businesses know, when residents and visitors shop locally, they: sustain local jobs and help businesses employ local family, friends and neighbors; help maintain strong and diverse neighborhoods; reduce energy consumption and costs, traffic congestion, pollution and travel time; provide businesses with revenue to be able to reinvest profits in local nonprofit organizations; and support local government services like public safety and parks.

## HOW DOES IT WORK?

All you need to do to participate is use the Waterland Card at businesses where the decal is displayed! You can find the card enclosed in this issue of City Currents. Or, if you are a 'smart phone' user, read the 'QR' code and simply show a digital Waterland Card at participating businesses!

We will promote the free "Waterland Card" in City and Chamber publications and in the Waterland Blog. Over 80,000 Waterland Cards will be distributed through publications, and participating public and business venues such as the Des Moines Waterfront Farmers Market. It's that simple!

Thank you for your consideration and please, Shop Waterland!

Dave Kaplan, Mayor  
City of Des Moines

Carol Kolson, President & CEO  
SWKC Chamber of Commerce

Tony Hettler, President  
Destination Des Moines



For a digital Waterland Card, scan QR code with your Smart Phone



## PARTICIPATING "SHOP WATERLAND" BUSINESSES:

All Points Yarn	\$20 off \$100 Purchase	The New Look 4 U	Free Mini Facial
Arturo's Mexican Restaurant	15% off Dinner Menu	Page Turner Books	10% off
Athen's Pizza & Pasta	\$5 off \$30 Purchase	Pauline's Nail Spa	\$5 off of \$30 Service
Auntie Irene's Espresso	Mocha Monday Special	Phra Khun Thai Bistro	10% off
Best In Show Pet Salon	Free Toothbrushing With Service	Pier View Chiropractic	Complimentary Stress Test
Blue Vanilla Bakery	10% off Weekday Breakfast	Polonez Automotive	5% off Your Service
Des Moines Dog House	Free Drink with Order	Powell Homes	Free Washer/Dryer with Home
Des Moines Drug	Free Greeting Card with Purchase	Powell Care & Repair	10% off up to \$500 Repair
Des Moines Florist	10% off \$50 Bouquet	Pretty Nails	\$5 off Services
EC Computers	20% off Repair Service	Pro Cleaners	Laundry by the Pound Special
Famous Hair & Nails	20% Off	Quick Renewal Massage Center	\$2 off 30 min. massage
Freedom Snacks	Small Popcorn with \$10 order	Salon Michelle	Free Eyebrow Wax with Salon Service
George C Scott Glass Studio	25% off	Scotch & Vine Restaurant	15% off Regular Menu
Highline Design Alliance	Logo & Graphic Design Special	Spyro's Gyros Etc.	Gyro Special \$6
John L. Scott Real Estate	\$500 Toward Closing Purchase	State Farm Insurance Char Schulz	Free Gift with Auto Quote
Kaihana Sushi	10% off	State Farm Insurance Vickie Bergquist	Free Gift with Auto Quote
Karuna Arts Yoga	10% off	Sugar Cookies Espresso	Any Drink 50c off
Kimberly's Exquisite Jewelry	Troll Collector Bead Special	Sukha Healing Arts	\$10 off Massage
Key Bank	Free Gift with New Account	The Tag Zone	10% off
Landmark Event Center	25% off Rental Rates	Teresa DeLeen Handmade Jewelry	\$20 off \$100 purchase
Mandarin Kitchen Chinese	\$5 off \$30 Purchase	Tuscany at Des Moines Creek	10% off
Marina Inn	Free Breakfast Special with Stay	Village Frame & Collectibles	15% off Custom Framing
Marine View Espresso	10% Off	Vitality Chiropractic	Free Giant Exercise Ball
Marine View Florist	15% off Purchase	Waterland Crossfit	New Member 1/2 Price Special
Marine View Massage	\$5 off Massage Session	Waterland Wellness Massage	25% off 6 session package
Naturopath Dr Lynn Mikel	Free Vitamin D3 with Purchase	The Wellness Sanctuary	20% off New Client Services

\*\*\*RESTRICTIONS APPLY \*\*\* OFFERS SUBJECT TO CHANGE\*\*\*



Photo by Carmen Scott

## A LOOK BACK



Photo courtesy Des Moines Historical Society. [www.dmhs.org](http://www.dmhs.org)

DES MOINES SCHOOL WAS BUILT IN 1897 on the site where Des Moines Elementary school stands today. Primary students were housed in the basement rooms, intermediate students on the first floor and high school students in the two rooms on the top floor.

The High School offered two areas of study: a classical course and a commercial or business course. The classical course required four years of English and Latin; one and a half years each of Algebra and Geometry; and one year each, of Physical Geography, Ancient History, Medieval and Modern History, American History and Civics, and Physics.

The first graduation was in 1910. The ceremony was held in "Daddy" Draper's "Oprey House" and all the 200 residents of the town appeared to be there.

The entire school was destroyed by fire on January 9, 1925. Townfolk scurried to install partitions and chalk boards, desks and books in the IOOF Hall, and

school resumed the following Monday morning. Later that year construction began on the first four rooms of the brick Des Moines Elementary school Building, which continue to serve our children today.

Rilda Martin is undoubtedly in the attached 1909 photo, she was president of the 1911 graduating class, and married Otto Moses in 1918. As "Mrs. Moses" she taught Kindergarten in Des Moines from 1947 until she retired in April 1966, having taught over 1,200 Des Moines children.

The school information is from our Des Moines History Book, ONE HUNDRED YEARS OF THE "WATERLAND" COMMUNITY. It and historic Note Cards are available at the Des Moines Museum, and also at the Note Card/ Information booth at the Saturday Farmers Market at The Des Moines Marina.

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Cover photo by Carmen Scott

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## City Council Highlights from Mid-February – Mid-July Ordinance 1562-1568, Resolution 1219-1237

### Held Public Hearings:

- Institutional Campus Zoning Reclassification.
- Sign Code Amendments – Public Readerboards, Chapter 18.42 DMMC.
- Transportation Improvement Plan (2014-2033).
- Vacation of Public-Right-Of-Way within City of Des Moines known as the East half of 15<sup>th</sup> Avenue S and Alley East thereof between S 222<sup>nd</sup> Street and S 223<sup>rd</sup> Street.

### Approved the following action:

- Approved the Prohibition of Sky Lanterns.
- Approved Institutional Campus Zoning Reclassification.
- Approved Franchise Agreement with The Zayo Group.
- Updated Parking Regulations at the Marina parking lots and updated exemptions.
- Amended Traffic Code and Parking Violations by adding a new penalty section for parking violations.
- Updated the City's Buildings and Construction Code; the International Property Maintenance Code.
- Vacated a portion of City Right-of-Way in an area generally described as a portion of public right-of-way on the east half of 15<sup>th</sup> Avenue South and the alley east thereof, between South 222<sup>nd</sup> Street and South 223<sup>rd</sup> Street.
- Approved an Agreement for services for planning, implementation and funding of a Joint Human Services Application Program.
- Approved an Interlocal Agreement between the City and Highline School District regarding the Zenith Park Site.
- Installed security cameras at the Redondo Boat Launch Facility.
- Accepted Grant Funds from The National Recreation and Park Association.
- Approved 2013 Summer Events with Destination Des Moines.
- Approved Task Order Assignment with Tetra Tech, Inc.
- SeaMar Right-of-Way Dedication.
- Approved an Agreement with King County to fund bus stop improvements for the Transportation Gateway Project (S 216<sup>th</sup> Street Segment 2: 18<sup>th</sup> Avenue S to 24<sup>th</sup> Avenue S).
- Approved a Settlement Agreement with MVG, LLC for the South 223<sup>rd</sup> Culvert Replacement Project.
- Placed Municipal Court Judge position on the Ballot.
- Approved Acceptance Agents for Claim for Damages.
- Amended the Department of Natural Resources Tidelands Lease.
- Accepted the Edward Byrne Memorial Justice Assistance Grant Award.
- Approved an Agreement with Puget Sound Energy for Utility Undergrounding on the 24<sup>th</sup> Avenue South Improvement Project.
- Approved a Joint Trench Utility Agreement with Comcast for utility undergrounding improvements of the 24<sup>th</sup> Avenue S Improvement Project.
- Accepted the deed of land dedication from HealthPoint.
- Authorized the City Manager to submit an application for a Community Development Block Grant for the construction of the South 224<sup>th</sup> Street Sidewalk Project identified in the Pacific Ridge Neighborhood Improvement Plan.
- Approved an Agreement with The Rotary Club for the 2013 Poverty Bay Brews and Blues Festival.
- Approved an agreement with the Farmers Market

for the Classic Car and Wooden Boat Show.

- Approved a Memorandum of Understanding with the Des Moines Police Management Association.
- Restored frozen Administrative Sergeant Position.
- Approved an Interlocal Agreement with Highline Water District for the 24<sup>th</sup> Avenue South Improvement Project.
- Approved the State's 2013 Transportation Investment Package.
- Recognized July as Parks and Recreation Month in Des Moines.
- Approved an Agreement with Intolight for the changeout of High Pressure Sodium street lights to energy efficient Light Emitting Diode (LED) streetlights.
- Accepted the Quit Claim Deed from Luria Pacific North West, LLC.
- Set hours for Marina parking lot closures.
- Approved the Transportation Improvement Plan for 2014-2033.
- Approved Emergency Resolution accepting findings of fact that an emergency existed at the Marina.

### Other Action Taken:

- Mayoral appointments to the Arts Commission.
- Mayoral appointment to the Library Board.
- Mayoral Proclamation Honoring Ric and Dianne Jacobson, of CorkyCellars.
- Mayoral Appointment to the Utility Occupation Tax for Des Moines Streets Pro and Con Committees.
- Interviewed Candidates for Vacant City Council Seat.
- Appointed New Councilmember, Jeremy Nutting.
- Mayoral Proclamation Commemorating National Police Week.
- Mayoral Appointment to the Human Services Advisory Committee.
- Mayoral Proclamation observing National Night Out.
- Held Budget Retreat.
- Washington State Future City Regional Competition Presentation from Pacific Middle School.

## DES MOINES CITY COUNCIL



**Dave Kaplan**  
Mayor



**Matt Pina**  
Mayor Pro Tem



**Jeanette Burrage**  
Councilmember



**Melissa Musser**  
Councilmember



**Carmen Scott**  
Councilmember



**Bob Sheckler**  
Councilmember



**Jeremy Nutting**  
Councilmember

**City Council meets**  
**1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup>**  
**Thursdays at 7pm**

## DES MOINES DIRECTORY



### City Hall

21630 11th Avenue South  
206-878-4595

### Business Hours

Monday – Friday  
8am – 4:30pm

[www.desmoineswa.gov](http://www.desmoineswa.gov)

### City Council

Dave Kaplan, Mayor	DKaplan@desmoineswa.gov
Matt Pina, Mayor Pro Tem	MPina@desmoineswa.gov
Jeanette Burrage	JBurrage@desmoineswa.gov
Melissa Musser	MMusser@desmoineswa.gov
Jeremy Nutting	JNutting@desmoineswa.gov
Carmen Scott	CScott@desmoineswa.gov
Bob Sheckler	BSheckler@desmoineswa.gov

### City Offices

City Attorney	206-870-6553
City Clerk	206-870-6519
City Manager	206-870-6541
Planning/Building	206-870-7576
Engineering	206-870-6522
Facilities Rentals	206-870-9370
Finance Director	206-870-6512
Marina	206-824-5700
Municipal Court	206-878-4597
Parks Administration	206-870-6527
Police Department	206-878-3301
Public Works/Park Maintenance	206-870-6559
Recreation	206-870-6527
Senior Services	206-878-1642

### Other Numbers

Emergency	9
Animal Control	206-870-6549
Field House	206-870-6527
Fire (non-emergency)	253-839-6234
Library, Des Moines	206-824-6066
Library, Woodmont	253-839-0121
Police (non-emergency)	206-878-3301

### Utilities and Services

Century Link	800-573-1311
CleanScapes	206-762-4900
Comcast	877-778-7008
Highline Water District	206-824-0375
Lakehaven Wtr/Sewer	253-941-1516
Midway Sewer District	206-824-4960
Puget Sound Energy	800-321-4123
SW Suburban Sewer	206-244-9575
Water District #54	206-878-7210

### CALL BEFORE YOU DIG:

Utility Locates	800-424-5555
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DES MOINES  
**CITY CURRENTS**

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# State Funds Awarded to Rehabilitate the Des Moines Beach Park's Historic Dining Hall

**BREAKING NEWS!** On June 30, 2013 Governor Inslee signed the 2013-2015 state budget which authorized the re-appropriation of \$128,062 of funding for Heritage Capital Projects grant contracts which had not been completed, as well as the award of \$850,000 of additional Heritage Capital Projects grant funds for the long awaited rehabilitation and reopening of the Beach Park Dining Hall.

The City anticipates that the Dining Hall will reopen in 2014, adding another unique venue to the Beach Park for family gatherings, community festivals, weddings and receptions; non-profit & service club events; corporate meetings and trade shows; and performing, visual arts and heritage activities.

If you have visited the Des Moines Beach Park Historic District recently, you will notice that there have been many improvements made to the historic buildings including the rehabilitation of the 6,000 sq. ft. Auditorium, the lifting of the Dining Hall above the Des Moines Creek, new decking and landscaping and interior updates to the Founders Lodge. These improved buildings along with the recent renovations at the Des Moines Marina create a one of a kind waterfront event center.

The Beach Park and Marina resources provide access for our citizens and visitors of more than a half mile of public waterfront. The combined facilities include waterborne, upland, indoor and outdoor spaces and parking to serve as an event venue for activities drawing crowds of up to 5,000 to enhance the City's downtown Marina District identity as a destination, to improve economic opportunities for local business and services, and to provide sustainable income to maintain



Photo courtesy www.erosephoto.com

these much loved waterfront resources.

The Beach Park Historic District, formerly known as Covenant Beach Bible Camp, was acquired by the City in the late 1980s. Its distinction as the only remaining Swedish church camp built in the early 1900's to 1960's located on waterfront in the Puget Sound region,

qualified this heritage resource to be listed on the Washington and National Historic Registers. Included within the District are eight extant historic buildings (Auditorium, Dining Hall, Picnic Shelter, Sun Home Lodge, Restroom, two Cabins and one Cottage) and non-contributing buildings (Founders Lodge and one Caretakers Cabin) which are located between the pedestrian bridge at the front of the park and the turn-around at the back parking lot.

For more information on how to schedule your next family gathering or business event at the Des Moines Beach Park Event Center, please visit our website at [www.beachparkeventcenter.com](http://www.beachparkeventcenter.com) or contact the Parks, Recreation and Senior Services office at 206-870-6527.

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# Des Moines Transportation Gateway Project

HAVE YOU TRAVELED BY THE DES MOINES POST OFFICE LATELY and noticed the initial segment of the Transportation Gateway Project under construction? Virtually every citizen in the City has been impacted by the widening of the heavily traveled S 216<sup>th</sup> Street corridor between 24<sup>th</sup> Avenue S and 18<sup>th</sup> Avenue S. Construction is well underway and when finished will include an additional travel lane, new traffic signals, bicycle lanes, bus stop improvements, curbs, gutters, sidewalks, underground utilities, pedestrian and street lighting, landscaping and a large drainage retention pond. Subject to weather, this segment could be completed up to 3 months ahead of schedule or by November, 2013.



*Reducing long delays by shifting traffic to temporary lanes*

Construction to widen 24<sup>th</sup> Avenue South (between S. 216<sup>th</sup> Street and S. 208<sup>th</sup> Street) began this Spring with utility relocation. Early next fall the City plans to begin roadway construction, utility undergrounding and water main replacement. Associated traffic disruptions will continue for about 2 years. These corridor improvements are focused on heavier vehicle movements, as well as sidewalks with planter strips and bicycle facilities that will support pending Des Moines Creek Business Park development by the Port of Seattle (see associated article in this issue) and other anticipated development. Meanwhile,

the City of SeaTac is progressing with design and funding to connect 24<sup>th</sup>/28<sup>th</sup> Avenue South (between S 208<sup>th</sup> Street and S 200<sup>th</sup> Street) easing connections to the new S 200<sup>th</sup> Street light rail station being constructed by Sound Transit (2016 planned opening.)

Design and right of way planning has been finalized for the S 216<sup>th</sup> Street corridor between 29<sup>th</sup> Avenue S and the Pacific Highway South intersection. The City is now seeking funds for right-of-way acquisition and construction.

Funding for these improvements are from the Federal Highways Administration,

the Washington State Transportation Improvement Board, Highline Water District, Midway Sewer District, King County Metro and the City of Des Moines. Private developers and the Port of Seattle are making very substantial contributions towards the frontage improvements.

Thank you very much for your patience and caution, protecting construction workers and pedestrians, while construction is underway. For further information please see the City of Des Moines Project Web site [www.desmoineswa.gov/index.aspx?NID=211](http://www.desmoineswa.gov/index.aspx?NID=211) or call the Public Works Department at 206.870.6525.

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## Developer for 87 Acre Des Moines Creek Business Park Selected—Projected to Create 1,000 Permanent Jobs

The Port of Seattle has selected a developer for the Des Moines Creek Business Park project, Panattoni Development Company, Inc., a privately-held real estate development firm headquartered in Newport Beach, California. The firm was chosen from a field of four proposers to develop approximately 87 acres of property south of Seattle-Tacoma International Airport with a combination of airport-

related commercial and light industrial uses.

"I am delighted that Panattoni has been selected from a very competitive list of national real estate development firms to develop the Des Moines Creek Business Park beginning next year" said Mayor Dave Kaplan. "We are pleased that they have a strong local office, that their team will be local planners, engineers and contractors, and that they have a great reputation

working with their host cities.

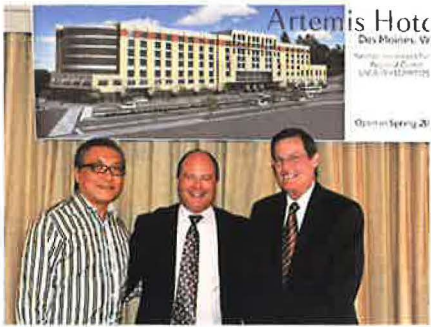
This is the most important single economic development project in the City's 55-year history, and the City pledges to do everything within its power to make this a wonderful community-defining, commercially successful project."

Panattoni's preliminary development budget for the Class A business park project is estimated at \$100-125 million. The development will include up to two million square feet

of flexible-use, manufacturing, office, distribution and industrial business park buildings able to accommodate tenants that desire immediate proximity to Sea-Tac Airport for their business (such as freight, avionics manufacturers, air cargo company offices, etc.).

The build-out of the project is expected to be in several phases over 7 years, with ground breaking for the first phase as soon as the summer of 2014.





Albert Sze, left, with Mayor Dave Kaplan and Council Member Bob Sheckler

### Artemis Hotel Project Receives Funding Approval

The Yareton Group and the City of Des Moines are pleased to announce that the application for "EB-5" foreign investor visa program funding has been approved by the federal government, after a two-year processing delay. The new EB-5 Regional Center Designation, which covers the greater Des Moines area, opens the door for foreign investors to create hundreds of jobs and fuel the local economy with new development projects.

"This four-star luxury hotel will be a stunning addition to Pacific Highway, a catalyst for revitalization of the area," said Des Moines Council Member and former Mayor Bob Sheckler, who traveled to China to make investor contacts that led to the project. "I would particularly like to thank Congressman Adam Smith, who worked to pull this application out of the federal agency backlog and get it approved."

"This is the beginning of great things for our Pacific Ridge neighborhood," said Des Moines Mayor Dave Kaplan, who was an early supporter of the project.

"The City of Des Moines has been a wonderful partner in moving this project forward," said Albert Sze, Yareton Group Project Director. "We look forward to a quality development that will benefit both investors and the region."

Hotel plans include an authentic four-star Chinese restaurant of a quality and authenticity currently unavailable in the Puget Sound region, as well as an upscale spa and other high-end amenities. A partnership with a top hotel chain is being discussed, as well as the inclusion of a casino that would create approximately 100 additional jobs.

Further details are available at the Artemis Hotel website [www.yareton.com](http://www.yareton.com).

Win Exciting PRIZES!

# ENDLESS SUMMER

OPEN HOUSE Sept. 29

**Wesley Homes Des Moines**

**Sunday Sept. 29<sup>th</sup>**  
1:00 p.m. to 4:00 p.m.

See a variety of cottages and apartments, visit with residents and enjoy the fun festivities we have planned this year. Plus, friends from local businesses are coming with discount coupons and helpful resources.

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Wesley Homes is a not-for-profit organization offering retirement communities and home health services for older adults. It is affiliated with the Pacific Northwest Conference of the United Methodist Church.

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ROTARY CLUB OF DES MOINES

POVERTY BAY

# BLUES & BREWS

AUG 24, 2013

Beach Park in Des Moines

THIS WEEKEND!

Don't miss a day of brews, blues, barbecue and sunshine.

For info:  
[www.DMRotary.org](http://www.DMRotary.org)

Proceeds benefit Highline MusicLife

Providing musical instruments to elementary school students in the Highline Public Schools

The Blues and Brews supports the charitable projects of the Rotary Club of Des Moines.

# Sound Transit Light Rail Through Des Moines

In June 2012, Sound Transit began an "Alternatives Analysis" on the 7.6 mile corridor from South 200<sup>th</sup> Street to the Federal Way Transit Center including stations in the vicinity of Highline Community College by 2023 and South 272<sup>nd</sup> Street when funds become available. The Alternatives Analysis is now complete.

Sound Transit staff and their consultants evaluated a range of alternative alignments on SR99, I-5, 30<sup>th</sup> Avenue South and 24<sup>th</sup> Avenue South including plans for elevated, at grade and mixed cross sections, and 22 possible station locations including at South 216<sup>th</sup> Street, between Kent-Des Moines Road and South 240<sup>th</sup>, near South 260<sup>th</sup>, and in Redondo. The purpose of this evaluation was to assess degrees of relative impact indicating which alignments and station locations should be further evaluated during the EIS process.

The Des Moines City Council working with their SeaTac City Council counterparts established the following seven prioritized goals for Light Rail Extension to guide alternative analysis and decision making on light rail extension and station locations through our respective cities:

1. Minimize impacts on businesses and residents
2. Facilitate, not compromise, economic development along alignment
3. Maintain traffic capacity along SR99 and at Kent-Des Moines intersection
4. Be compatible with full build out of SR509 extension to I-5 and collector distributor network to Federal Way
5. Facilitate Highline Community College access and fully mitigate traffic, parking, land use and law enforcement impacts on the College
6. Facilitate *Transit Oriented Development* along alignment and especially at stops
7. Improve local east-west and north-south transit connections as well as regional commuting

Sound Transit's Board will review EIS scoping comments and approve Draft EIS alternatives on September 26, 2013. Completion of the environmental approval process and a Sound Transit Board decision on what to build is expected in late 2016 based on available funds followed by a Record of Decision from the Federal Transit Administration.



## New Flashing Beacons For North Hill Elementary

The City of Des Moines is planning to install School Zone Flashing warning beacons along 8<sup>th</sup> Avenue South and South 200<sup>th</sup> Street this fall. These new lights will flash during the arrival and dismissal times of North Hill Elementary School. The City will be able to purchase and install these new flashing beacons in part from a \$15,000 grant by the Washington State Traffic Safety Commission. These particular lights are solar powered and are the second of this kind of installation for the City. Staff hopes to begin installation in September and complete the project in October. The rest of the funds for the beacons will come from the City's Traffic Safety Fund which is supported almost entirely by the Automated Speed Enforcement cameras near Midway and Woodmont Elementary Schools.

The flashing lights will be an additional reminder for vehicles to observe the 20 mph school zone speed limit. The City places a high value on the safety of school children and school zones and is looking forward to the positive effect the lights might have on vehicle speeds. As a part of the grant, the City will be doing an "after" study on speeds within the year to measure the effectiveness of these lights. The signs will also state that the 20 mph speed limit is in effect "When Flashing or When Children are Present", so even if the lights aren't flashing, the speed limit can be enforced at 20 mph when children are present.

If you have questions or comments, feel free to contact the City's Engineering Services Manager, Brandon Carver, at 206-870-6543 or [bcarver@desmoineswa.gov](mailto:bcarver@desmoineswa.gov).

## LED Streetlight Conversion Project

Over the next three years the City will be converting 1,021 streetlights to a more energy efficient alternative. The conversion will remove the current 100Watt High Pressure Sodium (HPS) streetlights and replace them with 54Watt LED lights. Even though the LED fixtures are lower wattage, the light levels produced are very similar. However, you may notice that the light from new LED streetlights will appear more like "daylight" and "whiter" in light color, as compared to a more "yellow" color from the current street lights.

Converting streetlights from HPS to LED is a step toward reducing the City's ongoing costs associated with street lights. Last year the City spent approximately 30% of the total Street Fund Budget on streetlight maintenance and electricity. These new streetlights use about 50% less electricity and last nearly 20 years as compared to the 8 year life of a HPS fixture. The current monthly cost for each HPS light is \$12.02 per month, as compared to \$8.38 per month for a 54Watt LED fixture - a savings of approximately 30%. This conversion project will result in an annual savings of about \$45,253 per year.

PSE crews started the project in July, and will be working essentially from the north end of the City to the south.



Above:  
Newly  
converted  
54Watt

Existing 100Watt  
HPS Streetlight



### PUBLIC WORKS AT THE MARKET

The Public Works Department of the City of Des Moines had equipment and staff at the market in June and July to talk with citizens and answer any question they might have regarding current and upcoming projects. It was a great opportunity to meet the folks you see out on the street or in the park working for you. The Surface Water Management team was there to talk about the exceedingly popular Pipe Program, Car Wash Kits and to answer any questions on water quality, flooding issues or storm water.

Our Transportation Engineers had examples of street lights, signs, pavement markers and inventory systems and information regarding the ongoing street projects such as the large 216<sup>th</sup> Street/Gateway Project currently under construction. The Parks and Maintenance crew had various pieces of equipment there and explained how they worked and what they do to keep our City looking good. It was also a great opportunity for families with kids to climb into the driver's seat and see how it would feel to operate a backhoe or dumptruck. The Administration staff was on hand to talk about the City's Public Works Department and explain what portion of your tax dollars go where. The trip to the market was the first of what may become an annual event for the City and citizens in our community.

### ORCA CARD-PURCHASE/RELOADING LOCALLY

Quarterly, beginning Wednesday, September 25 from 11am-12pm, you will be able to purchase or re-load an ORCA transit card at Des Moines Activity Center. You may use cash, check or credit card for the purchase



or reloading of your ORCA transit card, which is good for METRO, Sound Transit and Washington State Ferries. For more information, please call 206.878.1642. Des Moines Activity Center is located at 2045 S. 216th St., just east of the Des Moines Post Office.

## Des Moines Waterfront Farmers Market

Join us every Saturday now thru October 26th

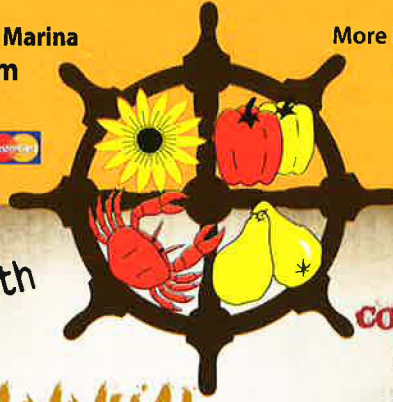
Upcoming Special Events Sept 14th

Back to School/Safety/Kid's Day

Kids Fishing Derby & Food Truck-In

Located in the North Marina  
10 am to 2 pm

More information available at:  
[www.DMFM.org](http://www.DMFM.org)



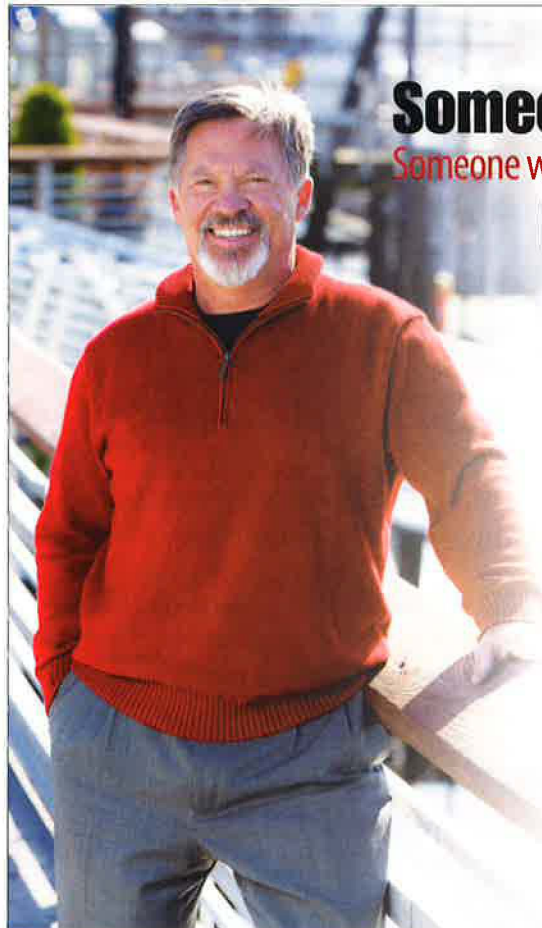
October 26th

7<sup>th</sup> ANNUAL  
CHILI COOKOFF

COME TO  
EAT  
OR  
COME TO  
COMPETE



More information available at [DMFM.org](http://DMFM.org)  
or email [desmoinesfm@gmail.com](mailto:desmoinesfm@gmail.com)



Someone we know  
Someone we trust to do what's right  
**David Gehrke**



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Wegener & Doull

206 878-4100 | 800 404-2973  
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# ART NEWS in Des Moines

**PUBLIC ART WALK** - Join us on Saturday, October 26, for a FREE Art Walk to enjoy the Public Art of Des Moines! We will meet at the conference room just inside the Des Moines Library located at 21620 11th Ave. South, at 10 AM to have a quick preview and then begin our walk with Turtle Island-Puget Sound (the sculpture just outside the Library) and continue past many other examples of public art until we end at the Marina where the final Farmers Market of the season will be in session. Bring your weather appropriate apparel and good walking shoes and join the fun! Walk is about two miles long and will take about an hour and a half. Contact Barbara McMichael at 206-878-6912 or Nancy Stephan at 206-228-4024 to let us know you are coming and/or for questions.

## INTERACTIVE ART EVENT

"Lights, Action, Camera" is an upcoming interactive art event taking place in Des Moines on Friday, October 4, at 5:30 PM at the Des Moines Beach Park in the meadow. It coincides with October Arts Crush celebrations, and will involve and engage anyone interested in helping Des Moines artist and photographer Dan Wend create his latest in a series of abstract light-in-motion photographs. The show begins at dusk and participants are encouraged to bring (or wear) NON-FLAMMABLE light sources such as colored glow sticks, glow necklaces, flashlights, or battery-powered LEDs. Be prepared to swirl, spin, wave, and twirl light! To get an idea of Dan's work, visit [www.wendimages.com/photo-photons-2.html](http://www.wendimages.com/photo-photons-2.html).

## THEY'RE COMING - Fall 2013 The annual migration of the noble squid to Des Moines

Squid-a-rama is a celebration of our favorite cephalopod through the eyes of artists and children. The main event will take place one evening to coincide with anticipated annual arrival of the squid in Des Moines' Poverty Bay. Squid-a-rama features family-friendly activities, copious amounts of cocoa and a display of squid masks created by local artist Adrian VanderHousen. Squid-a-rama is a collaborative effort between the Des Moines Arts Commission, the Des Moines Marina, Highline College and local sponsors. Updated information available at [www.squid-a-rama.com](http://www.squid-a-rama.com)

## BREEDERS THEATER land in Des Moines with *Blood Pudding*

Breeders Theater returns after a two-year break with Blood Pudding a new show written by T.M. Sell.

Blood Pudding will be performed at the Des Moines Beach Park Auditorium  
Friday, Oct. 25, 7pm  
Saturday, Oct. 26, 7pm  
Sunday, Oct. 27, 2 pm  
Friday, Nov. 1, 7pm  
Saturday, Nov. 2 at 7 pm  
Sunday, Nov 3 at 2 pm

Blood Pudding is a satire on vampire stories in the tradition of Breeders Theater's previous work, along with topical commentary on current events. "We live in a world of people who seem bent on sucking the life out of things," says playwright T.M. Sell. "Must be time for a play."

Breeders Theater performed for 10 years at E.B. Foote Winery in Burien, until the winery closed in 2011. The company performed to regular sold out shows, and established a reputation for great comedy and music. Wine and beer service will be available at evening shows.

Tickets are \$20 for all shows and are available through the City of Des Moines Parks and Recreation Office at 206-870-6527, 1000 S. 220th Street and Brown Paper Tickets [www.brownpapertickets.com](http://www.brownpapertickets.com).



## ART ON POVERTY BAY

The sculptures we are now exhibiting will be either purchased or rotated out of Des Moines in May of 2014. We need your financial support to keep this project going AND you can HELP US BUY A SCULPTURE - Four that are currently exhibited in our outdoor sculpture gallery are also available for purchase - and you can help the City of Des Moines acquire one (or more) of these artworks for permanent installation. The available sculptures are: Shorebirds (\$5,000), Yakutat (\$7,200), Illuminated One (\$10,100) and Octavia (\$25,000.) It would be great to have one of them live in Des Moines. To donate to Art On Poverty Bay, send your donation made payable to the Des Moines Legacy Foundation, a 501c3 organization, and marked for the Sculpture Project, and mail or deliver to the Des Moines Field House at 1000 S. 220th Street. Or, if you wish to use a credit card, please call the Field House at 206-870-6527.



## { WELLNESS STARTS HERE }

- : Massage
- : Energy Work
- : Nutrition Education
- : Aromatherapy

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206.777.5444  
WELLNESS SANCTUARY

206.824.1441  
WATERLAND WELLNESS



## SUMMER TIME AND WEST NILE VIRUS

West Nile virus was found for the first time in King County in 2006. Also in 2006, Washington State had its first human cases when West Nile virus fever was diagnosed in residents of Pierce County (2 cases) and Clark County (1 case). The year 2009 saw the most West Nile virus activity ever recorded in Washington State. That year there were 73 horses with confirmed disease and 38 human cases. One human case was reported in 2010 and none in 2011. To date, no human cases have been documented to have acquired WNV in King County.

In response to the effect of West Nile Virus (WNV) within our state, City staff began treating City-owned ponds with a larvicide to help in reducing the possibility of residents becoming infected. The City always encourages residents to inspect their property and eliminate potential breeding areas such as standing pools of water, old tires, buckets, disused swimming pools, etc. West

Nile virus infects humans, mosquitoes, horses, and other animals. Most of the time, infection with WNV makes people mildly ill. Symptoms include body aches, skin rashes and swollen glands. More severe infection can result in encephalitis, meaning severe headache, high fever, neck stiffness, disorientation, and sometime convulsions.

To learn more information about West Nile virus, please visit the Seattle & King County Public Health Website at [www.kingcounty.gov/healthservices/health/ehs/westnile.aspx](http://www.kingcounty.gov/healthservices/health/ehs/westnile.aspx) or call the Public Health West Nile virus hotline at 206-205-3883. The website provides valuable information on the latest surveillance data, related symptoms, how to protect yourself, latest news releases, how to report a dead bird, download a flyer (available in several languages) on West Nile virus, and much more. For more information on what the City of Des Moines is doing to combat WNV, please call (206) 870-6585.



Wesley Homes  
HOME HEALTH

## Morning & Evening Care

Need a little help in the morning or at the end of the day? Wesley Homes' home helpers offer a variety of services to start and end your day with confidence.\*

888.995.1126  
[wesleyhomes.org](http://wesleyhomes.org)

\*Up to 90 minutes in the morning and again in the evening for just \$100. Available for home visits west of I-5 between Burien and Federal Way.

SAVE

THE

DATE

SUNDAY

NOV. 3

**BAYSIDE BRUNCH**

★ Celebrating our 14<sup>th</sup> year ★

Join us as we salute the

**GRAND OLE OPRY**



Proceeds benefit senior services and youth recreation for the Des Moines community

We'll be just a little bit Country and a whole lotta Cowboy and Cowgirl

**Anthony's HomePort Des Moines**

9:30am - 1pm

**Center Stage**  
Silent and Live Auctions

**Boot Scootin'**  
Champagne Buffet

**Rhinestone Cowpoke Costume Contest**

**Folsom Prison**

\$75 per person

for more information:

Des Moines  
Legacy  
Foundation




206.878.1642

[www.desmoineslegacy.org](http://www.desmoineslegacy.org)

# What Goes Where? Answering questions about recycling and composting

What do I do with THAT? Recycling cart? Yard waste cart? Garbage? Aiiieeeee! Recycling and composting can be confusing. Here's what to do with common items found around the house.

GARBAGE	FOOD AND YARD WASTE	OTHER
<p><b>FROM THE KITCHEN</b></p> <p><b>Dirty paper towels</b> if stained with cleaning chemicals or human/pet waste. Food and yard waste cart if they have food stains.</p> <p><b>Take-out food containers</b> if made from coated paper (shiny). Otherwise, they go in the in food waste cart. Unsure? Put them in the garbage.</p> <p><b>FROM THE BATHROOM</b></p> <p><b>Used facial tissues</b> and other tissue from the bathroom.</p> <p><b>"Flushable" items</b> such as toilet bowl brush heads or cleaning wipes. Do not flush, they can clog pipes and septic tanks and create problems at the Wastewater Treatment Plant.</p> <p><b>OTHER TRICKY WASTE</b></p> <p><b>Pet waste.</b> Always bagged or double-bagged). Never in the food and yard waste cart, even if it's in a biodegradable bag.</p>	<p><b>FROM THE KITCHEN</b></p> <p><b>Dirty paper towels</b> if they have food stains. Garbage if stained with cleaning chemicals or human/pet waste.</p> <p><b>Take-out food containers</b> if made from cardboard or uncoated paper (uncoated paper is not shiny). Otherwise, they go in the garbage cart. Unsure? Put them in the garbage.</p> <p><b>Paper plates and cups</b> if uncoated (not shiny). Unsure? Put them in the garbage.</p> <p><b>Greasy pizza boxes</b> if it's a cardboard pizza delivery box. Place in recycling cart if it's a frozen pizza box.</p> <p><b>Meat, fish, poultry, bones, veggie and fruit trimmings and other food scraps.</b></p> <p><b>Paper berry and egg cartons.</b></p> <p><b>Paper grocery bags</b> if stained with food or filled with food scraps.</p> <p><b>OTHER TRICKY WASTE</b></p> <p><b>Shredded paper.</b> Food and yard waste cart. Layer it in with yard and food debris. Make sure it doesn't contain shredded plastic such as old credit cards.</p>	<p><b>FROM THE KITCHEN</b></p> <p><b>Cooking oil and kitchen grease.</b> Put in a clear plastic jug, label with your name and address, and place next to your recycling cart (or contact your property manager to arrange collection if you live in an apartment or condo). CleanScapes will collect a maximum of three gallons for free.</p> <p><b>FROM THE BATHROOM</b></p> <p><b>Unwanted medications,</b> including pet meds. Take to an authorized pharmacy or other location (see <a href="http://www.takebackyourmeds.org">www.takebackyourmeds.org</a> or call (206) 263-3014). Don't flush or put these in the garbage.</p> <p><b>"Flushable" items</b> such as toilet bowl brush heads or cleaning wipes. Garbage. Don't flush, they can clog pipes and septic tanks and create problems at the Wastewater Treatment Plant.</p> <p><b>OTHER</b></p> <p><b>Motor oil.</b> Put in a clear plastic jug, label with your name and address, and place next to your recycle cart (or contact your property manager to arrange collection if you live in an apartment or condo). CleanScapes will collect a maximum of three gallons for free.</p> <p><b>Household batteries.</b> Place button, alkaline, and rechargeable batteries in a Ziploc-style bag on top of recycling cart for free recycling (or contact your property manager to arrange collection if you live in an apartment or condo).</p> <p><b>Fluorescent bulbs and tubes.</b> Wrap tubes in newspaper and place next to recycle cart, place CFL bulbs in a Ziploc-style bag on top of recycling cart for free collection (or contact your property manager if you live in an apartment or condo).</p> <p><b>Styrofoam blocks.</b> Call CleanScapes at (206) 762-4900 to arrange free curbside collection (or contact your property manager if you live in an apartment or condo).</p>
<b>RECYCLE</b>		
<p><b>FROM THE KITCHEN</b></p> <p><b>Pizza boxes</b> - if it's a frozen pizza box. Food and yard waste if it's a cardboard pizza delivery box.</p> <p><b>Paper milk cartons.</b> Recycling cart, but rinse them first.</p> <p><b>Paper grocery bags.</b> Recycling cart, if clean. Yard waste cart, if stained with food or filled with food scraps.</p> <p><b>FROM THE BATHROOM</b></p> <p><b>Cardboard cores</b> from paper towels and toilet paper.</p>		



## Housing Repair Assistance Program

The City of Des Moines is once again providing minor home repair services to City resident homeowners who have "extremely low" to "low" incomes based on the U.S. Department of Housing and Urban Development (HUD) income guidelines. This is done by providing free repair services to improve the health and safety of our residents as they live in their homes.

### SERVICES PROVIDED INCLUDE:

- Electrical – faulty lights, switches, plugs, circuits or exhaust fans
- Plumbing – faulty toilets, clogged drains, leaking faucets, faulty water heaters
- Disability Aids – installation of grab bars, handrails, hand held showerheads, bath seats, high toilets, access ramps and application of non-skid surfaces
- Safety – installation of smoke alarms, security/safety lights, carbon monoxide alarms & locksets
- Other – faulty furnaces, faulty gutters and roof leaks, broken window glass panes

### HOW DO I QUALIFY FOR THESE FREE SERVICES?

1. Be an owner/occupant within the Des Moines city limits for at least one year with no intention of selling in the next 12 months and have proof of home owner's insurance
2. Complete the application process

### HOW DO I APPLY?

To apply for this program please follow these directions:

1. Request an application by calling 206-870-6535
2. Complete the application

forms and return them with the supporting documentation to the City of Des Moines/Minor Home Repair at 21630 11th Ave. S. Ste. D, Des Moines WA 98198

3. Once your application is processed and evaluated you will receive a phone call informing you of your acceptance or non-eligibility for our program. Upon acceptance your job will be referred to one of our contractors who will call you to make an appointment to perform those services. Services that are required for your health and/or safety are the highest priority.

## Community Service Directory Available

This 6-page directory is an excellent resource, identifying area agencies and services that provide assistance to our residents. Categories range from Food and Transportation to Legal Services and Childcare. In addition, Health Resources, Counseling, Employment and Consumer Affairs are included. It is an easy reference document for the help you may need. For your copy, please visit the City's web page to download the directory at <http://www.desmoineswa.gov/DocumentCenter/View/4> or call 206-878-1642 for a copy. The updated Community Service Directory will be available at all City buildings and the Des Moines Library. Many thanks to the City of Des Moines Human Services Advisory Committee for providing this helpful directory. Committee Members include Nadine Byers, Susan Corey, Marta Kalve, Patricio Mendoza, Deana Rader and Eileen Severns.

## ONLINE PERMITTING FOR OVER-THE-COUNTER RESIDENTIAL PERMITS

The City of Des Moines Building Division is happy to announce its next step in electronic permitting. For a little over a year, we have had an online presence through which applicants could view their permits & review status, request inspections and check the current inspection schedule.

Now, any residential permits for reroof, electrical, plumbing or mechanical projects may be submitted online with electronic payment by Visa or MasterCard.

The Permit Specialists in the Building Division will receive the electronic submissions, check them for accuracy, and then email the approved permits so they can be printed at your home or office. [www.desmoineswa.gov/mypermits](http://www.desmoineswa.gov/mypermits).

We believe this will save travel time and money for many of our customers, both homeowners and contractors, who want to make use of the online permitting service. We look forward to receiving your feedback about your experience of the process. Let us know how it's helping your work! (Contact

Planning & Building, under "How Do I...?" on our website, [www.desmoineswa.gov](http://www.desmoineswa.gov).)

## CHANGE IN INSPECTION SCHEDULING

The Building Division is continuing to require contact by 2 p.m. the day before in order to schedule a "next day" inspection. Recently, we have begun scheduling only A.M. or P.M. inspections. We are no longer able to provide specific times for our inspector to arrive. Morning inspections usually span from 8:30 a.m. to 11:30 a.m. Afternoon inspections go from 1:15 p.m. to about 4 p.m.

Inspections on City permits can be scheduled in either of two ways:

By phoning the inspection request line at 206-870-6531 and following the directions there, OR;

By going to the website at [www.desmoineswa.gov/mypermits](http://www.desmoineswa.gov/mypermits). On your first visit to the website address, you will need to create a login ID. Then you can request an inspection, check the inspection list for the next few days, or look up your permit and see its status.



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### BUSINESS HOURS

Monday - Friday  
9am-7pm

Saturday  
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Support Local Businesses!



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Access Pharmacy is a locally owned, independent pharmacy, providing pharmacy services to our local community, assisted living facilities and care givers. Being managed by Pharmacists, we understand the individual needs of patients. Whether its delivery, shipping, special orders or custom packaging, we will provide a solution for you. Pharmacists are best equipped and most accessible to provide professional advice on Supplementation. **ASK YOUR PHARMACIST.**

We carry a wide range of Medical Supplies, orthopedic supports, Compression Stockings, Specialty Supplements (Thorne, Biogenesis, Carlson).

**Join our Vitamin Club and earn Reward Points towards free items, its FREE!**

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# Water exercise is fun for the young at heart, too

Exercising can be a pain, but for adults, the elderly, and those recovering from some surgeries, water exercise is a great way to be active with significantly less wear and tear on the joints. Water exercise can

help people with chronic diseases. For people with arthritis, it improves use of affected joints without worsening symptoms. It can decrease depression and improve mood. Water exercise improves or

maintains the bone health of post-menopausal women. Just 2.5 hours per week can decrease the risk of chronic illnesses and improve health for people with diabetes and heart disease.

## MOUNT RAINIER POOL

SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER 2013

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Swim Team
7:30 - 8:30 am		Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	Pool Maintenance	
8:30 - 9:30 am		Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	Shallow Water Ex/Lap Swim	
11 am - 1 pm		Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	
1 - 2:30 pm		Lessons	Lessons	Lessons	Lessons	Lessons	Lap Swim 12-1 pm
2:30 - 5:30 pm		Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Public Swim 1-2 pm
5 - 7 pm		Swim Lessons & Swim Team	Swim Lessons & Swim Team	Swim Lessons & Swim Team	Swim Lessons & Swim Team	Family Swim 6 - 7 pm	<sup>\$1</sup> Public Swim (First Sat. monthly)
7 - 8 pm		Public Swim	Water Exercise	Public Swim	Water Exercise	Public Swim	Available for rental 2 (3) -10 pm
8 - 9 pm		Lap Swim/Exercise		Lap Swim/Exercise		Lap Swim	

For more information, please call: 206.824-4722 or visit us at [www.mountrainierpool.com](http://www.mountrainierpool.com)



**DES MOINES POOL**

METROPOLITAN PARK DISTRICT

When faced with closure of the Mount Rainier Pool in 2009, the citizens of Des Moines formed the Des Moines Pool Metropolitan Park District to operate the pool.

Your commissioners have focused on two primary concerns: bringing operating costs under control and maintaining the swimming program for the Des Moines and Normandy Park communities.

The district has completed several energy upgrades to the pool and continues to make repairs needed to maintain operation of the 38-year-old facility.

COUPON EXPIRES DEC. 31, 2013

Good for **ONE FREE LESSON** when signing up for a full session of fall swim lessons at Mount Rainier Pool

CONSUMER: Coupon void if copied. Cash value 1/100¢. LIMIT: One coupon per family. Offer may not be combined with any other offer.

COUPON EXPIRES DEC. 31, 2013

Good for **ONE FREE PUBLIC SWIM, LAP SWIM or WATER EXERCISE** at Mount Rainier Pool

CONSUMER: Coupon void if copied. Cash value 1/100¢. LIMIT: One coupon per visit. Offer may not be combined with any other offer.





# mrp

However you  
pronounce our name,  
it's the sound of FUN!

## Water is life

We can't live without it and kids are fascinated by water.

It's a **sensory extravaganza**.

They can taste it. They can feel it.

Kids love water's cooling sensation on a hot day. They love their own buoyancy and the sense of floating.

They love the ease of propelling themselves and water's cushioning effect. Fall on a hard surface and it's painful. In water, **hurt is minimized**.

Water is flat-out fun. It feels good and kids love sharing their joy of water with others... ever see how much kids seem to socialize more easily in water?

And depending upon whether parents send signals that water is to be feared, kids will take to it like... fish.

Yes, water can be dangerous, but kids can learn to **RESPECT** - not fear - **water**.

Swimming can be their exercise for life.

Childhood fitness is a concern and obesity is epidemic. But swimming **improves endurance and coordination, builds muscle and burns calories**.

And because swimming is **low-impact exercise**, it can be continued for a lifetime. Studies have shown that **swimmers**, on average, **live longer**.

Give your child the gift of a **healthy lifestyle** for life. Sign them up for swim lessons today.

Swimming is life-affirming. Come on,

**JUMP IN!**



# mount rainier pool

Serving Des Moines and Normandy Park since 1975

# MEETING AND FACILITIES RENTALS



## Coming Soon!

The Des Moines Beach Park Dining Hall is undergoing a face lift this winter so that the newly renovated facility will be ready to host your Fall '14 and Winter '15 events! Contact Shannon for more details!

Des Moines facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for weddings, banquets and other community events! Outdoor shelters are great for summer picnics and family gatherings!

## Beach Park Auditorium

Our historic, yet contemporary, Beach Park Auditorium boasts stained glass windows, an outdoor patio, and cathedral ceilings with exposed wood beams that enhance the ambiance in true Pacific Northwest style. Adding to our Northwest elegance, you and your guests will enjoy picturesque views of Puget Sound and the Olympic Mountain Range. Both create the perfect back-drop to capture your day for years of lasting memories.

## Founders Lodge

With its floor to ceiling windows, the panoramic views of the Puget Sound and the Olympic Mountain Range are breathtaking any time of year. Nature is ever present in this rustic venue that spans the babbling Des Moines Creek.

## Des Moines Activity Center

The Des Moines Activity Center is a true hidden gem that affords a private feel for your guests yet is just two turns away from the Kent-Des Moines exit off Interstate I-5. Gleaming hardwood floors and a large stained glass window compliment exposed wood beams. Ample on-site parking and a first class kitchen make this a perfect event space.

## Field House

Built in 1939 as part of the Works Progress Act, the Field House is the only full log cabin in Washington State. The surrounding park features newly installed play equipment, tennis courts, a skate park, and a baseball/softball field and picnic shelter. Choose from one of three spaces available for rent.

## Contact

"Let me help you select the perfect facility for your special event!"

Shannon Kirchberg  
Events and Facilities Coordinator  
206-870-9370  
skirchberg@desmoineswa.gov  
www.beachparkeventcenter.com



Beach Park Auditorium



Des Moines Activity Center



Founders Lodge



Des Moines Field House



## SPECIAL EVENTS



JOIN US FOR OUR ANNUAL  
**Spaghetti Night**  
 FRIDAY, OCTOBER 4, 2013

5:00-7:00PM

Des Moines Activity Center  
 2045 S 216th Street  
 206.878.1642

ADULTS: \$10  
 CHILDREN: \$5  
 \* FAMILIES: \$20

SPONSORED BY:




\* Family: 2 adults plus children 12 & under



**Tickets Only \$1**

**Raffle to Benefit Des Moines and Normandy Park Activity Center Programs**

Imagine this beautiful, framed photograph of Port Townsend's historical Point Wilson Lighthouse in your home! Photographed and donated by Carmen Scott. Purchase tickets at Des Moines' Activity Center, Field House or Marina Office or call 206-878-1642 to pay with Visa/MasterCard


Drawing: Wednesday, November 20, 2013 @ 12:30pm  
 Des Moines Normandy Park Activity Center  
 Need not be present to win  
 All proceeds benefit Des Moines Normandy Park Activity Center Programs

**FREE HOLIDAY EVENTS**  
 Presented By  
**Destination Des Moines**



**TRICK OR TREAT PATH**  
 Dress Up as your Favorite Goblin and Collect Treats from Marina District Businesses!  
 Date: Thursday October 31, 2013  
 Time: 3:00pm- 5:00 pm  
 Location: Businesses along Marine View Drive S. and 7th Ave S.

**HOLIDAY TREE LIGHTING**  
 Bring the Family for Music, Hot Cocoa, Cookies and Santa!  
 Date: Friday December 6, 2013  
 Time: 6:00pm – 7:00 p.m.  
 Location: Big Catch Plaza  
 (the corner at Marine View Dr. and 218th)



**Argosy Christmas Cruise Ship & Bonfire**  
 Join revelers to watch the decorated Argosy Christmas ships anchor offshore for an amplified caroling session with local performers. Dress for a chilly winter evening!

<b>Thurs, Dec 12</b>		
Redondo	Bonfire at 8:45pm	Ship Appearance 9pm
<b>Wed, Dec 18</b>		
Beach Park	Bonfire at 6:45pm	Ship Appearance 7:20pm

## SENIOR OUTINGS



### HORTICULTURE OUTINGS

Explore lush and varied Northwest gardens and nurseries. No-host lunch and garden admission fees when applicable.

**Age 50+**      **\$8 Transportation Fee or \*car-pool**  
10am departure unless otherwise noted

**FRIDAYS DESTINATION:**

Sept 13 Powell Woods-Federal Way\*

Sept 27 Emerald Heights Garden Tour-Redmond

## REGISTRATION INFORMATION

### City of Des Moines Parks, Recreation and Senior Services Department

**PARKS AND RECREATION  
ADMINISTRATIVE OFFICE**  
1000 South 220<sup>th</sup> Street  
Des Moines WA 98198  
206-870-6527  
TDD Line: 206-824-6024  
Fax: 206-870-6587  
recreation@desmoineswa.gov  
www.recreation@desmoineswa.gov  
Hours: Monday – Friday, 8am-6pm

**DES MOINES ACTIVITY CENTER  
OFFICE SENIOR SERVICES**  
2045 S 216<sup>th</sup> Street  
Des Moines WA 98198  
PO Box 98576  
206-878-1642  
Fax 206-878-2260  
seniors@desmoineswa.gov  
www.seniors@desmoineswa.gov  
Hours: Monday – Friday, 9am-4pm

#### Resident Priority:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as: Valid picture ID with a Des Moines address, Valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of residency will be requested.)

The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

#### HOW TO REGISTER:

**Walk-in:** Check, Cash, Visa/MasterCard.

**Phone:** Visa/Mastercard.

**Mail-in:** Registration Form with payment by check or Visa/MasterCard information.

Registration forms are available in the offices or online at [www.desmoineswa.gov/recreation/forms](http://www.desmoineswa.gov/recreation/forms)

#### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis. Returned check Fee: \$40 (plus 50% surcharge if collection action needed).

#### Refund Policy/Cancellations:

When DMPR/SS cancels a program, a full refund or credit will be issued.

Refunds, less a \$10 administrative fee, will be granted when requested a minimum of 5-business days prior to the program/course start date. The administrative fee will be waived if you opt for a credit to be used for another course/program. Credits must be used by the close of each calendar year.

No refund will be issued for:

- Programs costing \$10 or less.
- Programs where admission fee was purchased in advance.
- Special Events.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of circumstance may be requested.

#### Disclaimer:

Every effort is made to ensure that the information in this Recreation Guide is accurate. Because policies, personnel and funding can change, DMPR&SS reserves the right to amend or modify programs.

#### Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, please call us at 206-870-6527. TTY/TTD 206-824-6024.

#### Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from discriminating on the basis of sex.

If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

#### Holiday Closures:

Monday, Sept 2, Monday, Nov 11, Thursday & Friday, Nov 28 & 29, Wednesday, Dec 25 and Monday, Jan 1

#### Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. For programs held in Federal Way schools, listen for the Federal Way School District report.

**School Closed:** All Des Moines Recreation & Senior Services Department programs are cancelled.

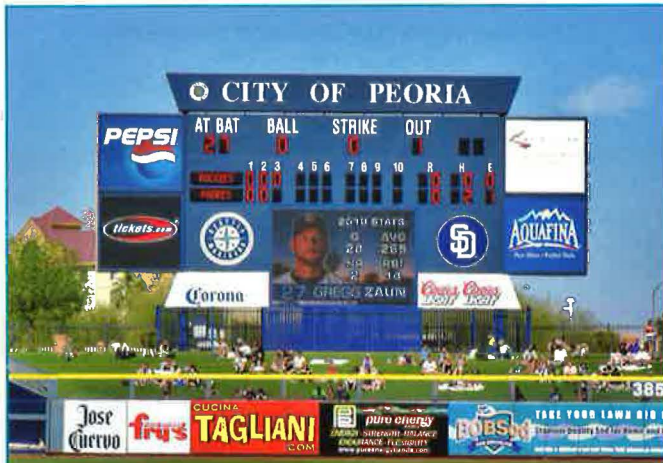
#### School Open/1-hour Late Arrival:

Recreation programs will operate as scheduled. Senior programs prior to 10am are cancelled. Senior programs held after 10am – call 206-878-1642 for updated information.

#### School Open/2-hour Late Arrival:

All recreation and senior programs held prior to 11am are cancelled. Recreation programs held after 11am will be scheduled as usual. Senior programs held after 11am – call 206-878-6527 for updated information.

When inclement weather occurs during school holidays, evenings or weekends, call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.



### SAVE THE DATE!

#### Mariners Spring Training

March 12-19, 2014

\$1,489 ppdo

Your Exclusive Escorted Spring Training Experience Includes:

- Roundtrip air from Seattle to Phoenix on Alaska Airlines
- 7 nights at the Windmill Inn in Surprise, AZ
- Buffet breakfast each morning
- 5 game tickets with great seats
- Transportation between airport, hotel, games and group events
- Souvenir baseball cap
- Party at the pool
- Travel Trip and cancellation insurance

Hosted by the Washington State Association of Senior Centers. Call 206-878-1642 for more details or to sign up.

## SENIOR ACTIVITIES

### Blueprint for Living Workshops

A series of workshops and presentations designed to enhance your independence. Presentations are Free unless otherwise noted.



#### Becoming Fall-Less – Step by Step

While falling leaves on a crisp autumn day is glorious; falling people is far less desirable. Learn basic strategies for keeping your home environment safe and the small steps you can take to decrease your fall risks including body mechanics that improve balance and stability. Facilitator: Dr Allison Scholes & staff.

Mon Sept 23 10:30am Activity Center

#### ORCA Cards for Transit Travel

Using an ORCA card just got easier – you can purchase or re-load your ORCA transit card quarterly at Des Moines Activity Center! ORCA transit cards are used for travel on METRO Transit, Sound Transit and Washington State Ferries. Purchases are made directly to xxxxx with cash, check or credit card.

All ages  
Wed Sept 25 11am-12pm Activity Center

#### Public Transit Training

Learn the ins and outs of public transit including how to ride, transit safety, time management, bus stop information, options for paying for public transit and ORCA cards and they are used. Workshop attendees are eligible to go on the instructional transit field trip to a special destination paid for by METRO\*.

Wed Sept 25 10-11:30am Activity Center  
Free

#### \*Public Transit Field Trip

ONLY for 9/25-Transit training attendees! Take a day-trip on public transportation to practice what you learned in the training. Return times TBD.

Mon Sept 30 9:30am Departure Meet at Activity Center  
Mon Oct 14 9:30am Departure Meet at Activity Center

#### Be a Safe Shopper

Are you unknowingly setting yourself up to be a victim of crime while you are in the public? This presentation will give you ways to reduce the opportunity and ability to be victimized. Facilitator: Officer Kory Batterman, Des Moines Police Department.

Tu Oct 22 12:45pm Activity Center

#### Medicare 101 - Getting Ready

Exactly what is Medicare and what will it do for me? What does it cover and how can I supplement it? Learn the answers to these question at this Seminar presented by Senior Services. Medicare Part D will also be touched upon. Bring a brown-bag dinner and start planning your future!

Designed for Working Adults nearing retirement. Free  
Date/time: TBD call 206-878-1642 for information Activity Center

## SENIOR OUTINGS

### MEET TO EAT

#### Out to Lunch

Enjoy a no-host lunch at new and old favorite eateries all around the Sound.

Age 50+ \$8 Transportation Fee  
Departures 10:30-11am Return 2pm

Friday, Oct 1 Elliott's Oyster House Pier 56-Seattle  
Friday, Nov 1 Stanley and Seaforts-Tacoma  
Friday, Dec 6 Piatti Italian Ristorante & Bar-University Village  
Friday, Jan 10 Mick Kelly's Irish Pub-Kent

#### Dinner with Friends

Enjoy no-host dining garnished with laughter and companionship.

Age 50+ \$8 Transportation Fee

Departure 5pm  
Tuesday, Sept 10 Circo Circo Mexican Restaurant-Kent

### DAY TRIPS

Explore the Northwest and leave the driving to us!

<b>Deception Pass Boat Tour</b> Anacortes - \$33	Mon Sept 9 8am-5pm
<b>Chihuly Garden of Glass &amp; Museum by Night</b> Seattle - \$26	Wed Sept 18 6pm-9pm
<b>Consignment Store Heaven</b> Tacoma - \$8	Wed Sept 25 10:30am-4pm
<b>Last Resort Fire Dept. Museum</b> Seattle - \$10	Wed Oct 2 10:30am-2pm
<b>King County Airport Tour &amp; Lunch</b> Georgetown - \$8	Tues Oct 8 9:30am-2pm
<b>Weyerhaeuser Tree Farm</b> Rochester - \$15	Wed Oct 16 9am-3pm
<b>Cascade Gasket</b> Kent - \$8	Wed Oct 23 9am-2:30pm
<b>Naval Undersea Museum</b> Keyport - \$15	Wed Nov 6 9am-3:30pm
<b>Seattle Metropolitan Police Museum</b> Seattle - \$15	Wed Nov 13 11am-3pm
<b>Living Computer Museum</b> Seattle, \$10	Thurs Nov 21 9:30am-2:30pm
<b>Tulip Outlet Mall Holiday Shopping</b> Marysville, \$8	Wed Dec 4 9:15am-4pm
<b>Ride the Ducks Holiday Lights Tour</b> Seattle, \$25	Wed Dec 11 3:45-8pm
<b>Governor's Mansion,</b> Olympia - \$25	Wed Dec 18 TBD
<b>Evita-Paramount Theater</b> Seattle - \$57	Thurs Jan 2 6:15-10:30pm

# SENIOR ACTIVITIES

## Senior Dance

Dancing stimulates your mind, body and soul! Join us on Sundays for live dance music with Randy Litch! Stafford Healthcare provides hot beverages and a door prize - you bring finger-food refreshments!

Adults of all ages welcome!

1-3pm \$5

Activity Center

Su September 22

Su October 27

Su February 23, 2014



## Dance for Parkinson's *Do you have a movement disorder?*

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company. Funding support from Des Moines Legacy Foundation. Register at <http://www.nwfp.org/Programs.aspx?Event=313> or call 877-980-7500.

Adults \$5 Suggested Donation  
M Sept 30 - Nov 18 2-3:30pm Activity Center



## Golf Outings

Enjoy playing nine holes at Puget Sound courses. Transportation is available on a first paid basis. All players draw numbers to determine playing partners and tee position.

**\$8-10 Transportation Fee**

**No Host Green Fee & Lunch**

Departure Times: 8-8:30am

Return time: Varies

Date	Course/City	Green's Fee
M Sept 9*	Twin Rivers, Fall City	\$22
M Sept 23	High Cedars, Orting	\$22
M Oct 7	Jade Green, Auburn	\$12

\*18 holes

## Mobile Computer Classroom Workshops

King County Library System's mobile computer classroom returns to Des Moines Activity Center with a variety of workshops! Register now, space is limited!

Adults 50+

**FREE**

### E-reader-Digital Download

Discover how to use Kindle, Nook, Galaxy, Sony or iPad. Discover new and fun ways to use your reader, download digital books and more.

Th	Sept 19	11-11:45am	Activity Center
Th	Nov 14	11-11:45am	Activity Center

### PowerPoint

Learn how to create a slide show presentation.

Th	Sept 19	1-1:45pm	Activity Center
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### Social Media

Today's technology Facebook, Skype and FaceTime reflects the best of Dick Tracy's wristwatch and Don Smart's shoe/phone. Discover you can keep up to speed with grandchildren and other relatives that live too far away for visiting!

Th	Oct 17	11-11:45am	Activity Center
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### Email Plus

Get with it! A quick review of the basics and then discover the tricks to opening and sending attachments, scams and viruses and keeping those family photos flowing!

Th	Oct 17	1-1:45pm	Activity Center
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### Q&A

Spend 10 minutes one-on-one with instructor to clarify and fine-tune information you learned at one of the above sessions. By appointment only.

Th	Nov 14	1-2pm	Activity Center
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## Fireside Chats 2013

Join the conversation with local community leaders - learn more about their areas of expertise and the services their department/agency offer, ask questions and get to know more about your community.

All ages Free

### City Road Projects - Dan Brewer, City of Des Moines Planning, Building, & Public Works Director

Find out what plans the city has for continued road improvements as well as information about what this department is all about and the services provided.

W	Sept 18	11:30am	Activity Center
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### Shop Waterland! Marion Yoshino, Economic Development Manager

See what our community future has in store with the City of Des Moines Economic Development Manager.

W	Oct 16	11:30am	Activity Center
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### Public Transit Training

Learn the ins and outs of public transit including how to ride, transit safety, time management, bus stop information, options for paying for public transit and ORCA cards and they are used. Workshop attendees are eligible to go on the instructional transit field trip to a special destination paid for by METRO\*.

W	Sept 25	10-11:30am	Activity Center
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## ADULT ENRICHMENT

### Residential Crime Prevention for Everyone

Join Des Moines Police Department Community Service Officer Kory Batterman for this informative session on ways you can reduce the opportunity and ability for criminals to feel comfortable committing crime on your property. Classes limited to first 30 participants. To register, contact CSO Batterman at 206-870-7617 or email kbatterman@desmoineswa.gov.

<b>Adults</b>			<b>FREE</b>
Th	Sept 5	6-8pm	Police Department
Sat	Sept 7	10am-12pm	Police Department
Th	Oct 10	6-8pm	Police Department
Sat	Oct 12	10am-12pm	Police Department
Th	Nov 14	6-8pm	Police Department
Sat	Nov 16	10am-12pm	Police Department

### Dog Obedience

Love your dog but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer.

<b>Dogs 4+ months</b>			<b>\$85R \$89NR</b>
Th	Sept 5-26	7:15-9:15pm	Field House
Th	Oct 3-24	7:15-9:15pm	Field House
Th	Nov 7-Dec 5	7:15-9:15pm	Field House



## ADULT & SENIOR FITNESS

### Zumba

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits.

<b>Adults</b>			<b>\$32R \$37NR 5-class punch card or \$10/drop-in</b>
M	Ongoing	6-7pm	Field House

### Belly Dance

Enjoy a fun, effective, low impact exercise consisting of Middle Eastern and American Tribal dance steps for troupe and soloist, body movements, the use of cymbals and the veil. Instructor: Saroya Poirier, Babylonian Ensemble.

<b>Adults</b>			<b>\$45R \$49NR</b>	<b>Founder's Lodge</b>
W	Nov Dec	Beginners	7-8pm	
W	Nov Dec	Intermediate	8-9pm	
<b>Adults</b>			<b>\$60R \$65NR</b>	<b>Founder's Lodge</b>
W	Sept 4-Oct 23	Beginners	7-8pm	
W	Sept 4-Oct 23	Intermediate	8-9pm	

### Kigong

Regain energy and sense of personal power. Learn how to relax while reducing stress. Improve joint strength, balance and range of movement and work to your own capability. Appropriate for any age. Learn and practice 3 short energy circulation forms. Instructor: Rhonda Allison.

<b>Adults</b>			<b>\$36</b>
Th	Sept 12-Oct 17	5-6pm	Activity Center
Th	Oct 24 - Dec 5	5-6pm	Activity Center

### Energy Yoga

Release stress and re-direct your energy to gain a sense of well being. Sustained poses and gentle stretches will improve muscle strength, range of motion, balance and stability reaching the deep core muscles that stabilize the spine and increase flexibility. Bring a yoga mat. Instructor: Rhonda Allison.

<b>Adults</b>			<b>\$36</b>
M	Sept 9-Oct 14	1-2pm	Normandy Park Cove
M	Oct 21 - Dec 2	1-2pm	Normandy Park Cove

### Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required and a water bottle always recommended. Cosponsors: Group Health and Senior Services. Instructor: Mary Brown.

<b>Adults</b>			<b>Field House</b>
Sept 3-27	T/Th/F	8-9am or 9:30-10:30am	\$36
Oct 1-31	T/Th/F	8-9am or 9:30-10:30am	\$42
Nov 1-26	T/Th/F	8-9am or 9:30-10:30am	\$33
Dec 3-20	T/Th/F	8-9am or 9:30-10:30am	\$28



## ADULT ENRICHMENT

### Skagit Eagle Watch

View nature's splendor. Each winter up to 300 Bald Eagles gather at the Skagit Preserve. These magnificent endangered birds typically see only the occasional riverboat in their protected habitat, so sightings are frequent. With up to 7 feet of wingspan, the eagle is truly majestic. You'll float calmly and comfortably with other enthusiasts. Guides are experienced eagle watchers. All rafting equipment is included. Trip Leader: Rod Amundson, Wild Water River Tours, INC.

**Age 10+** **\$69R \$75NR**  
 Sa Dec 14 11am-3pm Location provided at registration  
 Su Dec 15 11am-3pm Location provided at registration

### American Boating Course

Learn the essential information to operate a boat: boat handling, seamanship, necessary equipment, boat trailering, and much more. This course exceeds educational requirements in all states and a test is given at the conclusion of the course to qualify you for a boating education certificate. Bring a sack-lunch. Fee includes textbook interactive CD and all materials-students are responsible for picking up supplies. Instructors: Poverty Bay Power Squadron.

**Ages: 12-Adult** **\$35**  
 Oct 12 8am-4pm Public Works & Parks Service Ctr  
 Feb 15 8am-4pm Public Works & Parks Service Ctr  
 March 15 8am-4pm Public Works & Parks Service Ctr  
 April 12 8am-4pm Public Works & Parks Service Ctr  
 June 7 8am-4pm Public Works & Parks Service Ctr

### Women's Self Defense

Dedicated to teaching defensive concepts and techniques against various types of assault, by utilizing easy, effective and proven self defense tactics; this course begins with crime prevention, risk reduction and avoidance and progresses to the basics of hands on self-defense. Instructors: Normandy Park Police Department staff certified in Women's Self Defense. Call 206-248-7600 to pre-register.

**Teen and Adult Women, Age 12+ Free**  
 Tu/Th Oct 1-10 6-9pm  
 Normandy Park Congregational Church



### Holiday Glass Plates

Design and create your own 11" holiday glass plate – perfect for a special gift or to serve snacks at your favorite holiday gathering. All supplies are provided. Students receive an "inspiration for ideas" planning sheet prior to the class. Instructor: George C. Scott, nationally renowned Des Moines glass artist.

**Age 14 – Adult**  
**\$40**  
 Sa October 5 1-4pm Glass Studio/Des Moines

### Creative Writing

Do you have a story to tell? Interested in capturing your family's history? Take advantage of Pat's writing expertise while enjoying a supportive and encouraging environment to keep you going! Beginning and beyond writers are welcome. Instructor: Pat Doheny

**Adults \$54**  
 Th Oct 3 - Dec 12 10am-2pm Wesley Gardens

### Memoir Writing

Learn to write the story of your life. Join others as you share your life in a supportive environment. Capture your life and the story of how you came to be who you are and where you are today. Instructor: Pat Doheny

**Adults \$54**  
 Th Oct 3 - Dec 12 2-4pm Wesley Gardens

### Fabric Printing Workshop

Learn the technique of printing on fabric. Bring to class a fabric product of your choice such as a table runner, T-shirt or bandana made from at least 50% cotton or another natural fabric. Tools will be provided. Enroll soon, class space is limited! Instructor: Gayle Baker

**Adults Fee: \$15**  
 M Oct 21 10am-12:30pm Activity Center

**Retirement on your horizon?** Check out the Medicare 101-Getting Ready presentation...pg 10.



## YOUTH ACTIVITIES

### YOUTH

#### Acrobats for Kids

Been to the Circus? That is where you'll find Acrobats- it is all about speed and flexibility! Acrobatics are both gymnastic and 'martial art' in style, perfect for both boys and girls. Rolls, Cartwheels, Backbends, Handstands and Walkovers will all be covered in addition to the Pretzels and Wigwags-specific to Acro work— great fun for all ages! Instruction: Melanie's Dance Studio

Age 5-9

\$55R \$60NR

M Sept 9-Oct 14 5:30-6:15pm  
Field House  
M Oct 21-Nov 25 5:30-6:15pm  
Field House

#### HIP HOP Dance

Got MTV? Want to learn the latest moves from Coast to Coast? Learn to dance like "America's Best Dance Crew" and pick up the latest in Hip-Hop and LA Funk. Instruction: Melanie's Dance Studio staff with industry and award-winning choreographer expertise. No experience needed.

\$45R \$50NR

Age 5-7 6:15-6:45pm  
Age 8-11 6:45-7:15pm  
M Sept 9-Oct 14 Field House  
M Oct 21-Nov 25 Field House

#### Ballet

Ballet is the true expression of classical art that provides strength, beauty, posture and grace. A well rounded weekly program including stretching, injury prevention, Barre, Center and Across the floor work. Terminology and proper technique are emphasized. Perfect for the beginning dancer. Instruction: Melanie's Dance Studio

Age 5-8

\$45R \$50NR

M Sept 9-Oct 14 7:15-7:45pm Field House  
M Oct 21-Nov 25 7:15-7:45pm Field House

#### Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes a white belt for first time participants! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Age 4+

\$85R \$90NR plus \$14 AAU Membership

W Sept 11-Oct 30  
W Nov 7 - Dec 18  
Tiny Tigers Age 4-6 4:15-4:45pm  
Beginners/white belt Age 6+ 4:45-5:25pm  
Colored Belts Age 6+ 4:45-5:45pm

#### Kokondo Martial Arts

Learn basic karate including blocks, kicks and strikes. Emphasis placed on effective street self-defense; you will learn to defend yourself against punches, grabs, chokes, bear hugs and more. Instructor: Gerry Flock

Age 12+

\$25R \$30NR

M Sept 9-Oct 14 7:15-7:45pm Field House  
M Oct 21-Nov 25 7:15-7:45pm Field House



### TEEN

#### Des Moines Youth Council

Make new friends and gain leadership and organization skills participating in Des Moines Youth Council. The Council plans civic activities during the school year and participants earn credits towards reward activities offered at the end of the year - such as trips to Wild Waves or Seattle Mariners games.

Enrollment is open and drop-in participation is encouraged. Parents are invited to attend our first meeting on October 10. Call in advance to confirm meeting dates. Facilitator: Parks and Recreation staff.

Grades 6-9

FREE

Meets twice a month

5-7pm Des Moines Field House

#### Teen Dances

Kick it at theme dance parties hosted by Des Moines Youth Council! Theme dance parties feature contests, concessions and dancing. Facilitator: Parks and Recreation staff.

Grades 6-8 - student ID required for admission

\$7

Summer Nights Sept 20 7:30-10pm Field House  
Thriller Night Oct 25 7:30-10pm Field House  
Candy Canes, Candy Corn & Syrup Dec 6 7:30-10pm Field House



#### Plus many more activities for teens...

Teens - you may also enroll in Skagit Eagle Watch Raft Trip, American Boating Courses, Women's Self Defense or attend Aviation History: Women Combat Pilots- see pg. 7 for details.

## YOUTH ACTIVITIES



### TODDLER/PRESCHOOL

#### Robyn's Nest Pre-School

Mom and Dad – take a break while your children have a great time learning, playing and meeting new friends under our watchful eye. Activities include arts and crafts, games, songs, puppetry and outdoor fun. Facilitators: Trained Staff w/ CPR/First Aid certification

<b>Ages 3-5</b>		<b>\$110R \$115NR</b>
M/T/W/Th	Sept 9 – Oct 3	9:30am-12pm Field House
M/T/W/Th	Oct 7 – Oct 31	9:30am-12pm Field House
M/T/W/Th	Nov 4 – Nov 29	9:30am-12pm Field House

#### Preschool Dance Classes

Expect lots of fun with frolicking and general silliness in these classes designed with the young child in mind. The emphasis on fun and play as students explore movement in Ballet, Jazz & Tap through a unique blend of play, creative movement and props balanced with real terminology and technique. Instruction: Melanie's Dance Studio

<b>Age 3-5</b>		<b>\$32R \$37NR</b>
M	Sept 9-Oct 14	5-5:30pm Field House
M	Oct 21-Nov 25	5-5:30pm Field House

#### Help a Child Attend Activities or KHAOS!

Your contribution gives local children and teens the opportunity and joy of attending Des Moines Parks and Recreation programs! Make a donation at [www.desmoineswa.gov/recreation](http://www.desmoineswa.gov/recreation) or by calling 206-870-6527.

## HALLOWEEN CARNIVAL

**Wednesday, October 31, 5-8pm**

A host of "frightfully fun" skill challenging games!  
Ages: 12 & under\* \$5 plus (optional) non-perishable food donations for the Des Moines Food Bank

Landmark Event Center  
23660 Marine View Drive South

\*Children under age 5 must be accompanied by an adult.

## Milk AND Cookies WITH SANTA

Guests are invited to take pictures with Santa enjoy entertainment and treat their taste buds to a delicious hot chocolate bar. Children will decorate holiday cookies and holiday crafts! Limited space, pre-registration mandatory!

**Saturday, Dec 14, 12-3pm**  
\$10  
\$5

**Beach Park Auditorium**  
Age 3 – Adult  
Age 2 & under

## YOUTH SPORTS



### LEAGUES

#### Youth & Teen Basketball Leagues

Hoop season is here – and the focus shifts to developing basketball techniques, effective team building while providing players with a competitive experience – all for an affordable cost!

**League Sponsor:** Land O'Frost Lunchmeat Meats

**Season:** Mid-November – early March

**Games:** Played on weekends at local schools and the Field House

**Practices:** Scheduled one night a week starting late November

**Coed Youth Division** Features 8-foot baskets!

Coed  
Grade K  
Grade 1-2

**Youth Recreation Divisions** Teams play in a local league

<b>Boys Division</b>	<b>Girls Division</b>
Grades 3-4	Grades 3-4
Grades 5-6	Grades 5-6
Grade 7-8	Grades 7-8
Grade 9-10	

**Teen Division** Teams participate in the South King County Teen Basketball league with teams from Tukwila, Renton and SeaTac Parks and Recreation.

Boys Division	Girls Division
Grades 7-8	Grades 7-8
Grades 9-10	

#### Check out our Early Bird Rates!

The earlier you register the more affordable...best deal begins in September.

#### Registration Dates

Sept 3 - Oct 1  
Oct 2 - Nov 1  
Nov 2 - 18  
Nov 16 - 29  
Nov 29

#### Player Fee

\$60R/\$65NR  
\$70R/\$75NR  
\$80R/\$85NR  
\$95R/\$100NR  
Registration Closed

#### Basketball Training/Clinic

Improve your basketball skills with Coach Marv Johnson, formerly of South Sound Athletics, and build the necessary confidence to be a successful B-ball player.

Features: Training and conditioning / Passing, shooting, dribbling and playing without the ball in your hands!

Gain these skills: In/Out crossover / In/Out pin move / Jab step / Shooting mechanics / Jump stop step through / Ways to make your teammates even better!

Coach Marv brings with him the knowledge, passion and skills to improve any basketball player at any skill level.

#### Age 7-16

T/Th	Sept 3-27	5:30-6:30pm
T/Th	Oct 1-31	5:30-6:30pm

**\$120R/\$125NR**

Field House  
Field House

#### Coaches Meeting

November 5 6pm

Field House



#### PTSA Discount

Join your local PTSA and show your 2013-14 Membership Card to receive a 10% discount the first time you enroll your child in a Des Moines Recreation Activity\*. Offer valid through the 2013-14 school year. Call 206-870-6527 for information.

\* Excludes one-time events.

## Club KHAOS

### Kids having an outrageous school year!

Our energetic and dedicated staff will ease you and kids into an outrageous school year filled with fun, friendships and enriching experiences to stimulate their imagination, spark their learning skills and develop positive self esteem.

Grades K-6

M-F

**Highline School District Sites:** Des Moines, North Hill, Marvista, Midway & Parkside Elementary Schools

**Federal Way School District Site:** Woodmont Elementary School

**Financial Scholarships:** Please call 206-870-6527 for detailed information!

Monthly, throughout the school year calendar



## Wake up in KHAOS

Start your child's day with friends and caring staff. A nutritious snack and a morning filled with enriching activities, individual and group playtime starts the day just right.

6:30am-school start

Sites	Dates	Fee: Res/Non Res
Highline	Sept 4-30	\$260/\$280
Federal Way	Sept 4-30	\$190/\$210
Highline	Oct 1-31	\$300/\$320
Federal Way	Oct 1-31	\$220/\$240
Highline	Nov 1-22	\$205/\$225
Federal Way	Nov 1-27	\$160/\$180
Highline	Dec 2-20	\$205/\$225
Federal Way	Dec 2-20	\$150/\$170

### Drop-in Fee:

Highline Sites	\$15/\$17
Federal Way Site	\$12/\$14

## Sunset in KHAOS

Relax knowing your child, fueled with a nutritious snack, will burn off that excess energy absorbed in lively games, seasonal arts, crafts and creative pay. Time is set aside for homework.

School dismissal – 6pm

Sites	Dates	Fee: Res/Non Res
Highline	Sept 4-30	\$285/\$305
Federal Way	Sept 4-30	\$305/\$320
Highline	Oct 1-31	\$325/\$345
Federal Way	Oct 1-31	\$350/\$370
Highline	Nov 1-22	\$230/\$250
Federal Way	Nov 1-27	\$260/\$280
Highline	Dec 2-20	\$230/\$250
Federal Way	Dec 2-20	\$240/\$260

### Drop-in Fee:

*Highline Sites	\$15/\$17
Federal Way Site	\$18/\$20
*Highline Sites Early Release Fridays	\$20/\$22

## Sunrise to Sunset

Benefit from a worry-free day and a significantly fee reduction.

Sites	Dates	Fee: Res/Non Res
Highline	Sept 4-30	\$340/\$360
Federal Way	Sept 4-30	\$380/\$400
Highline	Oct 1-31	\$395/\$415
Federal Way	Oct 1-31	\$440/\$460
Highline	Nov 1-22	\$270/\$290
Federal Way	Nov 1-27	\$320/\$340
Highline	Dec 2-20	\$270/\$290
Federal Way	Dec 2-20	\$300/\$320

## Break Time

This is your solution to not having time off when your child does! Break Time provides a warm caring and safe environment where friendships flourish and leadership skills blossom participating in enriching experiences cleverly presented under the guise of arts, crafts, games, tutoring and reading. Children keep fit participating in active games and athletics. You send lunch we provide nutritional snacks!

6:30am-6:00pm

Day/Dates	District	Field House Camp
Fri, Oct 11	FW&H	No School
Th/F, Nov 7-8	FW	Conferences
M, Nov 11	FW&H	Veteran's Day
M-W, Nov 25-27	H	Conference Break
M-F, Dec 23-Jan 3	FW&H	Winter Break
<b>Daily Drop-in Fee:</b>		<b>\$35R/\$37NR</b>
<b>Winter Break Fee:</b>		<b>\$240/\$250</b>
<b>Conference Break Fee:</b>		<b>\$90/\$95</b>

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Hoop Time - pg. 4



## Spaghetti Dinner - pg. 12

Come enjoy a scrumptious Spaghetti Dinner with friends at Des Moines Activity Center. Proceeds benefit our programs and services for older adults



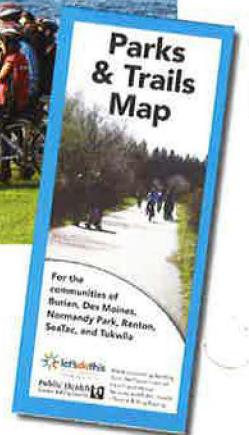
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## Available for booking Fall 2014 - pg. 13



## Fall in love with your parks!

Discover your city's Parks & Recreation Facilities! Maps are available at the Des Moines Field House, Des Moines Activity Center and at [www.desmoineswa.gov](http://www.desmoineswa.gov).



# Rec'n 2011

September - December 2013



**BASKETBALL SEASON!**

## Youth Sports Leagues

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## Club KHAOS

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## We have your perfect wedding venue

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