



**DES MOINES** 

# **CITY** **CURRENTS**

**FALL 2015**

## **FROM THE COUNCIL**

● **Changes beginning to take shape**

## **DMPD**

**Shredding and Medical Disposal Events**


## **SEA MAR PROGRAM**

**Providing Nutrition and Socialization Services to Spanish Speaking Community**

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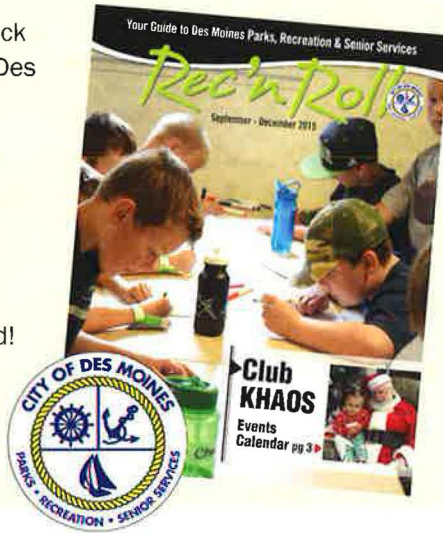
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On the flip side...



**Your Guide to Des Moines Parks, Recreation & Senior Services**  
 Flip the magazine over to check out the FALL2015 schedule. Don't miss:

- Calendar of Events – Check out what's happening in Des Moines this fall
- Camp KHAOS schedule– Register now for fall!
- Get Out and Have Fun: Outings to Gardens, Restaurants, Theatre performances and abroad!
- Sign up for classes for physical and mental fitness!



# Fall 2015

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# Council Highlights

## May-July Ordinance 1621-1623 Resolution 1293-1301

### Held Public Hearings:

- Vacation of Public Right-of-Way within City of Des Moines known within the Historic SR509 Right-of-Way area between South 220th Street and SR516 Kent Des Moines Road, Ordinance No. 1621
- Vacation of Public Right-of-Way within City of Des Moines known as a portion of the West Right-of-Way on 7th Avenue South and a portion of the North Right-of-Way of South 226th Street, Ordinance No. 1622
- Draft Ordinance No. 15-066, 2015 Comprehensive Plan Update
- Transportation Improvement Plan (2016-2035)

### Approved the Following Action:

- Council appointment to the Des Moines Landmarks Commission
- Amendment to the new Cingular Wireless PCS, LLC Communications Site Lease Agreement
- Approved Council Chambers/

- Court Room Audio/Visual system upgrades
- Modifications to the Marina Facilities Lease between the City and CSR Marine South, Inc.
- Set date for Public Hearing for Vacation of Public Right-of-Way within City of Des Moines known as a portion of the West Right-of-Way on 7th Avenue South and a portion of the North Right-of-Way of South 226th Street
- Set date for Public Hearing to consider the 2015 Comprehensive Plan Update
- Approved Consultant Agreement for Redondo Boardwalk Repair
- Confirmed City Manager's appointment of Lisa Leone to Municipal Court Judge
- Resolution No. 1295; State Transportation Revenue Package
- Council appointments to the Arts Commission
- Approved Resolution No. 1296; Destination Des Moines summer events
- Council Proclamation recognizing and congratulating the Des Moines Farmer's Market for 9 successful seasons
- Council Proclamation recognizing June as Music4Life month
- Approved AMEC contract supplement; Public Works groundwater remediation work
- Approved Parks, Recreation & Senior Services non-profit facility rates

- Approved Amendment No. 2 lease with Classic Yachts, Inc., for the use of Marina Facilities
- Change Order for the Agreement with Moffatt Nichol for engineering and consulting services for the J Dock Fire rehabilitation project
- Delegation of the Unclassified Use Permit (JUP) decisions for the Ages in Stages Daycare and Morchin Property to the Hearing Examiner
- Purchase new electronic fuel system for Public Works Service Center
- Interview and Appointment of Luisa Bangs to open Council Position No 2.
- Relocation of King County Fiber Optic-ITS Equipment associated with S 216th Street Segment 1-A construction
- Construction Agreement with PSE for utility undergrounding on the South 216th Street Segment 1-A improvements (24th Avenue S to Pacific Highway S)
- Joint Utility Trench Agreement with Comcast for the South 216th Street Segment 1-A improvements (24th Avenue S to Pacific Highway S)
- Purchase and installation of new kitchen equipment at the Des Moines Beach Park Dining Hall
- Amendment to contract for Public Defense services
- Resolution No. 1299; Tree Initiative and authorizing suit by City Attorney
- National Recovery Month Proclamation

- Resolution No. 1301; National Parks and Recreation month
- Approved Sound Transit 3 Draft project list
- Approved 4 additional staff for the Planning, Building and Public Works Department
- Adoption of 2015 Comprehensive Plan, Ordinance No. 1623

### Other Action Taken:

- Introduction of Municipal Court Judge, Lisa Leone
- Held City Council Open House regarding Sound Transit Alignment and Station Location
- Swore in Municipal Court Judge
- Federal Way Link Extension Presentation from Sound Transit
- Marina Financial Sustainability Plan presentation
- WRIA 9 Interlocal Agreement presentation
- Redondo Parking Management Plan; May 13, 2015 Open House briefing
- Port of Seattle Sustainable Airport Master Plan briefing
- WASPC Accreditation
- Dining Hall Grand Opening
- King County Best Start for Kids Initiative presentation
- Presentations from Internet/Communications/Cable companies
- 2014 Senior Services Advisory Committee Report
- Discussion of 2016-2021 Capital Improvement Plan

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### DES MOINES CITY COUNCIL



Dave Kaplan  
Mayor



Matt Pina  
Mayor Pro Tem



Photo not available

Lusa Bangs  
Councilmember



Melissa Musser  
Councilmember



Jeremy Nutting  
Councilmember



Vic Pennington  
Councilmember



Bob Sheckler  
Councilmember

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### City Hall

21630 11th Avenue South  
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### Business Hours

Monday – Friday  
8:00am – 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  
Luisa Bangs LBangs@desmoineswa.gov  
Melissa Musser MMusser@desmoineswa.gov  
Jeremy Nutting JNutting@desmoineswa.gov  
Vic Pennington VPennington@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 206-870-6532  
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 911  
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 Dispatch (non-emergency) 206-878-2121

### 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

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## From the Council

As we all know, the City of Des Moines has struggled financially for a considerable period of time. Rather than constantly asking our residents to pay more in taxes, we believe that growing a vibrant and diverse economic base is the best solution to solve this long-standing problem.

For the better part of the past eight to ten years the City Council has been working hard to make Des Moines more competitive with other cities, and to help lay the foundation for bringing development and new businesses to town. We've made our zoning more flexible, improved our permitting and inspection processes, provided incentives to spur construction, built roadway improvements to support our business park, and adopted more stringent nuisance ordinances to go after property owners who refuse or struggle to maintain their properties. Collectively, all of these changes are beginning to make things happen.

Just like turning a large ship at sea, it doesn't stop on a dime, and the gradual turn only happens slowly, but we are just now beginning to see the fruits of our efforts.

**In the Marina:** we have

been in conversations with a number of developers that have floated concepts for bringing businesses to the Marina floor. Some are way out of scale to what we envision (or are practical), and others just haven't met our expectations. Both the Council and staff are carefully considering which parts of the Marina should be developed and how, with a constant eye on keeping the Marina a fully-functioning and financially successful business as a first priority.

**In the Marina District (downtown):** the Adriana senior housing project, the Dougherty retail/office building, the Clayt's tavern property, and the Des Moines Theatre are all at various stages in the ground breaking or design review process. There is another apartment/retail project on 7th Avenue S. that has submitted for design review.

**In the middle of Des Moines:** Wesley Homes has come in requesting a master plan for reconstructing the Gardens (on the south side of S. 216th, west of 11th Ave S). This huge project will take out cottages, build a new Gardens building and independent-living apartments, and provide a more village-like feel to the campus. Landmark on the Sound (the old Masonic home) has received a number of offers for purchase and development, but a decision on who to sell to has not yet happened. We

have been encouraging the Masons to choose a purchaser that will keep the existing building (or façade), and who will bring business here that will contribute to our economic base.

**In the Des Moines Creek Business Park:** Phase 1 (up near S. 208th and 24th Ave S.) has already been graded, the first concrete slabs have been poured, and soon we will see the tilt-up concrete walls go up. According to the developer, there are already tenants for their first buildings, and an employer with hundreds of employees will move in January 2016. In Phase 2 (near S. 216th), the land will soon be cleared in preparation of constructing the Federal Aviation Administration facility. The FAA will bring about 1600 employees to town, providing many more potential customers for our existing businesses ... and hopefully some new ones.

**In Pacific Ridge:** the Sheraton Four Point Hotel (previously named Artemis) is well underway, and should be completed by the end of this year, and open early next year. At least a half dozen large projects have been discussed with staff regarding Pacific Ridge, but specific designs have not yet come in. When they do, we'll see a lot more activity up on Hwy 99.

**On Pacific Highway South of Kent-Des Moines Road:** Highline Place (just north of Baskin Robbins) has already knocked down existing

buildings, and is preparing to do the grading necessary to start construction. This \$50 million two phase project will provide apartments right next to Highline College (to the benefit of students), retail spaces, and office space. The College has been talking to the developer to secure space there. This will become an important entrance for Highline College. Further down Hwy 99, the Woodmont Recovery Center is also getting ready to break ground.

On top of all of these commercial developments, there are at least four residential housing projects that will add over 125 homes to Des Moines. With all of the small housing projects that were put on hold prior to the start of the real estate downturn, we have a lot of potential housing options being built.

As you can see, there's a lot going on. Watch for updates on these and other projects as they develop over the next several months.

While we're working through our financial challenges, our City's future remains bright ... and is getting brighter. We all want to see our potential realized, and with the efforts we're making, and everyone's support, we will.

Dave Kaplan  
Mayor & Councilmember  
City of Des Moines, WA

## City Council Adopts Comprehensive Plan Update

"Des Moines 2035 - Charting Our Course for a Sustainable Future" (the Comprehensive Plan) is the City's official policy statement with respect to growth and development in Des Moines. It is a 20-year plan that articulates our community's vision and values about how we will grow and thrive into the future. The goals, policies and implementation strategies included in the Plan provide a basis for the City's regulations and guide future decision-making. The Plan addresses anticipated population, housing and employment growth, and how facilities and services will be maintained or improved to accommodate expected growth between now and the year 2035.

The updated plan reflects input received from the community during open houses; tabling events at the Farmers Market, Des Moines and Woodmont Libraries, and Highline College; a community survey (in Spanish and English language) that was posted on the City's website; and City Council meetings. The document is available on the City's website at: <http://www.desmoineswa.gov/index.aspx?nid=331>



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## New & Notes



### 2015/16 Community Services Directory Now Available

This six page directory is an excellent resource for area agencies and services that provide assistance to our residents. Categories range from food and transportation to legal services and childcare. Health Resources, food, employment and consumer affair categories are also included. It is an easy reference document for the help you may need. For your copy please visit the City's web page and download the directory at [desmoineswa.gov/DocumentCenter/View/4](http://desmoineswa.gov/DocumentCenter/View/4) or call 206-878-1642 for a copy. Copies of the Community Service Directory are also 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 community services directory; Nadine Byers, Susan Corey, Patricio Mendoza, Deana Rader, Eileen Severns and Alexander Szabo.



### Des Moines Arts Commission Position Available

The City of Des Moines Arts Commission (DMAC) has openings available with a beginning date of January 1, 2016. Commission members are appointed by the Mayor and serve for a 3 year term. This position is open until filled.

Participation on the Commission includes attendance at monthly meetings. As a Commissioner you will be encouraged to assist with Arts Commission project planning, marketing, fundraising and attending its activities. 2016 Arts Commission events include: Beach Park Summer Concerts, Shakespeare in the Park Squid- a- Rama, Art on Poverty Bay - Outdoor Sculpture Gallery, Poverty Bay and the Arts Gala

Applications and more information about the Des Moines Arts Commission are available online at [desmoinesartscommission.com](http://desmoinesartscommission.com). If you would like to volunteer at an upcoming Arts Commission event, contact Shannon Kirchberg at [skirchberg@desmoineswa.gov](mailto:skirchberg@desmoineswa.gov).

### Openings on City of Des Moines Human Services Advisory Committee

The City of Des Moines is now accepting applications for three openings on its Human Services Advisory Committee. This seven member committee advises the Des Moines City Council on human services issues in our community and makes recommendations for human services funding. The positions are two year terms, appointed by the Mayor and begin in January 2016. The Committee meets approximately six times a year. For more details please call Sue Padden, 206-870-6584.

## We support the Rotary Club of Des Moines.

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## Online Permitting a Great Success!

The City of Des Moines Building Department implemented an online permitting system in 2013 and it has been a great success. Of the 682 total permits issued in the first six months of 2015, 28% of those were applied for online.

Online permitting is available for the following RESIDENTIAL permits only: re-roof permits, plumbing, mechanical, and electrical permits. Through our online permitting system, you are able to submit a permit application, view your permits, review the status, request inspections, and check the current inspection schedule. This permitting option is available to contractors and home owners, and is very easy to navigate.

To use online permitting, go to [desmoineswa.gov/mypermits](http://desmoineswa.gov/mypermits), register by creating a user name and password, choose the type of permit you need, and go through the process step by step. Once you have submitted an online permit application, a Permit Specialist in the Building Division receives it, reviews it for accuracy, and emails the approved permit for you to print out at your home or office.

As a homeowner, you may wonder why you should get a permit or insist that your contractor get one. Being certain that work done on your home adheres to the International Building Code ensures that your home will be livable and safe for you and your family and others who may own your home in the future. All permitted work is inspected for code compliance and our inspectors and permit specialists are ready to help with information and guidance when you need it.



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## Sea Mar Nutrition and Socialization Program

SEA MAR'S NUTRITION AND OUTREACH PROGRAM and the Des Moines/Normandy Park Senior Activity Center have been providing services to people age 60 and older or persons with disabilities since 1997. The focus of this partnership has been to provide services in the community to those who are Spanish speaking to access information for a better quality of life by helping them stay motivated to maintain an active physical and mental state of health.

Since its inception, this program offers a variety of activities from an exercise program; health presentations, information and assistance and more; all of which is provided by on-site Sea Mar bilingual personnel. A delicious and nutritious Latino meal, made possible by Catholic Community Services is also provided.

Participants from all over Latin America, Peru, Mexico, El Salvador, among others, meet once a week on Thursdays, not only to share a meal, but also to form new long-lasting friendships. As you walk into the Activity Center, you will hear the sound of laughter and music that will fill the hearts of any age and culture with happiness.

### Programa Latino de Socialización y Nutrición de Sea Mar en el Centro de Actividades Des Moines

El programa de Socialización y Nutrición de Sea Mar y el Centro de Actividades de Des Moines/Normandy Park, han dado servicios a personas mayores de 60 años y a personas con alguna discapacidad mayores de 18 años desde 1997. El objetivo de esta colaboración ha sido la de servir a las personas de habla hispana para que puedan recibir información y tener acceso a servicios para mejorar su calidad de vida; al mismo tiempo que se mantienen activas, motivadas, y saludables física y mentalmente.

Desde sus inicios, este programa ofrece una variedad de actividades; por ejemplo clases de ejercicios, presentaciones para aprender a mejorar la salud, información y asistencia para obtener otros servicios, baile, etc., las cuales son proporcionadas por personal bilingüe de Sea Mar. El programa también provee una deliciosa y nutritiva comida Latina preparada por personal de Catholic Community Services.

Los participantes del programa son personas de Estados Unidos y de diversos países de Latinoamérica que se reúnen todos los jueves, no sólo para compartir la deliciosa comida, sino también para conocer nuevas amistades. Al llegar al Centro de Actividades usted escuchara el sonido de la risa y la música, las cuales llenan de felicidad los corazones de todos los participantes.

Si usted es mayor de 60 años o tiene alguna discapacidad, por favor acompañenos todos los jueves al programa de Socialización y Nutrición en el Centro de Actividades de Des Moines/Normandy Park localizado en el 2045 S. 216th St, Des Moines, WA 98198 de 10:30am-1:30pm. Se sugiere que los participantes den una donación de \$3.00 para la comida/almuerzo. Para obtener más información por favor llame al Centro de Actividades de Des Moines al 206-878-1642 o con Eduardo De La Cruz del Programa de Sea Mar Nutrición y Socialización de Sea Mar al 206-766-6595.



## PEARLS Counseling

PEARLS is an evidence based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social, physical and pleasant activity scheduling, to manage symptoms of depression. All this is done with a trained PEARLS counselor.

In the past two weeks, have you had little interest or pleasure in doing things? Have you been feeling down, sad, or hopeless?

If you answer yes to one of the above questions, then PEARLS may be a program for you. **Contact 206-328-5711 or Anu Orebiyi at [anuo@ccsww.org](mailto:anuo@ccsww.org) for more information or an appointment.**

- Depression affects up to 20% of older adults.
- Depression affects your health and quality of life.
- Depression is not a normal part of aging.

POVERTY BAY

# BLUES & BREWS

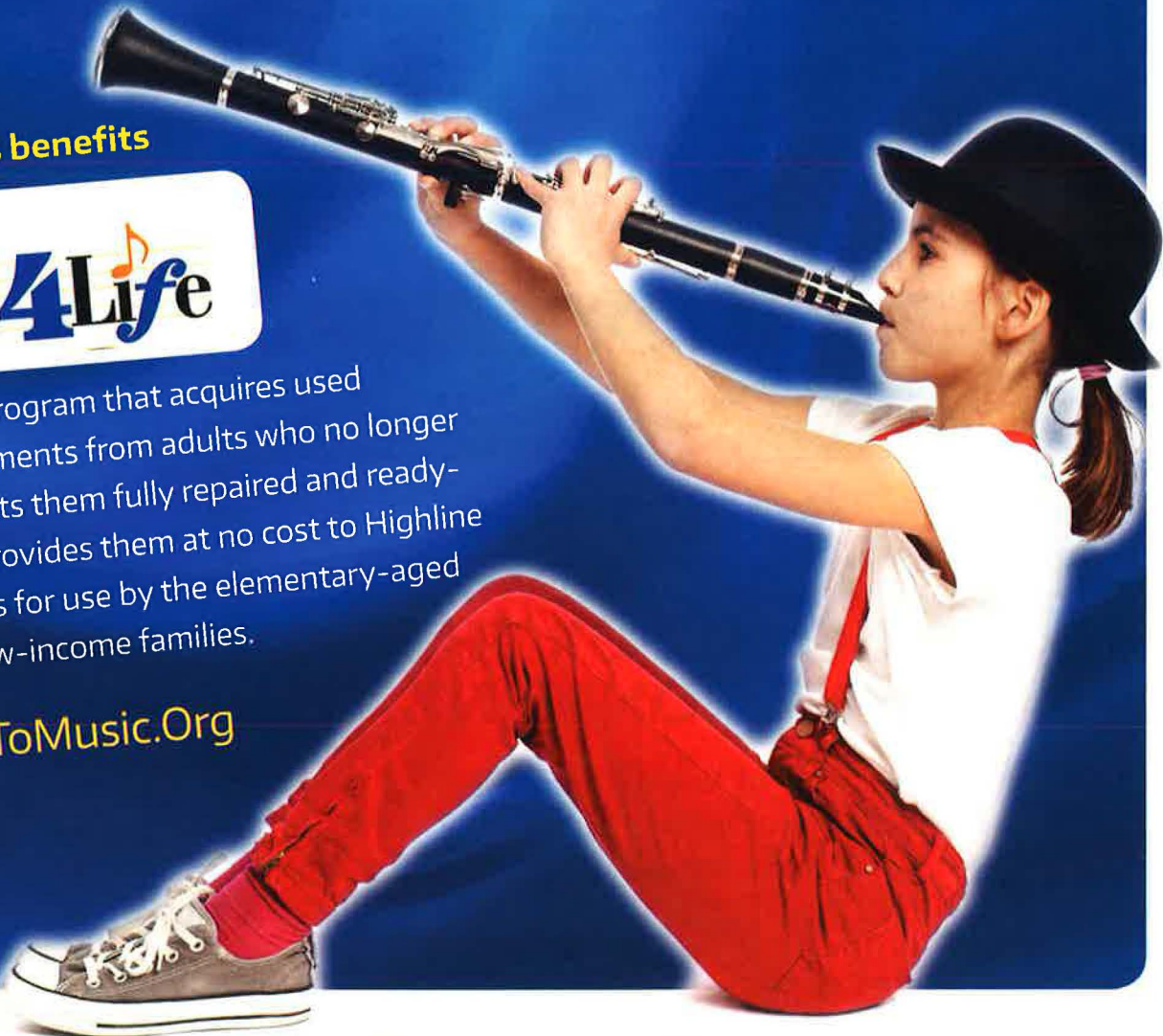
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Blues & Brews benefits

Highline  
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The ongoing program that acquires used musical instruments from adults who no longer need them, gets them fully repaired and ready-to-play and provides them at no cost to Highline Public Schools for use by the elementary-aged children of low-income families.

[www.DrinkToMusic.Org](http://www.DrinkToMusic.Org)



Poverty Bay Blues & Brews is an annual fund raising production of the Des Moines / Normandy Park Rotary Club. [www.DMRotary.org](http://www.DMRotary.org)

## FALL HOUSING REPAIR ASSISTANCE PROGRAM

The City of Des Moines is providing free minor home repair services to City resident homeowners who have "extremely low" to "low" incomes based on U.S. Department of Housing and Urban Development (HUD) income guidelines.

**SERVICES PROVIDED** include but not limited to:

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

## HOW DO I QUALIFY?

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, have proof of home owner's insurance, and meet the HUD income guidelines.

## How do I apply?

1. Request an application by calling 206-870-6535
2. Complete the application forms. Return them with the supporting documentation to: City of Des Moines/Minor Home Repair, 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. 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.

## SUMMER/FALL VOLUNTEER OPPORTUNITY!

The City of Des Moines is continuing a great volunteer activity for anyone interested in protecting the environment and working outdoors. The Surface Water Management Department is looking for Storm Drain Marker volunteer(s) to place "Puget Sound Starts Here" markers near neighborhood storm drains in our community. The Storm Drain Marker program will help raise awareness about the impact of pollution in the waterways of Des Moines and act as a measure to help stop illegal dumping down our drains, which ultimately lead to Puget Sound. Last year 13 kits were checked out and volunteers marked over 700 storm drains (Volunteers must be 15 years of age or older).

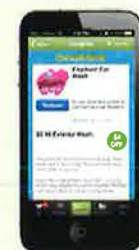
For more information about volunteering, please call Tyler Beekley at 206.870.6869 or email at [tbeekley@desmoineswa.gov](mailto:tbeekley@desmoineswa.gov).

# Your Free App for Local "Green" Coupons



Sponsored by the City of Des Moines Surface Water Management

Chinook Book brings incredible savings at local and sustainable businesses to your smartphone. Download the app and receive free coupons for grocery products and more at featured merchants. Use your free (\$15 Value) subscription code to get Full Access to all premium Chinook Book offers nationwide



## What does the subscription code give you?

- 12 months of access from activation date
- Access to hundreds of offers in Des Moines and the Pacific Northwest
- Share Full Access with up to three devices

## Two easy ways to get your free subscription code.

1. Email [tbeekley@desmoineswa.gov](mailto:tbeekley@desmoineswa.gov) to have a scanned code sent to your email.
2. Pick up your subscription code in person at the City of Des Moines Engineering Building (21650 11th Ave S Des Moines, WA 98198)

\*Subscription cards are limited

**GOODS FOR YOUR HOME.  
GOOD FOR THE ENVIRONMENT.**

- \* Shop For Unique Goods & Gifts \*
- \* Drop Off Special Recycling Items \* Pay Your Bill \*
- \* Waste Reduction Resources \*

**R** THE **Recology** STORE  
a WASTE ZERO place.

Five Corners Shopping Center  
Monday-Saturday 10-6 Sunday 12-5  
206.246.5669  
[recologycleanscapes.com/store](http://recologycleanscapes.com/store)

## From the Chief



FOR THE PAST TWO YEARS, it seems that public support for police has declined significantly. It begins with an event that gains media attention, and then gathers momentum by way of the generated media reports before all of the facts of the situation have been

released. The problem is that law enforcement often can't provide investigative details due to the sensitive nature of the process. Before you know it, inaccurate information becomes the source of conflict between police and the community. Des Moines is not immune from the problems faced in communities across the country. However we do recognize the need to talk to our community about why we do what we do. More important, why we have to do what we have to do.

Not every public contact is dim and grim. Des Moines Police Officers working the graveyard shift recently encountered a citizen in need and worked as quickly and efficiently as possible to find the citizen shelter after meeting his needs and feeding him. They did all of this utilizing their own money. This story and so many others like it are overshadowed by stories of excessive force or corruption. Do those things happen? Yes they do, and it is a major problem when it does happen. The Des Moines Police Department is highly committed to transparency and an open dialogue with our citizens. Our officers want our citizens to know what we deal with on a day to day basis, specifically on calls where force is used to affect an arrest.

For example, traffic stops where an arrest is mandatory due to an active warrant on file. In most cases, these encounters are dealt without any escalated use of force. There are those times when a person refuses to comply with the officer having to make an arrest. Whether out of fear or anger, people will sometimes refuse to comply and a struggle ensues. These are the cases news stories are made of. Someone with a cell phone camera will document the incident from one view point/angle and often times no back story showing the events that took place leading up to the filmed encounter, which then finds its way to the evening news and social media.

Then comes the inquiry that's fueled by the last week's negative police story. As the video goes viral, departments are initiating their own inquiries in the matter. In the meantime, the involved officer(s) are wondering what just happened and whether they will still have a job. They're asking themselves whether their departments believe them and will support them, or fold to political pressure and fire them.

In this day and age, the above scenario has become every police officer's nightmare. As departments move toward more "sensitive" or "inclusive" approaches, officers are asking whether anyone is willing and open to better understand why an officer has to respond a certain way. Statistics show that communities around the country don't trust the police the way they once did. That fact coupled with the stark reality that assaults on police officer are rapidly rising. We, as your police department, would like to begin an expanded dialogue about police use of force and the dangers of our job. Over the next several issues, your Des Moines Police Officers and I will be sharing insight and experiences. We invite feedback or questions on this issue. Our goal is to use this forum as one of several ways to build public trust, increase dialogue, educate our community, and allow our officers to hear what your concerns are. Please take the time to join in our growing dialogue so that public trust can grow in our great community.

The Des Moines Police Department has an administrative process we use to investigate complaints from the public or other internal or external sources. Our goal is to determine whether a policy or polices were violated and/or whether a law was violated. Equally as important to me is to ensure that our officers are not slandered or falsely accused of doing something they didn't do. We strive to be fair and just in our process.

As we continue to move ahead, I will share with you, our citizens, the progress we make, the challenges we face and a desire to do what we can to serve our community more effectively. Please feel free to contact me with ideas and suggestions for this column that I'll refer to as "From the Chief's Desk".

*Committed to progress,  
Chief George Delgado  
gdelgado@desmoineswa.gov*

## DES MOINES POLICE PRESENTS:

### FREE Shredding Event to Combat Identity Theft

Shred-it, the world's leading on-site document destruction company, and the Des Moines Police Department have partnered to help Des Moines residents combat identity theft by hosting a FREE Community Shred-it Event on Saturday, September 26th, 2015 from 10am to 1pm (or until the truck is full). The event will take place at the Des Moines Farmer's Market in the Des Moines Marina at 22307 Dock Ave S Des Moines, WA 98198, near the Marina Office. Residents are invited to bring up to two file boxes of unwanted personal documents for shredding by Shred-it mobile trucks. This is first come, first serve. The Shredding truck's capacity is 9000lbs and once it is full, the event will be over! Representatives from the Des Moines Police Department will be on-site to provide resources and tips on how you can protect yourself against identity theft.

### Medication Disposal Event Sept 26th

The Des Moines Police Department has again partnered with the Drug Enforcement Agency (DEA) and will be hosting a National Take-Back Initiative collection site in the City of Des Moines to collect unused, expired or unwanted prescriptions and over the counter solid medications for safe disposal, with no questions asked. This event will take place on Saturday, September 26th 2015 between 10am and 2pm at the Des Moines Farmer's Market in the Des Moines Marina at 22307 Dock Ave S, next to the Marina Office.

The rate of prescription abuse in the U.S. is increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. For more information or for additional collection sites around the state, visit [www.dea.gov](http://www.dea.gov) or call 1-800-882-9539. Visit [www.desmoineswa.gov/drugdisposal](http://www.desmoineswa.gov/drugdisposal) for information about proper medication disposal for every other day of the year.

# Stop by and say hello!

September 10th	11:30am – 12:00pm	Des Moines Activity Center
September 14th	8:30am – 10:00am	MaST Center – Redondo
October 12th	8:30am – 9:30am	Wesley Gardens
October 12th	11:30am – 12:00pm	Des Moines Activity Center
October 14th	8:30am – 9:30am	Wesley Terrace
October 31st	8:30am – 9:30am	Safeway North
November 7th	8:30am – 10:00am	Safeway South
November 13th	8:30am – 9:30am	Judson Park

If you would like more information about Coffee with a Cop or would like to schedule an event at your location please contact CSO Tonya Seaberry at 206- 870-7619 or [TSeaberry@desmoineswa.gov](mailto:TSeaberry@desmoineswa.gov)



# Heat and your animals

Summertime is a fun time of year to enjoy with family, which includes our four-legged family members! We often take our doggies with us to the beach, picnics with friends, hiking in the woods, and strolling along the waterfront. There are many dog-oriented events to enjoy, such as charity dog walks, dog shows and obedience trials, pet parades, and county fairs. Find lots of fun things to do this time of year with your canine companion with the help of the internet.

Of course it is important to remember that our dogs can be affected by the heat of the summer sun, whether out on a walk or relaxing in a park. Dogs sweat only through the pads of their feet and by panting (not their entire bodies like people do). Their bodies are not very efficient at regulating heat, plus they are wearing a fur coat all year round!

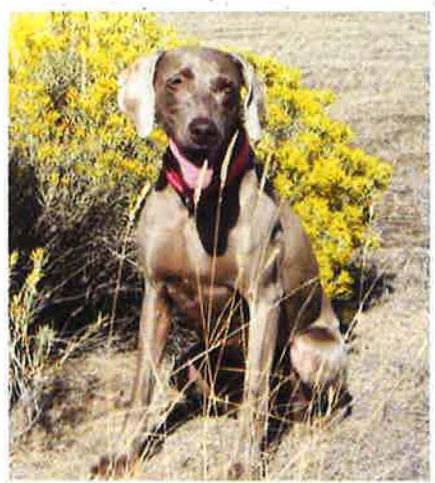
Driving our dogs from home to our destination with the air conditioner on, your dog should stay nice and cool. However, stopping and turning off your vehicle and leaving your dog inside (even for a few short minutes) can quickly turn tragic, as it can get very hot inside a vehicle very quickly. Folks sometimes say they are just "stopping for a

minute" to run into the grocery store for a few items, then unexpectedly bump into a friend and begin visiting, only to have time pass without notice.

I frequently get "Dog in a Hot Car" calls this time of year, due to dog owners not realizing how quickly the inside of a vehicle can get HOT! Even at a mild 70 degrees outside, the inside of a vehicle can quickly reach 104 degrees or more. Your furry friend can rapidly become distressed from heat exhaustion and possibly even die from heat prostration. Windows act like a magnifying glass increasing the intensity of the heat, in addition to the hot metal of the vehicle escalating the interior temperature. Even having windows down a bit cannot balance out how quickly it gets hot inside and being parked in the shade doesn't necessarily guarantee the vehicle won't get too hot.

Leaving a dog to suffer inside a hot vehicle can be an Animal Cruelty offense and the dog owner/keeper can possibly be issued a citation, and/or charged with a crime, arrested, and the dog seized and held as evidence. Worse yet, the dog could die.

Thankfully most of the calls I get turn out to



be opportunities for dog owner education and once we get the dogs out of the hot vehicle, a drink of water and into the shade, they are generally fine. Most are situations though, if too much time had elapsed before I arrived, the dog would NOT have been fine. I want to say "Thank You" to those who call us so we can respond!

Please think twice, then three times, then four times, before ever leaving your canine family member inside a potentially overheated vehicle. We love them too much to allow them to suffer and they depend on us to take good care of them.

Have a wonderful summer and STAY COOL!

Master Animal Control Officer J. Magnuson

## The Village at Judson Park

### Your Preferred Provider for Short Term Rehabilitation and Person-Directed Nursing Care

Commission of Accreditation for Rehabilitation Facilities (CARF) awarded Judson Park a 5 year accreditation for high quality care services and appointed the Village a special accreditation in Person-Directed Care

*Registered Nursing Staff on site 24 hours a day*

*Physician/ARNPs on site 7 days a week*

*Awarded 5-star CMS rating in staff ratio and quality measures*

*Inpatient/Outpatient (physical, occupational and speech) therapy - Specialized for older adults*

*Our therapists specialize in faster recovery, earlier discharge, and enhanced quality of life*



23620 Marine View Drive South  
Des Moines, WA 98198  
(206) 423-9712 • judsonpark.com



## PICK UP AFTER YOUR PETS

**Pet waste is a health issue for the whole family and the Environment**

Pet waste contains disease-causing organisms that can be transmitted to people, pets and wildlife. Things like fecal coliform, bacteria, salmonella, roundworms and giardia can remain in your yard for weeks and months if not cleaned up.

Those little buggers can get tracked into the house on paws, shoes or little hands. And when it rains, pet waste left on the ground mixes with stormwater runoff and the contaminants are carried to nearby waterways causing harmful impacts to fragile ecosystems.

Landfills are designed to safely handle materials like dog waste. Yards and septic systems are not. If you are attached to a municipal sewer system, you can flush pet waste down the toilet (no kitty litter). Burying or composting pet waste is not safe.



**It Adds Up**  
**Keep harmful bacteria out of our streams and the Puget Sound. Remember to scoop the poop, bag it, and place it in the trash.**

**LEARN MORE**  
[pugetsoundstartshere.org/scoop-poop/](http://pugetsoundstartshere.org/scoop-poop/)

## Des Moines Walking Fun!

Join us on the 3rd Sunday of each month starting in September for a leisurely walk around Des Moines. Dates are 09/20, 10/18, 11/15, and 12/20. We will meet at 2:00 pm at the base of the Des Moines Marina fishing pier. Walks will vary in length and difficulty, but won't be more than 4 miles. Walk at your own pace, meet new friends, get some exercise, and see parts of scenic Des Moines you may not be familiar with. Rain or shine, dogs are welcome. Walks will be lead by Gary Mc Nell, experienced volksmarcher and Des Moines Legacy Foundation Board Member. Call Des Moines Parks, Recreation and Senior Services at 206-870-6527 or go to [desmoineslegacy.org](http://desmoineslegacy.org) for more information.



## There's no place like home.

When we're not flying around the world, we're investing millions each year to keep our local community beautiful and vibrant.

**Proud Sponsor of Poverty Bay Blues & Brews and supporting Rotary Club of Des Moines and Normandy Park**

*Alaska*  
AIRLINES

# Marvin J. Osterhout, D.D.S.

## Family Dental Practice

Improve your dental health and improve your general well-being and self confidence!

*30 years of welcoming and compassionate service.*

22221 7th Ave S, Des Moines, WA 98198  
206-878-2673 | [www.drosterhoutdentistry.com](http://www.drosterhoutdentistry.com)



*Watercolor by Nancy Bogni*



## We fund dreams.

The Highline College Foundation works to support educational efforts of the college through scholarships, emergency need awards and special projects.

Highline Community College  
Office Outreach Center  
Building 99, Room 248

206.870.3774  
Email: [rstephen@highline.edu](mailto:rstephen@highline.edu)

## Poverty Bay Arts Gala

*Fine Art and Entertainment Sales and Silent Auction for a Great Cause!*

**Saturday, October 10, 6-10pm**  
**Des Moines Beach Park Event Center Auditorium**  
**22030 Cliff Ave. S. Des Moines**

Join us at the Poverty Bay Arts Gala a time to hob knob with artists and performers who have gathered to share their art and music! It is all to support the Free 2016 Beach Park Summer Concerts and the 2016-2018 Art on Poverty Bay Outdoor Sculpture Gallery.

The Gala features affordable \$100 and \$200 artworks for sale and a silent art and music auction with values of \$250 and more. Your \$50 ticket gets you fabulous arts, entertainment by the nationally renowned Mt. Rainier Jazz Band, sumptuous hors d'oeuvres and fine wine!

Show even more support for Des Moines' Arts! Purchase 5 Gala tickets and become a Gala Sponsor recognized at the event. Purchase 10 Gala tickets and become a Gala Sponsor and a 2016 Summer Concerts sponsor with the opportunity to hang your banner at all events. Purchase 20 Gala tickets and secure your place as a 2016-2018 Art on Poverty Bay outdoor sculpture gallery sponsor; your name engraved on a sculpture base and listed on the gallery Map! Purchase 50 Gala tickets to sponsor all 2016 Arts Commission Events.

Tickets and sponsorships are available at [brownpapertickets.com](http://brownpapertickets.com), at 206-870-6527, and at the Des Moines Parks and Recreation office located at 1000 S. 220th Street, Des Moines, WA 98198.

Friend us at: [facebook.com/desmoineslegacyfoundation](https://www.facebook.com/desmoineslegacyfoundation) and [facebook.com/desmoinesartscommission](https://www.facebook.com/desmoinesartscommission).

## Des Moines Waterfront Farmers Market

Join us every Saturday now thru October 31st

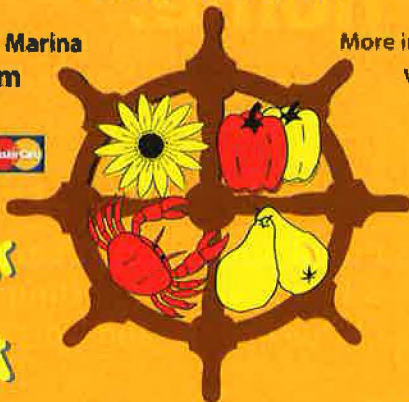
*Upcoming Special Events for Sept 12th*

**Kids Back to School/Safety Day**

**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 31st**

*Come to Eat or  
Come to Compete*

**9th Annual  
Chili Cook-Off**





# Happy Birthday

## MOUNT RAINIER POOL

**T**ens of thousands of children have been taught to swim at the Mount Rainier Pool over the course of 40 years.

Many of those kids have become competitive swimmers and brought home numerous trophies, including six state AAA high school titles.

We've also been a training pool for some of the greatest collegiate and international competitive swimmers, including Ariana Kukors who still holds the world's record for the Women's 200IM.

And thousands of our seniors have been able to prolong their mobility through water-based exercise.

Here's to 40 more years of outstanding aquatics opportunities!



KING COUNTY ARCHIVES PHOTOS

**TOP:** On the eve of its dedication on Sept. 12, 1975, the placid waters of the Mount Rainier Pool awaited the first of countless Des Moines area residents who would learn to swim, exercise and compete there.

**LEFT:** King County Councilman Paul Barden, County Executive John Spellman, Des Moines City Manager Stan McNutt and Highline Schools Superintendent Dr. Robert Sealey join with Kaye Remmereid, Miss Des Moines, to officially open the pool.

**RIGHT:** Did you know that when Mount Rainier Pool was dedicated it had a high diving platform that was removed in a later renovation?



Join us for a  
**Free**  
**OPEN SWIM**  
**SATURDAY, SEPT. 12**  
3 - 5 pm

Check our website for further details  
[www.DesMoinesPool.org](http://www.DesMoinesPool.org)

**Remember:**  
It's always  
summer at your  
Mount Rainier Pool



22722 19<sup>th</sup> Ave S • 206-824-4722

[www.MountRainierPool.com](http://www.MountRainierPool.com)



# MEETING SPACE & FACILITY RENTALS



BEACH PARK AUDITORIUM



BEACH PARK FOUNDERS LODGE



DES MOINES ACTIVITY CENTER



FIELD HOUSE GYM



## BEACH PARK AUDITORIUM

Our historic, yet contemporary Beach Park Auditorium boasts stained glass windows, a large outdoor patio, and cathedral ceilings. Exposed wood beams enhance the ambiance in true Pacific Northwest style. This facility is equipped with 25 round tables, 13 six foot tables and 250 chairs.

## DES MOINES ACTIVITY CENTER

The Activity Center is a true hidden gem that has a charm accentuated by wood flooring, a brick fireplace and stained glass. Opening onto a 50'x50' concrete patio, this venue features a peak-a-boo view of Mt. Rainier and looks to Stephen J. Underwood Memorial Park. The patio is highlighted by the trellised landscaping of Mary's Rose Garden and a running fountain.

## BEACH PARK FOUNDERS LODGE

Nature is ever present in this updated rustic venue spanning the Des Moines Creek. Floor to ceiling windows offer breathtaking views of the Puget Sound and Olympic Mountain Range beyond. Patio doors open directly onto a wraparound deck pouring into the meadow, just feet from the waters edge.

## FIELD HOUSE GYM

The Field House is a full Log Cabin located in the heart of Des Moines. Generations of memories have been hosted in this venue, including weddings, corporate events, graduations and much more. Its log cabin appeal is enhanced with a full-length decorative stone fireplace, a 19'x16' stage and maple flooring.

# DINING HALL NOW AVAILABLE

The Dining Hall features a full kitchen with a rustic indoor reception space. Natural wood floors and ceilings are accompanied with an expansive deck and enough tables and chairs to seat 150 guests.



## CONTACT

**Shannon Kirchberg**  
 Events and Facilities Coordinator  
 206.870.9370  
[skirchberg@desmoineswa.gov](mailto:skirchberg@desmoineswa.gov)  
[www.beachparkeventcenter.com](http://www.beachparkeventcenter.com)



## SENIOR OUTINGS



### Mariners Spring Training March 15-22, 2016

\$1,589/ppdo \$2,219/single \$1,449/triple \$1,379/quad

Hosted by Catalyst Travel - Your Exclusive Escorted Spring Training Experience Includes:

- Roundtrip air from Seattle to Phoenix
- 7 nights at the Windmill Inn in Sun City West AZ
- Buffet breakfast provided each morning
- 5 game tickets with great seats
- Transportation between airport, hotel, games and group events
- Souvenir baseball cap & Catalyst 10-Man Fan shirt
- Party at the pool

**LEARN MORE**  
from Catalyst  
Tues, Sept 15.  
11:30am  
Activity Center



### SAVE THE DATE!

Hosted by the Washington State Association of Senior Centers, flyers available at the Des Moines Activity Center! Call 206-878-1642 for more details or instructions on how to sign up.

### Spain's Classics - March 5-15 2016

Highlights: Madrid, Seville, Granada, Valencia & Barcelona  
11 days, 19 meals, Includes Airfare  
\$3,599/ppdo \$4,099/single \$3,569/triple

### Tropical Costa Rica - November 5-13 2016

Highlights: San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero & National Theatre  
9 days, 14 meals, Includes airfare  
\$2,599/ppdo \$3,049/single \$2,569/triple

## 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.

#### 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.

### HOLIDAY CLOSURES

Mon, Sept 7  
Wed, Nov 11  
Thurs & Fri, Nov 26 & 27  
Thurs, Dec 24 @ noon  
Fri, Dec 25  
Fri, Jan 1

## SENIOR OUTINGS

### MEET TO EAT

#### Out to Lunch

Enjoy a no-host lunch at new and old favorite eateries around the Sound.  
**Age 50+** **\$9 Transportation Fee**  
**Departures 10:15-11am** **Return 2pm**  
 Friday, Sept 4 Coho Café, Issaquah  
 Friday, Oct 9 Ammar's Mediterranean Grill, Tacoma  
 Friday, Nov 6 Tacoma Creperie, Tacoma  
 Friday, Dec 4 Flat Iron Grill, Issaquah

#### Dinner with Friends

Enjoy no-host dining garnished with laughter and companionship.  
**Age 50+** **\$9 Transportation Fee**  
**Departure 5pm**  
 Tuesday, Sept 8 Cheesecake Factory, Tukwila  
 Tuesday, Oct 13 Red Lobster, Federal Way

### HORTICULTURE OUTINGS

Explore lush and varied Northwest gardens and nurseries. Lunch at local eateries or bring a sack lunch. Note: Fee does not reflect no-host lunch or garden admission fees.

**Age 50+** **\$9 Transportation Fee or \$5 Car Pool \***

FRIDAYS	DEPARTURE	DESTINATION
Sept 11	10am	Lake Wilderness Arboretum, Covington
Oct 16	9:30am	Olympic Sculpture Park, Seattle
Oct 23	10am	Spooner Farms Pumpkin Patch, Orting



**Tickets Only \$1**

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

Enjoy **Fishing From Redondo Dock**, a framed photograph by Carmen Scott.

Purchase tickets at Des Moines' Activity Center and Field House

Drawing: Wednesday, November 18, 2015 @ 12:30pm  
 Des Moines Normandy Park Activity Center  
 Need not be present to win.

All proceeds benefit programs and services for older adults and their families.



### DAY TRIPS

Explore the Northwest and leave the driving to us!

<b>Whole Foods Market Tour, Chambers Bay</b>	<b>University Place</b>
Wed, Sept 16 9:30am-2pm	\$9
<b>Veteran's Tattoos &amp; Stories, White River Museum</b>	<b>Auburn</b>
Wed Sept 23 11am-4pm	\$11
<b>Caffe D'Arte</b>	<b>Federal Way</b>
Wed Sept 30 10:15am-2pm	\$9
<b>Bainbridge Organic Distillery</b>	<b>Bainbridge Island</b>
Wed Oct 7 10am-5pm	\$15
<b>Muckleshoot Casino</b>	<b>Auburn</b>
Wed Oct 14 9am-3pm	\$9
<b>Beautiful Tables Showcase, Lakewold Mansion</b>	<b>Lakewood</b>
Thur Oct 22 9:45am-3pm	\$17
<b>My Fair Lady, Village Theatre Issaquah</b>	
Sat Nov 14 1-5pm	\$77
<b>Seattle Men's Chorus</b>	<b>Seattle</b>
Sun Nov 29 12:45-5pm	\$58
<b>Holiday Lunch Cruise</b>	<b>Seattle</b>
Wed Dec 2 10:30am-2pm	\$70
<b>Governor's Mansion Holiday Tour</b>	<b>Olympia</b>
Wed Dec 9 9:30am-2pm	\$25
<b>Thornewood Castle Holiday Tour</b>	<b>Lakewood</b>
Thurs Dec 17 9:15am-2:30pm	\$35
<b>Annual Coat Factory Outlet Sale</b>	<b>Tacoma</b>
Friday TBA 9:30am-2pm	\$9

Taking enrollment now for Coat Factory Trip!

### EXTENDED TRIP

#### Northern Lights Tour Fairbanks, Alaska Feb 10-17 2016

View the Northern Lights in one of the premier spots in the world to see the Aurora - the Interior of Alaska. Visit Fairbanks, Anchorage, Chena Hot Springs, The Museum of Ice; and enjoy a snow coach excursion and train trip through Denali National Park. Price includes excursions, taxes and fees, surcharges and hotel transfers. Round trip airfare not included. Travel Insurance recommended. Offered in partnership with Boeing Employees' Travel Club through Knightly Tours. \$1,108/ppdo \$2,081/single

## SENIOR ACTIVITIES



### Afternoon Dances

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!

<b>Adults of all ages welcome!</b>		<b>\$5</b>
Su	August 23	1-3:30pm Activity Center
Su	September 27	1-3:30pm Activity Center
Su	October 25	1-3:30pm Activity Center

### Fireside Chats 2015 - FREE

Local community leaders are invited to answer questions and provide information on their area of expertise and the services they coordinate.

**September- Des Moines Library** Activity Center  
Need help finding your next good read? Don't know what to do with your eReader device? Need space for a meeting? Would you like Large Print books or to use a computer for people with vision impairments? Join Adult Services Librarian, Carla McLean, for information on our library and its resources.  
Tu Sept 8 11:30am Activity Center

**October- South King Fire and Rescue**  
South King Fire and Rescue will join us for an overview of ways they can help you at home with fall prevention and or/disaster preparedness.  
Tu Oct 13 11:30am Activity Center

**November- Key Bank Fraud Prevention Tips**  
Key Bank staff will show a fraud prevention DVD.  
Tu 11/10 11:30am Activity Center

### Living Well Tools

#### AARP Smart Drivers

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the bad habits that have crept into your driving pattern. Upon completion of the course your certificate will get you a discount on your auto insurance as required by state law. Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program.

**Adults Age 50+** **\$15AARP Member/\$20AARP Non-member**  
T & W Sept 15 & 16 10am-2:30pm Activity Center

### Mobile Computer Classroom Workshops

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

**Adults 50+** **FREE**

#### Computer Basics

Up your skills and understanding so you and the mouse can arrange windows, browse the library catalog and balance navigating the keyboard, screen with ease and proficiency.

W Oct 7 10am-11:15pm Activity Center

#### Word Basics

Up your skills and understanding so you and the mouse can manage your text in documents with ease and proficiency.

W Nov 4 10am-11:15pm Activity Center

#### Internet Basics

Learn the vocabulary, explore how to find websites, understand services and security and get tips on how to achieve useful results.

W Dec 2 10am-11:15pm Activity Center

### Small Group Workshops w/KC Librarian

#### eBook Demos

Bring your own device and discover how to access thousands of free eBooks. Facilitator: Jeong Kim

W Oct 7 1pm Activity Center

#### BookMatch & Novelist/Find Your Next Great Book

Looking for a good read? Come learn how to find authors similar to one of your favorites and discover how to get a personalized ready recommendation list from the King County Library System. Facilitator: Andy Wickens

W Nov 4 1pm Activity Center

#### BiblioCommons

Your favorite book not in stock? No problem! Learn how to navigate the library catalog and place items on hold. And, learn how to check your account and track items due with the Bibliocommons dashboard.

W Dec 2 1pm Activity Center

Let us know what type of computer classes you are looking for, call 206-878-1642 or email seniors@desmoineswa.gov.

## ADULT & SENIOR FITNESS



### 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.

Adults			Field House
T/Th/F	Sept 1-29	8-9am or 9:30-10:30am	\$39
T/Th/F	Oct 1-30	8-9am or 9:30-10:30am	\$42
T/Th/F	Nov 3-24	8-9am or 9:30-10:30am	\$30
T/Th/F	Dec 1-18	8-9am or 9:30-10:30am	\$27

### 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.

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

### 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.

Adults				\$36
M	Sept 14-Oct 19	11am - 12pm	Normandy Park Community Ctr	
M	Nov 2-Dec 7	11am - 12pm	Normandy Park Community Ctr	

### Meditation & Relaxation

Start your day with light stretches followed by breathing exercise to improve mental clarity.

Learn relaxation and meditation to release stress, anger and resentment & feed your soul with love, joy and happiness. Dress: comfortable, loose clothing according to your need and weather.

Adults				\$1 Suggested Donation
M	Sept 21-Oct 26	8:45-9:45am		DMAC

JOIN US FOR OUR ANNUAL

## Spaghetti Night

FRIDAY, OCTOBER 2, 2015  
4:30-6:30PM

**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

### 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 [www.nwpf.org](http://www.nwpf.org) or call 877-980-7500.

Adults				\$5 Suggested Donation
M	Sept 14 - Nov 2	2-3:30pm	Activity Center	



# FALL IS ON THE WAY



Those lazy, hazy vacation days are waning, but remember...

it's always  
**SUMMER**  
 @ **mrp**  
 mount rainier pool

**W**ith the beginning of the new school year, our outdoor pools will empty. But you don't have to let your child's swimming progress go down the drain. Children learn best with consistency.

Scientific studies show that kids who swim year round:

- Are significantly stronger and more coordinated
- Score higher for intelligence and problem solving
- Are more self-disciplined, motivated and confident
- Gain high levels of self respect
- Are less likely to become ill than those with less active lifestyles
- Are less likely to become obese and, eventually, overweight adults

Your Mount Rainier Pool is open year round. Keep your kids swimming throughout the school year.

Come visit us. It's always summer here!

## Fall/Winter 2015-16 Schedule (begins Sept. 3)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 7:30 am	Available for rentals	Lap Swim		Lap Swim		Lap Swim	Mount Rainier/King Aquatics swim teams 7-10 am
7:30 - 8:30 am		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
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	Swim Lessons/ King Aquatics 10 am - Noon
11 am - 2 pm		Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	Lap/Family swims	
3:30 pm		Mount Rainier/ King Aquatics swim teams	Mount Rainier/ King Aquatics swim teams	Mount Rainier/ King Aquatics swim teams	Mount Rainier/ King Aquatics swim teams	Mount Rainier/ King Aquatics swim teams	Lap Swim Noon-1 pm
5 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons Parent-Tot & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons Parent-Tot & King Aquatics	Family Swim 6 - 7 pm	Open Swim 1-2 pm
7 - 8 pm		Open Swim	Water Exercise	Open Swim	Water Exercise	Open Swim	*1 Open Swim (First Saturday only) 2-3 pm
8 - 9 pm		Lap Swim/Exercise		Lap Swim/Exercise		Lap Swim	Available for rental 2 (3) -10 pm

Friday nights beginning at 5:30 pm may be subject to frequent changes due to special programming • Please call the pool to verify schedule: 206.824.4722.



**MOUNT RAINIER POOL**  
 22722 19<sup>TH</sup> AVE S  
 DES MOINES



## ADULT ENRICHMENT

### Aviation History-Women Air Force Service Pilots (WASP)

Debbie Jennings has followed the WASP and their story since meeting her first Woman Air Force Service Pilot 20+ years ago. In 2004, Debbie spent nine months with the Seattle area Women Airforce Service Pilots developing the largest WASP exhibit in the country which is located at the Seattle Museum of Flight. At the 2006 WASP Conference in Portland, Oregon, Debbie was a producer and interviewer for sixteen WASP interviews filmed by Vulcan Productions/Paul Allen's "Flying Heritage Collection". Additionally, Debbie was asked in 2007 by the local PBS channel to do a ten minute interview with a local WASP to be aired before the Ken Burn's documentary series "The War" as "Pacific Northwest War Stories". Debbie is still telling their stories in film so the world will know their contribution to the war effort in the darkest days of WWII. WASP families are invited to share their photos, uniforms and memorabilia.

\$2 suggested donation

Tu Sept 15 7pm DMAC

### 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

Sa Sept 19 8am-4pm Public Works & Parks Service Ctr  
Sa Oct 10 8am-4pm Public Works & Parks Service Ctr

Check back in December for 2016 dates and registration.

### Leavenworth Tree Lighting Day Trip for Families

Experience the enchanting and Bavarian beauty of Leavenworth during the holidays! Here is the chance to spend the day with friends and family enjoying holiday cheer, shopping venues and delicious food. Cap off the afternoon with Christmas carols and the notorious tree lighting.

Note: children must be accompanied by a guardian.

Families \$35R \$37NR

Sa Dec 5 Depart 9am Return by 9:30pm

\*Family Discount - register two family members at full price and each additional receives \$5 off

### 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.

Dogs 4+ months \$85R \$89NR

Th Oct 1 - Nov 5 7:15-8:15pm Field House

### Line Dance

Dancing stimulates your mind, body and soul! Treat yourself to an afternoon of fun and movement sampling old and new line dances. No partner necessary. Instructor: Barbara Cornwall

Adults \$36

Th Sept 17 - Oct 22 2:30-3:30pm Activity Center

Th Oct 29 - Dec 10 2:30-3:30pm Activity Center

### Creative & Memoir 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 \$43

Th Sept 24 - Nov 12 10am-12pm Wesley Gardens

### Memoir & Creative Writing

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 \$43

Th Sept 24 - Nov 12 2-4pm Wesley Gardens

### Winter & Holiday Poetry

'Tis the season for wintery observations, joyful memories and holiday melancholy. Try your hand at creating poetry that capture the essence of the holidays! Instructor: Pat Doheny

Adults \$12

Th Dec 3 & 10 10am-12pm Wesley Gardens

### Watercolors: More Explorations

Have fun while growing your watercolor skills. Working from photos and life, lessons include designing value plans for watercolors with punch, handling "edges" for atmospheric effects, watercolors and ir and a "white" painting. Working from your own photos is encouraged, and instructor will also have photos. A Supply list and Tips on Photographing available upon registration. Instructor: Susan Waite

Adults \$60

Wed Sept 30 - Nov 4 Activity Center



**Poverty Bay Arts Gala**

Fine Art Sale • Entertainment  
Wine • Hors d'oeuvre  
Silent Arts Auction

**SATURDAY, OCT 10**  
6-10 pm • \$50  
Beach Park Event Center  
[www.BrownPaperTickets.com](http://www.BrownPaperTickets.com)  
206-870-6527  
[www.desmoineslegacy.org](http://www.desmoineslegacy.org)

Proceeds benefit Beach Park Summer Concerts and Art on Poverty Bay Sculpture gallery.  
Presented by Des Moines Legacy Foundation and Des Moines Arts Commission.

## YOUTH ACTIVITIES



### 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.

Open enrollment year round - request an application. Parents are invited to attend the first meeting. Call in advance to confirm meeting dates. Facilitator: Julia Cain, Recreation Staff

**Grades 6-9** **FREE**  
Meets twice a month TBD Location: TBD

#### Teen Dances

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

**Grades 6-8 – student ID required for admission** **\$7**  
Beach Bash Sept 25 7:30-10pm Field House  
Haunted House Oct 23 7:30-10pm Field House  
Freeze Out Dec 4 7:30-10pm Field House

#### Better Babysitters Class

Participants receive the knowledge and confidence to care for infants to school-age children through videos, activities, hands-on training and discussion for a complete learning experience. Babysitter Training teaches how to: respond to emergencies, make decisions, communicate with parents, manage children, feed, diaper and care for infants and start a babysitting business. Bring a sack lunch and a snack. Bring \$16.50 materials fee to instructor, first day of class. Instructor: Gaylynn Smith, Pro Cert

**Ages 11-15** **\$55R \$65NR**  
Sa Sept 26 8:30-2:30pm Police Station  
Sa Nov 21 8:30-2:30pm Police Station

**RECEIVE**

**10% off**

First time enrollment

### *PTSA Discount*

Show your PTSA Membership Card to receive a 10% discount the first time you enroll your child in a Des Moines Recreation Activity\*. Offer valid through the 2015-16 school year. Call 206-870-6527 for information.

\* Excludes one-time events.

## They're Coming!!

"It's the running of the SQUID in Puget Sound"

In collaboration with the DMAC and MAST we are proud to present the 3rd Annual SQUID-A-RAMA



**5PM to 8PM @ MaST Center and Pier**  
28203 Redondo Beach Drive S. Des Moines, WA 98198  
**November 14th 2015**

The Annual Squid-A-Rama celebrates our favorite cephalopod together, with art and science in one facility for your family's enjoyment! MaST Center divers and Marine biologists will be on hand to aid in viewing the squid run and answer questions about squid and other sea life. Arts and crafts activities for the children!

Salty's delicious chowder will be available for purchase with hot chocolate and coffee too!

Bring the kids! All are welcome!  
For more information visit the website

<http://www.desmoinesartscommission.com/squid-a-rama.html>



**Saturday, Dec 12,**  
**Des Moines**  
**Activity Center**

Seating-1  
9-10:15am

Seating-2  
10:45am-12pm

Children: \$8; Adult: \$4  
Age 2 & under: Free

Join us for a delicious pancake breakfast with Santa! Enjoy holiday activities and visit with Santa about holiday wish-lists. A parent or responsible adult must accompany children.  
Pre-registration required.

## YOUTH ACTIVITIES

### Attention Parents!

#### Parent's Night Out

Get date night back and enjoy peace of mind knowing your children are in the hands of caring, trained staff ready to engage them in active games and spark their imagination with arts and crafts. Dinner included.

**Ages 4-12** **Field House**  
Sa Sept 26 6-10pm \$15R \$19NR

#### Holiday Drop & Shop

Parents - Looking for some time to shop with friends, family or wrap some gifts? Drop your kids off with us and under our watchful eye, they'll have a ball! And, you get time to get those holiday errands checked off!

**Ages 4-12** **Field House**  
F Nov 20 10-2pm \$15R \$19NR  
Sa Dec 5 12-6pm \$22R \$26NR

## 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 with CPR First Aid certification

**Ages 3-5** **Field House**  
MTWTh Sept 14-30 9:30am-12pm \$80R \$90NR  
MTWTh Oct 1 - 29 9:30am-12pm \$120R \$140NR  
MTWTh Nov 2-19 & 30 9:30am-12pm \$90R \$100NR  
MTWTh Dec 1-17 9:30am-12pm \$80R \$90NR

#### Now offering Afternoon Sessions!

MTWTh Sept 14-30 1-3:30pm \$80R \$90NR  
MTWTh Oct 1 - 29 1-3:30pm \$120R \$140NR  
MTWTh Nov 2-19 & 30 1-3:30pm \$90R \$100NR  
MTWTh Dec 1-17 1-3:30pm \$80 R \$90 NR

#### Indoor Tot Time

Keep your little ones active indoors as the weather turns with age appropriate exercise and play! We will have fun tumbling mats, ride-on toys, and age-appropriate sports equipment available on hand, join in the fun and watch them make new friends along the way.

**Ages 2-5** **\$18 10-visit punch card or \$2/drop-in per child**  
M Ongoing beginning Sept 14 11am-1pm Field House  
W Ongoing beginning Sept 16 10am-12pm Field House

#### Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work. It's a great opportunity for kids to meet other kids from the community. Facilitators: Staff.

**Age 3-5** **\$30R \$35NR**  
M-F Sept 7-11 5:30-6:30pm Field House  
M-F Sept 14-18 10:30-11:30am Field House

## YOUTH

#### DIVAS Football Squad

Become part of a fun team of young ladies and learn the basics of drill/dance with basic choreography. DMPR Divas provides girls a great way to learn dance moves as a group and how to perform. The Football Squad will include performances at two local high school football games with the goal of performing at a competition for fun! Instruction: Helena Caldwell, Highline High Drill Coach.

**Ages 7-14** **\$50R \$55NR**  
Registration Deadline: 9/26 Additional \$25 uniform fee  
M Sept 14-Oct 5 4-5:30pm Field House

#### 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**  
W/F Sept 2-30 5-6:30pm Field House  
W/F Oct 2-30 5-6:30pm Field House  
W/F Nov 4-25 5-6:30pm Field House  
W/F Dec 2-30 5-6:30pm Field House

#### Tiger Kids Martial Arts Course Overview

Instructor: Mitch Mayberry, International Champion, 9th degree Master  
Fee: all participants must pay the \$14 AAU Membership in addition to the individual course fees. Uniforms optional and available from the instructor.

#### Tiger Kids Martial Arts & Fitness

Have fun while developing coordination, focus and fitness. Students can progress in belts & learn the simple moves of Taekwondo to the cool moves of Ninja Turtle (Kobudo Weaponry) in a step by step manner promoting confidence & achievement. Bag kicking & Jedi Warrior sparring included for fun.

**Grade 1 & up** **\$85R \$90NR**  
W Sept 16-Oct 28 4:45-5:25pm Field House  
W Nov 4-Dec 16 4:45-5:25pm Field House  
**Colored belts** **\$85R \$90NR**  
W Sept 16-Oct 28 4:45-6pm Field House  
W Nov 4-Dec 16 4:45-6pm Field House

#### Tiny Tigers Taekwondo

A fun and less intense Martial Arts program focusing on fun and fitness while developing motor skills, coordination and improved listening skills through the use of games and training aids including bag kicking and sword play for fun.

**Ages 3-6** **\$85R \$90NR**  
W Sept 16-Oct 28 4:15-4:45pm Field House  
W Nov 4-Dec 16 4:15-4:45pm Field House

# 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!

Grade K  
Grades 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
Grades 7-8	Grades 7-8

#### Check out our Early Bird Rates!

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

#### Registration Dates

Aug 31 - Oct 2	<b>Player Fee</b> \$60R \$65NR
Oct 3 - Nov 13	\$70R \$75NR
Nov 14 - 30	\$95R \$100NR
Nov 30	Registration Closed
December 1-21* Late Registration	\$145 \$150

\*Placement on a team is not guaranteed

#### Coaches Meeting

November 3 6pm Field House

### Basketball Training Clinic

Improve your basketball skills with Coach Michael 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 Johnson brings with him the knowledge, passion and skills to improve any basketball player at any skill level.

#### Age 7-16

T Th	Sept 1-29	5:30-6:30pm	<b>\$120R \$130NR</b>
T Th	Oct 1-29	5:30-6:30pm	Field House
T Th	Nov 3-24	5:30-6:30pm	Field House

#### Advanced Classes

T Th	Sept 1-29	4:30-5:30pm	<b>\$150R \$160NR</b>
T Th	Oct 1-29	4:30-5:30pm	Field House

### Preseason Hoop Camp

Basketball season is approaching fast - time to challenge yourself and improve your game! This developmental skills camp is designed to help players of all levels improve while having fun. Offensive focus: dribbling, passing and shooting. Defensive drills: foot positioning and handwork. Facilitators: Ken Bush

#### Age 7-15

Sat	Nov14	9am-12:30pm	<b>\$25R \$30NR</b>
			Field House

### Rams Hardwood Winter Basketball Camp

Players receive expert instruction focused on individual development and team work. Players improve dribbling, shooting, rebounding and other essential basketball skills and use them in games and competition. Facilitators: Mt Rainier HS Head Coach Ken Bush with current and past players.

#### Age 7-15

M/T	Dec 21-22	9am-12pm	<b>\$50R \$55NR</b>
			Mt Rainier Gym

Discounts available for groups of 5 or more participants!



## FRIENDSHIP FITNESS FUN(D)

Recreation programs provide opportunities for friendship to bloom, wellness to thrive and community bonds to strengthen all under the concept of Fun! Des Moines Parks & Recreation partners with Des Moines Legacy Foundation and Rotary Club of Des Moines to offer **Friendship Fitness Fun(d) Scholarships** for families in need.

Your contribution provides gifts of joy for scholarship recipients and is a long-term investment in our community's well-being. The success is dependent on your ongoing contributions.



**TWO WAYS** to make a tax deductible contribution to the **Friendship Fitness Fun(d)**:

- ★ **Make a \$1 or more contribution** each time you enroll in a Parks, Recreation and Senior Services program or schedule a facility or field.
- ★ **Contribute to Des Moines Legacy Foundation-Youth Scholarship Fund**  
Des Moines Legacy Foundation  
PO Box 13582 Des Moines WA 98198  
[www.desmoineslegacy.org](http://www.desmoineslegacy.org)

**IN NEED OF FINANCIAL ASSISTANCE?** Complete an application call 206-870-6527.

## CLUB KHAOS

### Club KHAOS Kids having an outrageous school year!

Our energetic and dedicated staff will ease you and your kids into an outrageous school year filled with fun, friendships and enriching experiences to stimulate their imagination, spark their learning skills and develop healthy habits with K-Fit!

**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 sessions 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.

6:30am-school start

Sites	Dates	Fee: Res Non Res
Highline	Sept 3-30	\$260 \$280
Federal Way	Sept 2-30	\$200 \$220
Highline	Oct 1-30	\$300 \$320
Federal Way	Oct 1-30	\$210 \$230
Highline	Nov 2-30	\$210 \$230
Federal Way	Nov 2-30	\$160 \$180
Highline	Dec 1-18	\$190 \$210
Federal Way	Dec 1-18	\$140 \$160

#### 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 play. Time is set aside for homework.

School dismissal – 6pm

Sites	Dates	Fee: Res Non Res
Highline	Sept 3-30	\$280 \$300
Federal Way	Sept 2-30	\$320 \$340
Highline	Oct 1-30	\$320 \$340
Federal Way	Oct 1-30	\$340 \$360
Highline	Nov 2-30	\$210 \$230
Federal Way	Nov 2-30	\$260 \$280
Highline	Dec 1-18	\$210 \$230
Federal Way	Dec 1-18	\$230 \$250

#### Drop-in Fee:

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

### Sunrise to Sunset

Give yourself worry-free day and a significantly fee reduction.

Sites	Dates	Fee: Res Non Res
Highline	Sept 3-30	\$350 \$370
Federal Way	Sept 2-30	\$400 \$420
Highline	Oct 1-30	\$400 \$420
Federal Way	Oct 1-30	\$420 \$440
Highline	Nov 2-30	\$270 \$290
Federal Way	Nov 2-30	\$320 \$340
Highline	Dec 1-18	\$260 \$280
Federal Way	Dec 1-18	\$280 \$300

### 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 through participation 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 9	FW	No School
Th F, Nov 5-6	FW	Conferences
W, Nov 11	FW&H	Veteran's Day
M-W, Nov 23-25	H	Conference
M-F, Dec 21-Jan 1	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>

# HALLOWEEN CARNIVAL

**Saturday, 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

\* Des Moines Field House \*

**1000 S 220th Street, Des Moines**

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



**DES MOINES WATERFRONT FARMERS MARKET**

**Saturday, Sept 12**  
Kids Back to School Day/Safety Day, Food Truck-In at the Des Moines Marina. [dmfm.org](http://dmfm.org)

**SPAGHETTI NIGHT**

**Friday, Oct 2, 4:30-6:30pm**  
Activity Center  
Supports Senior Services. Adults \$10, Children \$5, Families \$20  
206-878-1642

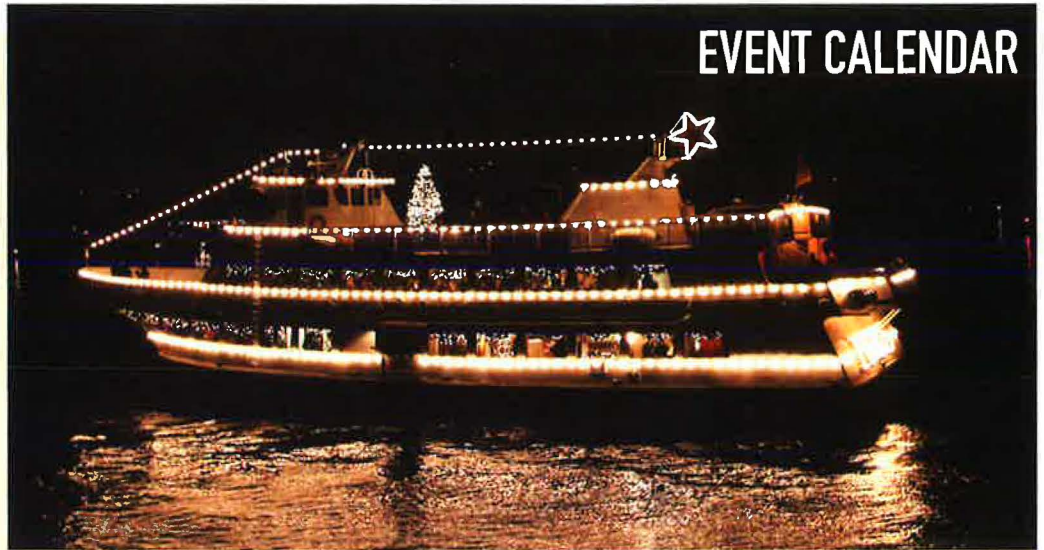


**POVERTY BAY ARTS GALA**

**Saturday, Oct 10, 6-10pm**  
Beach Park Event Center Auditorium  
Supports Des Moines Arts Commission's Summer Concerts and Art on Poverty Bay outdoor sculpture gallery. Tickets: \$50. Sponsorships available. [desmoineslegacy.org](http://desmoineslegacy.org), 206-870-6527

# AUTUMN IN DES MOINES

## EVENT CALENDAR



**DES MOINES WATERFRONT FARMERS MARKET**

**Saturday, Oct 31**  
Chili Cook Off at the Des Moines Marina. [dmfm.org](http://dmfm.org)

**DESTINATION DES MOINES TRICK-OR-TREAT PATH**

**Saturday, Oct 31, 3pm-6pm**  
Along Marine View Drive and 7th. [destinationdesmoines.org](http://destinationdesmoines.org)

**DES MOINES HALLOWEEN CARNIVAL**

**Saturday, Oct 31, 5pm-8pm**  
Des Moines Field House. Frights and games for children 12 and under (children under 5 must be accompanied by an adult) \$5 per child. Non-perishable food donations accepted for Food Bank. 206-870-6527

**DES MOINES LEGACY FOUNDATION'S BAYSIDE CHAMPAGNE BRUNCH & RAFFLE**

**Sunday, Nov 1, 9:30am-12pm**  
Supports Seniors & Youth, \$75  
206-878-1642  
[www.desmoineslegacy.org](http://www.desmoineslegacy.org)



**SQUID A RAMA**

**Saturday, Nov 14, 5pm - 8pm**  
MaST Center in Redondo. See live Squid, arts and crafts, Aquarium and more. Chowder, coffee and coco available. [desmoinesartscommisison.com](http://desmoinesartscommisison.com), 206-870-6527

**FEDERAL WAY SYMPHONY MESSIAH**

**Sunday, Nov 15, 2pm**  
Beach Park Event Center Auditorium. Live performance. Tickets @ Federal Way Symphony: 253-529-9857

**DESTINATION DES MOINES HOLIDAY TREE LIGHTING**

**Friday, Dec 4, 6pm**  
Big Catch Plaza, corner of 216th and Marine View Drive. Caroling, refreshments, holiday music, and photos with Santa are all a part of this FREE community event. [destinationdesmoines.org](http://destinationdesmoines.org)

**ARGOSY CHRISTMAS CRUISE SHIP AND BONFIRES**

**Thursday, Dec 10**  
Des Moines Beach Park  
Bonfire at 6:45pm  
Ship arrival and Carolers at 7:20pm  
**Thursday, Dec 17**  
Redondo  
Bonfire at 8:15pm  
Ship arrival and Carolers at 9 pm  
206-870-6527 for bonfire information. Visit [argosycruises.com](http://argosycruises.com) for Christmas Ship details.

**DES MOINES PARKS AND RECREATION BREAKFAST WITH SANTA**

**Saturday, Dec 12**  
9-10:15am or 10:45 - 12pm  
Des Moines Activity Center.  
Delicious pancakes, activities and visit with Santa. Call to reserve 206-870-6527.





# NORMANDY PARK market

**Local • Competitive • Invested in the Community**

19805 1st Ave S, Suite 100, Normandy Park, WA 98148

(206) 651-7794 • 7am-10pm 7 days



[www.normandyparkmarket.com](http://www.normandyparkmarket.com)

[facebook.com/normandyparkmarket](https://facebook.com/normandyparkmarket)



**\$5 OFF \$25 PURCHASE**

**\$5 OFF**  
\$25 PURCHASE  
on your next visit to  
Normandy Park  
Market

One coupon per person,  
per visit - expires Saturday,  
October 31, 2015

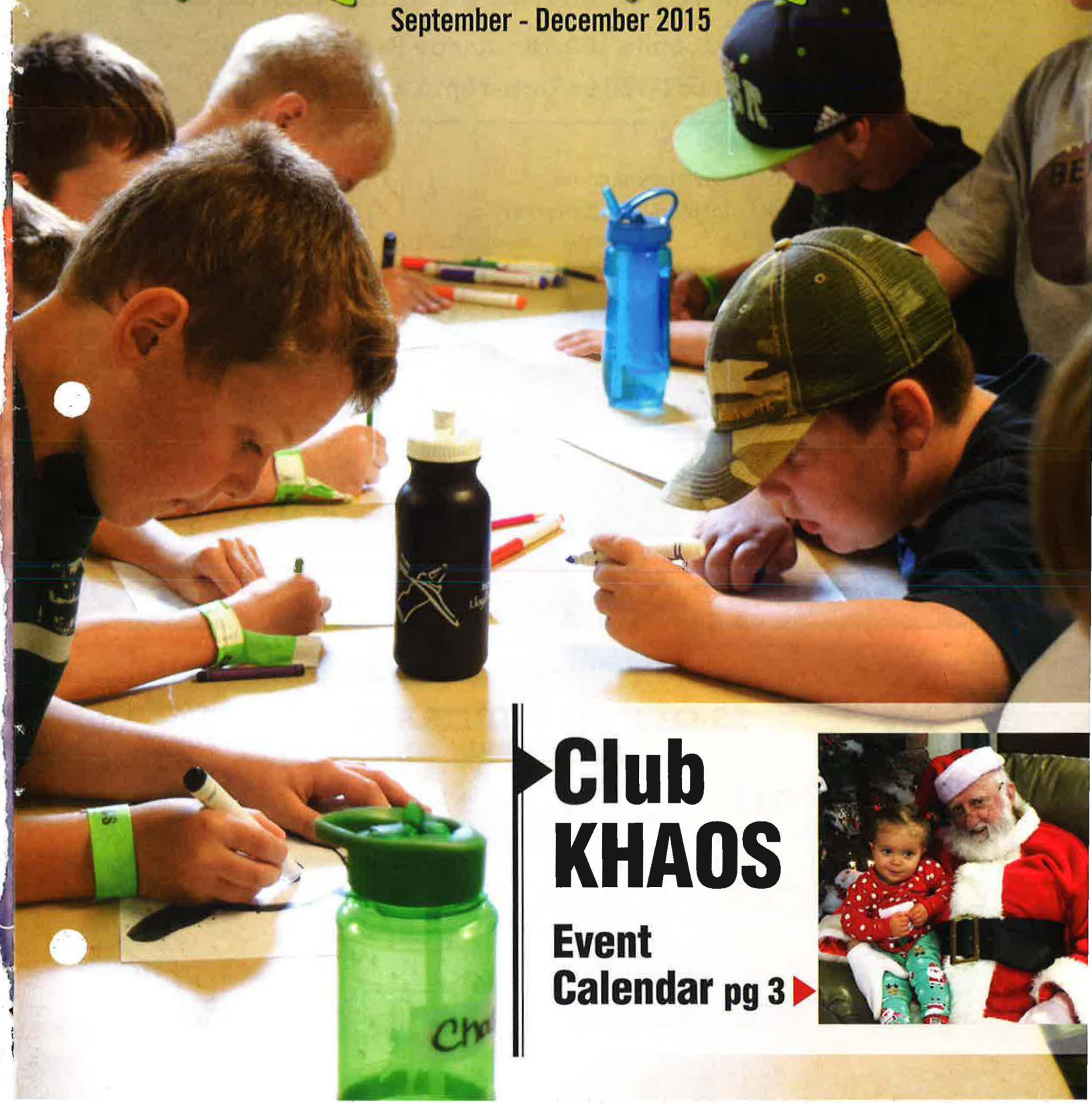
PLU 335

Your Guide to Des Moines Parks, Recreation & Senior Services

# Rec'n Roll



September - December 2015



## Club KHAOS

Event  
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