

Edmonds Beacon

YOUR HOMETOWN NEWSPAPER

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More Esperance housing? County passes ordinances

BY BRIAN SOERGEL
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Four ordinances adopted by council to address supply of housing and housing affordability

Snohomish County Executive Dave Somers has signed off on four ordinances adopted by the County Council to address the available supply of housing and addressing housing affordability challenges. One such area is in the Esperance neighborhood, whose residents live in unincorporated Snohomish County, have

Edmonds mailing addresses, but are in Edmonds' municipal urban growth area. Under state law, Edmonds can annex Esperance – surrounded on all sides by Edmonds city limits – without Esperance's approval. Residents there have voted numerous times against annexation into Edmonds. Introduced by Councilmember Nate Nehring, the ordinances continue the

efforts initiated by the Opening Doors to Home Ownership housing panel held during the Council's Planning and Community Development Committee. "The lack of available housing is a major driver of the cost of housing and the challenge many families face in affording a home," Nehring said. "Home ownership is critical for economic mobility and security.

These ordinances will help increase the housing supply and put home ownership within reach for more of our families, friends, and neighbors." The four ordinances – approved unanimously by Nehring, Strom Peterson, Megan Dunn, Jared Mead, and Sam Low – address

see **ESPERANCE HOUSING** page 10 ▶



2012 silver medalist – and new real estate agent – will donate bikes from home sales

BY BRIAN SOERGEL
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Friends and family packed the Edmonds Theater recently for a documentary screening honoring an Olympic silver medalist. No, not that one. Although Edmonds figure skater Rosalynn Summers won a silver at the 1984 Olympics and has an exhibit in her honor at the Edmonds Historical Museum, this showing was for Jennie Reed. Reed, who lives in Edmonds, is a three-time Olympian, world champion, and USA

Cycling Hall of Famer who was part of a team that won the silver for track cycling women's team pursuit at the 2012 Olympic Games in London. The documentary "Personal Gold: An Underdog Story" highlights Reed and her teammates' journey to the podium in London. Reed, 46, has not lost



Jennie Reed at Olympic Beach in Edmonds, which is dedicated to Olympians from the area, including Rosalynn Summers, Steve Erickson, Alan Forney, and coach Bo Ernst. At left is Reed's silver medal from the 2012 games.

her love of bicycling 12 years later. She can be seen riding her bike around Edmonds most days. She continues to coach and consult track cyclists with an individual focus on strength training and mental skills through Jennie Reed Racing. Outside of her and her husband's raising of two young girls, Reed recent-

ly found a new career as a real estate agent with Windermere on Fifth Avenue South. She closes on her first sale next week. And for every house she helps owners sell, she will donate a new bicycle to underprivileged children between the ages of 8 and 17. She will build the bike, deliver it, conduct a one-on-one bike riding class, and give a young person a chance to meet a three-time Olympian and silver medalist. The Beacon met with the Olympic medalist for a Q&A that sheds light on Reed's

see **EDMONDS OLYMPIAN** page 11 ▶



Susan Shipley was murdered by her husband, John Shipley, in 2022.

Judge says Edmonds man who killed wife is insane

John Shipley ordered to a mental treatment facility in Tacoma

BY BRIAN SOERGEL
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A 75-year-old Edmonds man charged with killing his wife has been acquitted of second-degree murder on the grounds of insanity. John Shipley was 73 when charged with murdering his wife of 44 years, Susan Shipley, in July 2022 in a quiet neighborhood one block north of Madrona K-8.

After being connected to 911, Shipley told a 911 dispatcher he had tried to murder his wife, 66, and was waiting for officers to kill him and send him to hell. Shipley has remained in Snohomish County Jail, but Snohomish County Superior Court Judge Cindy Larsen has now referred him to a Tacoma treatment facility. He faced up to 18 years in prison if he had been convicted of the charge against him. According to Edmonds police, officers arrived at the Shipley home in the 23400 block of 94th Avenue West, making an emergency entry based on the information

they had. They found the victim dead in what Cmdr. Josh McClure called a "dynamic and chaotic scene." According to a probable cause statement from Snohomish County Superior Court, the suspect said he was possessed by demons, "and the judgment was to kill his wife." He added that he tried to cut his wife's throat with a kitchen knife "but that wasn't very successful." He was also worried that "the kids" were about to show up and they would see his

see **SHIPLEY INSANE** page 10 ▶

Mayor Rosen names 11 to budget priorities panel

During a budget retreat Aug. 16, Mayor Mike Rosen shared the names of members of a Budget by Priority Advisory Panel that he recruited.

Much of the meeting focused on the budget, as Edmonds remains in a financial crisis.

Here are the 11 members:

Erin Monroe, CPA

Current member of the Mayor's Blue-Ribbon Panel. President of Monroe & Associates, dba Ultralign, LLC. More than 25 years of experience in the private and public sectors and over 14 years in executive management providing professional financial consulting to organizations or acts as their interim CEO or CFO. Former audit manager for the state of Washington, an internal auditor for PEMCO, CFO/CEO/president at Workforce Snohomish. She also served as an accountant at the City of Edmonds.

Tom Sanger, CPA

Partner with Moss Adams. He has practiced public accounting since 1994 and leads the firm's research and development tax services.

Corbitt Loch

Former strategic planner for the City of Lynnwood, responsible for implementing budgeting by priorities and overseeing evaluation of municipal services. Member

of Edmonds Center for the Arts board of directors and Edmonds Architectural Design Board. Past positions in municipal government include assistant city manager, planning director, and interim finance director. Holds a master's degree in public administration from Seattle University. Author of "Pacific Ridge: A Comprehensive Approach to Redevelopment." Edmonds resident since 2012.

Marla Miller

Former deputy superintendent of Shoreline School District. Former Edmonds School District assistant superintendent/executive director of business and operations. Board member and past president of Edmonds Public Facilities District. Past president of the Edmonds Daybreakers Rotary Club. On the Dale Turner Family YMCA Strategic Planning Committee and member of the board, and past president and lifetime member of the Seattle Milk Fund.

Patrick Carter

Facilities director for the Edmonds Waterfront Center. Former vice president and baking manager. Former area director for the Boys and Girls Club.

Courtney Wooten

Formed the company Suburbia Rising, which offers antiracist education and coalition-building workshops. Serves as an

Edmonds College trustee and Edmonds Center for the Arts board member. Previously served on two Snohomish County commissions, organized with the Edmonds Neighborhood Action Coalition, and was a board member for the Creative Dance Center.

Rebecca Perrault

Global vice president of culture, diversity, and sustainability with Magnit. Former director of consulting at Exponential Talent and consultant for Deloitte. TEDx and keynote speaker on a variety of topics, including diversity and inclusion. Former Forbes councilmember and Staffing Industry Analysts DEI Influencer. Edmonds DEI Commission Member.

Gladys Gillis

CEO of Starline Luxury Coaches. Appointed by Gov. Jay Inslee to Central Washington University board of trustees. Former chair of United Motorcoach Association; served on the Washington State Joint Transportation Committee.

Erika Barnett

Co-owner/founder Salish Sea Brewing Company. Board Member Edmonds Chamber of Commerce (former Past

Chair). Former Strategic planning and development at Microsoft. Former director of client services for Ten Gun Design. Active community organizer for local nonprofits, including Foundation for Edmonds School District.

Nina Odell

Former director of government affairs and public policy including local community engagement for Puget Sound Energy, where she also served as executive director of the PSE Foundation. Board member Edmonds Waterfront Center. Past chair and board member of YWCA Seattle, King County, and Snohomish County. Emeritus board of the University of Washington's Business and Economic Development Center and King County Economic Development Council.

Nicole Gaba

Active entrepreneur, real estate investor, and property manager. Associate Broker for Windermere, Cori Whitaker Homes. Serves on the Edmonds Pétanque Club marketing committee.

Co-founder, Edmonds Rise. Raised roughly \$1.5 million for local and international charities. Former Volunteer, Filipino Story Time Seattle.

Edmonds' mood: Positive, but concerned about crime

Public can still participate in budget priorities survey

BY BEACON STAFF
EDMONDSEditor@YOURBEACON.NET

The City recently conducted a community budget priorities survey, which was administered by EMC Research to a randomly selected proportional sample of 400 Edmonds residents aged 18-plus.

The goal of the survey was to gauge Edmonds residents' priorities and levels of satisfaction with city services.

Key findings

Overall, the mood among residents in Edmonds is positive and satisfaction is high with City operations (50% said good, 44% said excellent). The City also received strong ratings on government performance, both broadly and on specific services.

Housing affordability, crime and public safety, and overdevelopment concerns are

top-of-mind priorities for residents.

When it comes to the importance of various City services, residents place strong importance on response times of emergency services, maintaining roads, and reducing crime. However, just two in five residents are satisfied with the City's efforts to reduce petty crime and burglary, and only a third of residents are satisfied with the City's planning for population growth – areas of opportunity for the City to enhance its focus.

Survey remains open

That initial survey has closed, but other members of the community can provide input. This information will be useful in informing future conversations around the budget and the provision of city services.

Take the survey at surveymonkey.com/r/CQM7GV5.

This survey will close Aug. 26. Once the results are calculated, all survey data results will be shared with the public.

Kicking Gas receives Washington state grant

Washington's Kicking Gas Campaign received a \$1.5 million dollar grant from Washington state's Home Electrification and Appliance Rebates (HEAR) program to provide incentive subsidies to homeowners to decarbonize homes.



Kicking Gas

Coupled with a second round of funding for both Island and Snohomish counties from WSU's Community Energy Efficiency Program, Kicking Gas can now expand electrification retrofits for low to moderate income (LMI) households in these counties in 2024 and 2025.

Kicking Gas offers up to \$7,500 per household, depending on income and project cost, to help Snohomish County residents with transitioning from wood, propane, natural gas, or oil heat to electric heat pumps, which also cool a home in the summer. The program is now expanding to provide subsidies for replacing gas stoves

with electric/induction stoves.

"We're thrilled to be able to use this new funding to help families access affordable, electric heating and cooling as they help to build a resilient, energy-efficient future," Derek Hoshiko, Kicking Gas campaign director said.

Kicking Gas is holding information sessions, both in person and online, for homeowners

interested in making the switch to electric heat pumps and induction stoves. The next session is Aug. 24, at 10 a.m. online. Sign up for an info session at kickgasnow.org/events/info-session-8/24/24.

Interested parties can also take a survey at kickgasnow.org to find out their eligibility to receive benefits from the program in the form of subsidies and low interest financing.

Go to kickgasnow.org/survey-for-residences.

LETTERS POLICY

The Beacon welcomes letters to the editor of 400 words or fewer and will print them as promptly as possible as space allows.

However, letters must include a first and last name, address and daytime phone number for verification purposes.

We also reserve the right to edit letters as necessary for brevity, grammar and taste.

Published letters will include the author's name and city of residence.

Send letters to: The Edmonds Beacon, 728 3rd St., Ste. D, Mukilteo, WA 98275 or by email: edmondseitor@yourbeacon.net

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Meet Mr. Thrift: He will gladly take your donations

BY BJ WHITMAN
FOR THE BEACON

When you donate to the Edmonds Senior Center Thrift Store you will be greeted by “Mr. Thrift,” who dresses up to greet his donors. Quite unexpectedly, “Mr. Thrift” – aka Tracy Nyland – looks like a doorman at a very fancy hotel.

Tracy’s job is to receive donations at the store and make the experience a pleasant one for our donors. Donors give to the store for a variety of reasons. Perhaps it is for spring cleaning, moving, downsizing, or just the need to make room for new items while removing older ones.

In any case, Tracy makes you feel good about your donation and reassures you that the store will find a home for your donations.

“It is gratifying to help the donors with their donations,” he said. “Some find it difficult to part from them. I like making them feel that their special items will have another life.”

Depending on the day, it can be a constant stream of donations or, if rainy, it can slow down. The thrift store currently needs:

- Clothing, Shoes, accessories for men and women
- Housewares (cookware, dishes, vacuums, lamps, small appliances)
- Jewelry and watches
- Décor
- Linen (sheets, pillowcases, tablecloths, napkins, shower curtains, etc.)
- Games and toys
- CDs/DVDs/audiobooks/vinyl records



Photo courtesy BJ Whitman

Donor Carol Brewer with donations receiver “Mr. Thrift,” Tracy Nyland.

- Books: romance, mystery, cooking, gardening
- Collectibles
- Hardware and gardening supplies
- Gardening items (pots, tools, etc.)
- Sewing and crafting supplies, including sewing machines

The Edmonds Senior Center Thrift Store accepts donations Monday through Sunday from 10 a.m. to 4:40 p.m. September through April. All furniture must be pre-approved by the manager; donors should call ahead for the store to accept it. The number is 425-977-0411.

The Edmonds Senior Center Thrift Store is in Westgate Shopping Center at 22820 100th Ave W.

Breakdancing performances to benefit Support 7

Korean fusion performance team Baekui will visit Edmonds in an event to benefit Support 7, a nonprofit that serves with first responders to care for the immediate needs of victims and families during traumatic events.


The team performs at noon Saturday, Aug. 24, at Stillhouse Coffee in Main Street Commons, Main Street and Sixth Avenue South.


“We are so honored to be chosen to benefit from this unforgettable experience, where traditional Korean arts meets modern breakdancing, uniquely bridging Korean and local cultures through a captivating performance,” said Shannon Sessions, Support 7 executive director. The performance is free to attend.

At 4 p.m., this Saturday, Aug. 24, Baekui will also perform at 4 p.m. in the entertainment plaza in front of He Brews Coffee, 3101 184th St. S, Lynnwood. Their performance, afterparty, and fundraising event will support and promote Support 7.

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AREA COMMERCE

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MATRIX

Rendering courtesy Planet Fitness

Artist's rendition of Planet Fitness on Highway 99 in Edmonds.

Planet Fitness to open at Rite Aid site

Planet Fitness is expected to open in Edmonds in September at the former site of Rite Aid, 22525 Highway 99.

The fitness center is a franchisor and operator of more than 2,600 fitness centers worldwide. The Edmonds location is the 13th in the Puget Sound area, following Bremerton, Burlington, Everett, Lacey, Lake Stevens, Marysville (Smokey Point), Mill Creek, Monroe, North Seattle, Oak Harbor, Olympia, and Rainier Beach.

The 22,200-square-foot club will have cardio machines and strength equipment, a 30-Minute Express Circuit, locker rooms, flat-screen televisions, a Black Card Spa® with HydroMassage beds, massage chairs, tanning, and a Recovery Lounge.

The latter combines hot, cold, and compression therapy intended to help relieve pain, recover, and improve circulation.

Rain or shine, the community is invited to get a first look at the gym Saturday, Sept. 7, from 9 a.m. to 6 p.m. In addition to getting a sneak peek outside the facility, there will be free refreshments and a chance to win prizes.

The chain is known for its “Judgement Free Zone,” which it says is intentionally misspelled to make it stand out after initially realizing the mistake.

Full steam ahead!

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GUESTVIEW

Saving money for health-care system

Community health centers are the backbone of our nation's primary health care system. They design innovative, integrated primary care based on what services communities need most: ensuring access to affordable, quality health care for more than 31.5 million people in the nation. In addition to creating jobs and saving lives, they save the U.S. health care system money by preventing and managing chronic diseases.

GUESTVIEW



BY JOE VESSEY
CEO, COMMUNITY HEALTH CENTER

Health centers are not ordinary medical clinics; they are also problem-solvers that reach beyond the exam room to care for the whole person by providing access to necessities like food and housing. Health centers care for everyone, regardless of insurance status or ability to pay.

During floods, fires, pandemics and job loss, health centers are first on the scene and are vital to keeping America healthy.

Community Health Center of Snohomish County (CHC) has remained committed to providing our diverse community access to high-quality, affordable primary health care. This commitment has led to significant growth and advancement as we continue to respond to the rising needs in Snohomish County.

Earlier this year, we worked collaboratively alongside Housing Hope in a successful bid to develop land in Lynnwood near the new light rail station. This expansion will include space for medical, dental, and pediatric behavioral health services on a mixed-use affordable housing campus that will open in a few years.

This innovative partnership can provide numerous possibilities, starting with affordable housing and expanded access for youth in a convenient location that will provide safety and security for many in our community.

Additionally, after the inaugural year of operating two school-based health centers in the Edmonds School District, we are expanding the program to the Everett School District with the addition of two new school-based health centers. By investing in young people's health through school-based health centers, we remove barriers to care, improve long-term health outcomes, and contribute to a healthier population overall.

We are also proactively addressing barriers to dental care by increasing access, expanding service types, and building partnerships for sustainability. We have expanded dental hygiene care by obtaining a major site affiliation with Lake Washington Institute of Technology and Shoreline Community College. We partner with school districts to provide dental outreach services, and with the recent addition of the Marysville School District, we now serve nearly 50 schools.

We are grateful for the support and dedication of our local legislators and community partners who help us respond to the growing needs of our community and fulfill our mission every day.

More information: chcsno.org

SAVVY SENIOR

Health insurance options for early retirees

Dear Savvy Senior,
I'm going to retire in a few months and need to get some temporary health insurance until I can enroll in Medicare at age 65. What are my options?
— Early Retiree

Dear Early,
There are several places early retirees can find health insurance coverage before Medicare kicks in, but the best option for you will depend on your income level, your health care needs, and how long you'll need coverage for. Here's where to look:

SAVVY SENIOR



BY JIM MILLER

• **Affordable Care Act:** For most early retirees who aren't yet eligible for Medicare, the Affordable Care Act (ACA) health insurance marketplace, also known as Obamacare, is the best option for getting comprehensive health coverage. And you won't be denied coverage or charged extra for preexisting health conditions.

And, if your income falls below the 400% poverty level after you retire – anything below \$60,240 for a single or \$81,760 for a couple in 2024 – you'll also be eligible for a subsidy that will reduce your monthly premiums. The ACA also ensures that at least through 2025, households with incomes above that 400% poverty level will not have to pay more than 8.5% of their income for a benchmark policy.

To see how much subsidy you may be eligible for, use Kaiser Family Foundation subsidy calculator at [KFF.org/interactive/subsidy-calculator](https://www.kff.org/interactive/subsidy-calculator).

To shop for ACA plans in your state, visit [HealthCare.gov](https://www.healthcare.gov) or call 800-318-2596. Or, if you want some extra help, contact a certified agent or broker at [HealthCare.gov/find-assistance](https://www.healthcare.gov/find-assistance).

• **COBRA:** Another temporary health insurance option you may be eligible for is the Consolidated Omnibus Budget Reconciliation Act (COBRA). Under this federal law, if you work for a company that has 20 or more employees, you can remain on your employer's group health plan for at least 18 months – but could last up to 36 months.

see JIM MILLER page 5 ▶



ARTS AND APPETITE

Thai street food arrives in Edmonds

Just two weeks ago, this column began with some good news and bad news. I lamented the loss of the deliciously authentic Pok Pok Thai in Edmonds while celebrating the transition to Thai Wisdom, a welcome new addition.

ARTS & APPETITE



BY MARIA MONTALVO
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This week, I have yet another story of restaurant change (something that happens all too often in the hospitality industry), but this one also ends well.

The bad news: Fashion Dim Sum, a long-time favorite restaurant of mine and within the Edmonds foodie scene, is no more. We are grateful for the years of delicious, made-to-order dim sum.

The good news: Bangkok Boulevard brings tasty and creative Thai street food to Edmonds.

Walking into this transformed space, Bangkok Boulevard – Thai Street Food is warm, welcoming, and feels a bit hip, for lack of a better term. (I think it is that fantastic logo in black and yellow that immediately gives you the feeling that you are trying something that only those in the know usually enjoy.)

The team at Bangkok Thai is eager to explain the unique characteristics of Thai street food, showcasing Thailand's vibrant culinary culture influenced by traditional Thai cuisine and the range of cultures that



Photo courtesy Maria A. Montalvo

Shrimp donuts from newly opened Bangkok Boulevard in Edmonds.

visit or emigrate to Bangkok.

Thai street food features recognizable versions of dishes like pad Thai, spicy curries, noodle soups, spring rolls, and refreshing salads, but also offers versions that we have not seen before.

As usual, we focused on trying as many appetizers and main dishes as we could and did not leave room for the tempting dessert or beautiful Thai iced coffees and teas we saw going to tables around us. We decided to try only things that were not familiar, as Bangkok Boulevard is bringing so many new options to the food scene on Highway 99.

see **ATS & APPETITE** page 5 ▶

LETTERS TO THE EDITOR

No, \$3.88 a month isn't worth it

In the Aug. 15 Beacon, Dave Somers, Snohomish County executive asks, "Is drug crisis worth \$3.88 a month?"

Short answer: No, it's not.

The crisis of which he speaks of was created by our federal and state governments allowing drugs to pour through a wide-open border for nearly four years, the de facto legalization of all drugs, the non-arrests and prosecutions of drug use and crime, defunding the police (he now wants to hire more), etc.

I'm supposed to pay to fix it all? And by this I mean pay more, as I already pay taxes nonstop for this incompetent governance.

Somers wants to "connect" addicts to services. So what? That's meaningless. Tell me about results – all those "connected," how many get off drugs and become productive? Very few addicts get clean in just one go-around, so how many go-arounds does each get? Unlimited?

Somers wants to create more programs to address graffiti, derelict vehicles, etc. We don't already have laws for this? We have to invent more "programs" now?

Stop guilt-tripping taxpayers into ponying up more money they don't have, and instead use some of

that energy into shaming the people who chose addiction. However they got there, all their needs are a massive drain on society. That's a fact.

You ask productive people for endless funding of dubious programs that don't work (and I know they don't, because every year the problem is worse), and yet the people causing the problems aren't made to feel the least bit bad about it. Where is their responsibility to society?

Executive, ask the state to redirect the hundreds of millions they are currently spending on non-citizens to your new programs (which still won't work, but at least we citizens don't have to be dunned for new money). We all know the amount you ask for will be double that next year and then again the next, etc.

see **LETTERS** page 5 ▶

We want to know what YOU think.
The BEACON welcomes letters to the Editor

Please send your letters to Edmonds Beacon Editor,
728 3rd Street, Suite D, Mukilteo, WA 98275
or email us at edmondseditor@yourbeacon.net

CHEF DEZ

Getting back to basics

Have you ever come across a recipe with an ingredient you didn't recognize? What did you do then? Did you then go on a wild goose chase or just passed on the recipe altogether and moved onto a different one? I guess it would depend on how obscure the ingredient was.

I understand the answer on the internet is only a few clicks away, but one of my pet peeves is when I come across a recipe that doesn't lend itself to the average home chef. The culinary landscape has changed over the last number of years and will continue to do so, and I also understand the desire for chefs writing these recipes to fill a niche in the market.

CHEF DEZ



BY GORDON DESORMEAUX
DEZ@CHEFDEZ.COM

However, even more so, I believe that these recipes should be meant to inspire the average home chef by providing descriptions or alternative ingredient suggestions. As a recipe writer myself, I want to make sure that my recipes are approachable by people of all levels of culinary skills.

Before I continue, let me give you an example. I came across a recipe in a magazine recently for a side dish with one of the ingredients listed as "haricots vert." Now because of my experience as a chef, and since I know a bit of French, I realize that these are green beans. Why don't they just list these as green beans?

Is it because it sounds fancier, more gourmet perhaps, by listing them as haricots vert? The answer is not that simple: Haricots vert are French green beans. They are longer and thinner than their North American counterpart.

I myself have never seen the label "haricots vert" at my local grocery store or even at specialty produce markets where I live. I have seen however, green beans that were very thin and long, but still labeled as green beans on the bin. Were these actually green beans or haricots vert in disguise due to inept personnel in the produce section?

I don't think the problem lies with the markets, but with the recipe creators. The one writing the recipe should include an explanation of any ingredient that may not be recognizable by the average person, and in this specific case also maybe suggest a substitution of North American green beans.

Another view is the marketing aspect of recipes. A recipe may sound more gourmet if the title of the recipe is called "a bisque" instead of a soup, "a demiglace" instead of a gravy, or even "haricots vert almondine" instead of green beans with almonds. This doesn't excuse however that the actual ingredient list or the instructions of the recipe can't be easy to understand. What would be the harm in that? If anything, it would make the recipe more approachable and more people would make it, and if the recipe was any good they would then share it with others. Passing the culinary success of a chef's recipe onto others is never a bad thing ... in fact one could say it was good marketing.

I chose to focus on haricots vert in this column because it is something that can be easily substituted for. Green beans are definitely not as obscure as other ingredients I have seen such as: sweetbreads (animal glands), foie gras (duck or goose liver), or veal cheeks (self explanatory, but not of the gluteus maximus variety).

Let's get back to basics and just make recipes and food that tastes good. By this I don't mean that we should all be subject to making meatloaf, chicken breasts, and macaroni and cheese the rest of our lives.

I think we should all expand our culinary horizons and boundaries within our means as, to borrow an old cliché, variety is the spice of life. I think we, as chefs and recipe creators, should have it in our visions to include people from all walks of culinary skills in the process of our recipe writing to make it easier for everyone to delve further into the culinary arts.

Lastly, I feel compelled to mention that this is just my opinion, and opinions are like taste buds – everybody has them. Now excuse me as I am off to make some "macaroni au fromage" for my children.

Chef Dez is a chef, writer, and host. Visit him at www.chefdez.com. Write to him at dez@chefdez.com or P.O. Box 2674, Abbotsford, BC V2T 6R4

from LETTERS page 4

Each time we'll hear "the problem is worse than ever, give more!"

There is a limited amount of money and, sadly, you can't save everyone. At the very least you should triage the addicts. Help the youngest who've been addicted the least amount of time and have the most years of life ahead and put all your effort into them. But I have no faith that government puts any thought into what they're doing beyond spending.

But hey, since it's only a paltry

\$3.88, I suggest you and every taxpayer Venmo that to me each month. I won't spend a penny on myself, and I guarantee I'll do 100 times more good for society.

I would, however, be willing to spend \$3.88 a month on programs that reach young people before they become addicts, to steer them away from this destructive path. At least the new generation would have a fighting chance of being saved, and that would be money extremely well spent.

Carla Elder
Edmonds

HEALTH AND WELLNESS

Naturopathic medicine delves into underlying causes

Naturopathic medicine is a holistic approach to health care that focuses on the body's natural ability to heal itself. This type of medicine combines traditional healing methods with modern scientific knowledge to address the underlying causes of illness rather than just treating symptoms.

HEALTH & WELLNESS



BY MICHELLE REITAN
HEALTH & WELLNESS DIRECTOR, EDMONDS WATERFRONT CENTER

The benefits of naturopathic medicine are extensive. It is becoming increasingly popular among individuals seeking a natural and comprehensive approach to health.

One of the most significant benefits of naturopathic medicine is its holistic approach. Unlike conventional medicine, which often focuses on specific symptoms or diseases, naturopathy considers the whole person – body, mind, and spirit.

Naturopathic doctors (NDs) strive to understand the underlying causes of a patient's illness, which may include physical, emotional, mental, or environmental factors. By addressing these

root causes, naturopathic medicine aims to promote long-term wellness rather than providing temporary relief from symptoms.

Another benefit is the highly individualized nature of naturopathic medicine. Each person is unique, and so are their health needs. NDs invest significant time with their patients, conducting extensive interviews and assessments to understand their lifestyle, diet, stress levels, and other factors that may influence their health.

This thorough understanding allows them to create personalized treatment plans tailored to each patient's specific needs, often including dietary recommendations, herbal medicine, lifestyle changes, and other natural therapies.

Prevention is fundamental in naturopathic medicine. It is not only about treating illness when it arises but also about preventing disease before it starts. NDs educate their patients on how to maintain a healthy lifestyle, including proper nutrition, regular exercise, stress management, and adequate sleep.

see MICHELLE REITAN page 8 ►

from JIM MILLER page 4

But be aware that COBRA isn't cheap. You'll pay the full monthly premium yourself, plus a 2% administrative fee.

To learn more, talk to your employer benefits administrator or contact the Employee Benefits Security Administration (Askebsa.dol.gov; 866-444-3272).

If, however, the company you work for has fewer than 20 employees, you may still be able to get continued coverage through your company if your state has "mini-COBRA." Contact your state insurance department to see if this is available where you live.

• Short-term health insurance: If you can't find an affordable ACA plan and COBRA is too expensive, another possible option is short-term health insurance. These plans, which are not avail-

able in every state, are cheaper, bare-bones health plans that provide coverage for up to 3 months with a one-month extension available. But be aware that short-term plans don't comply with the ACA so they can deny sick people coverage, they don't cover preexisting conditions and they can exclude coverage essentials like prescription drugs.

To find and compare short-term health plans, try sites like eHealthInsurance.com or PivotHealth.com.

• Healthcare sharing ministries: If the previously listed options don't work for you, another temporary solution could be healthcare sharing ministries (HCSM). These are cost-sharing health plans in which members – who typically share a religious belief – make monthly payments to cover expenses of other members, including themselves.

HCSMs are cheaper than paying full out-of-pocket costs for traditional health insurance but be aware that HCSMs are not health insurance. They don't have to comply with the consumer protections of the ACA, and they can also reject or limit coverage for having pre-existing health issues and limit how much you'll be reimbursed for your medical costs. Preventive care typically isn't covered either.

To look for these plans, comparison shop at the three largest providers – Samaritan Ministries (SamaritanMinistries.org), Medi-Share (MyChristianCare.org), and Christian Healthcare Ministries (Chministries.org).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC "Today" show and author of "The Savvy Senior" book.

from ARTS & APPETITE page 4

Case in point, the shrimp donuts. Ok, so they are called shrimp cakes, or Todd Maan Kung, on the menu (\$12.95), but when our server said they were shrimp donuts, we were all in, and how very happy we were when they came to the table.

Four delightfully crunchy and savory circles of fried goodness (with a hint of sweetness from the shrimp themselves). Utterly addictive and craveable.

The shrimp donuts set the expectations high for the rest of the meal, and we continued to be surprised and delighted with each dish that arrived. First came the eggplant chili sauce (\$15.95), and this dish had a complexity of flavor and richness that will be on the top of my list often.

The grilled eggplant, along with peppers, garlic, onions, and basil, each maintained their own texture and flavor that was somehow better with the "house sauce." Next time I will order more rice, as suggested, because it tasted even better with a bit of rice in each bite.

Our next two dishes, both sig-

nature dishes, were accompanied by our choice of protein (from a long list of choices). The Thai basil stir-fry, or Pad Kra Praw (\$14.95) with chicken, was as tasty to eat as it was to look at. Served with rice and roasted vegetables, as well as a salad of cucumbers, this slightly spicy stir-fry was also somehow light with the fresh hot basil.

The dish we were most curious to try was one that they described as the perfect example of the Chinese influence on Thai food in Bangkok – the stir-fried dry curry, or Pad Pong Karee (\$18.95), with softshell crab. The crab covered the top of the dish and was perfectly crispy, and the curried veg-

etables underneath had a truly intense curry flavor. A must-try.

Bangkok Boulevard has brought Thai street food to Edmonds, and we are lucky to have it!

Bangkok Boulevard is at 22923 Highway 99 in Edmonds, just a few doors down from the fantastic Harvest Wonton Noodle (so yummy) and across the street from the beloved Rise & Shine Bakery. More information about Bangkok Boulevard (and their full menu) is available on their Facebook page: facebook.com/Bangkokblvd/. The restaurant is open daily from 11 a.m. to 9 p.m. (11:30 a.m. on Saturdays and Sundays), except Tuesdays when they open at 4 p.m. for dinner only.

Sudoku solution

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2	5	6	9	4	1	8	3	7
4	3	1	7	2	8	5	9	6
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Museum shines spotlight on the artistry of glass

Tacoma's glistening expanse reflects the history of sawdust burners that once dotted the region's landscape

WANDERLUST



BY DEBBIE STONE
TRAVELSTONE@COMCAST.NET
TRAVEL WRITER

Right, Tacoma's Museum of Glass, rising 90 feet in the air, opened in 2002. Far right, Dale Chihuly's "Gibson Chandelier."

Photos courtesy Debbie Stone



The first thing you'll notice about Tacoma's Museum of Glass is the ginormous cone. It rises 90 feet in the air like a futuristic smokestack its tilted, stainless steel shingles glistening.

Designed by internationally known architect Arthur Erickson, inspired by the sawdust burners that once dotted this region of the state, the cone contains a glass-blowing studio where visitors can observe glass artisans at work. The cone is regarded as a symbol of Tacoma's transformation from an industrial center to a cultural mecca.

The next thing you'll note is Martin Blank's magnificent outdoor glass piece, "Fluent Steps," spanning the mu-

seum's 210-foot-long main plaza. This work is made from over 700 individual hand-sculpted pieces of glass and represents the artist's interpretation of the many forms of water. It's a beaut!

Opened in 2002, the Museum of Glass is rated one of the five top glass museums in the country and is a popular destination for both locals and tourists. Its prime location in Tacoma's Museum District offers visitors the opportunity to explore six world-class museums all within walking distance from each other.

In addition to the Museum of Glass, you'll find the Tacoma Art Museum, Washington State History Museum, LeMay

- America's Car Museum, Children's Museum of Tacoma, and Foss Waterway Seaport.

The museum connects to downtown via the stunning Chihuly Bridge of Glass, a 500-foot pedestrian walkway with three installations by Tacoma native and internationally renowned glass artist Dale Chihuly. Chihuly is one of the pioneers in the Studio Glass Movement and a co-founder of the Pilchuck Glass School.

Some of his work is on display in the museum, but if you want even more Chihuly, check out Chihuly Garden and Glass in Seattle. This excellent museum provides an in-depth look at the artist's inspiration and influences, along with his drawings, signature glass series, large installations, and his personal collections.

The Museum of Glass is dedicated to all things glass and glassmaking and has established a reputation for its artist residencies, organizing and exhibiting nationally traveling exhibitions, and its programs and activities for visitors. Its mission states that it "ignites creativity, fuels discovery, and enriches lives through glass and glassmaking."

The 79,000-square-foot building is an iconic cultural landmark and a work of art in itself. It features the use of concrete with glass in contemporary forms. And it seamlessly integrates into the environment through platforms that ascend from the banks of the Foss Waterway to a rooftop plaza, offering picturesque views of the city

and waterfront.

This extraordinary museum houses 13,000 square feet of exhibition space, outdoor exhibition space, a 177-seat theater, a studio for educational programs, the Hot Shop Amphitheater, and a museum store and café.

MUSEUM OF GLASS

Galleries focus on both temporary exhibitions, as well as works from the museum's permanent collections featuring 20th and 21st-century glass. The

aim is to showcase the diversity inherent to the material of glass and glassmaking techniques while seeking to stimulate and engage audiences who may be unfamiliar with the art form.

Current exhibits include "A Two-Way Mirror: Double Consciousness in Contemporary Glass by Black Artists"; "Spotlight on Chihuly"; "Our of the Vault: Art History 101"; and "Earthlings and Extraterrestrials: 20 Years of Kids Design Glass."

In "A Two-Way Mirror," the work from 23 contemporary Black artists who have used glass to create work that "deconstructs social, cultural, gender and racial identity concerns." The exhibit explains that historically marginalized people have typically been unable to access glass art due to a number of reasons, including the cost of production and racial oppression.

The pieces on display, both abstract and representational, explore this inequity from the artists' viewpoints. And glass, with its reflective and transparent qualities, serves

see **TACOMA MUSEUM** page 9 ▶

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Recommending books



Photo by Brian Soergel/Edmonds Beacon

Former Edmonds Bookshop owner Mary Kay Sneeringer holds up a book recommended by another former Bookshop owner, Susan Hildebrandt. It was part of "Babbling Books" Aug. 15 at the shop on Fifth Avenue South. Both gave several recommendations, and all were available for sale.

Snohomish County Sports Hall of Fame banquet tickets now on sale

The Snohomish County Sports Hall of Fame 2024 Induction Banquet tickets are on sale.

The banquet is Wednesday, Sept. 25, at the Edward D. Hansen Conference Center at Angel Of The Winds Arena in Everett. The banquet begins with a social hour and silent auction at 4:30 p.m., with the dinner and awards program at 6 p.m. Memorabilia display cases and wall mural will be available to view from 4:30-6 p.m.

Dinner tickets are \$100 per person or \$900 for a table of 10 people. Tickets may be purchased online at tinyurl.com/yjcu96y.

The Snohomish County Sports Hall of Fame 2024 Induction Class includes the

following individuals and one team: Rachele Stohl (Kloke), basketball and track and field – Stanwood High School; Whitney ReeAnn Sullivan (Hooks), track and field – Cascade High School; Peter T. Lee, swimming – Everett High School; Geoff Reece, football – Cascade High School; Ben Somoza, soccer – Edmonds-Woodway High School; Dan Parker, cross country coach – Snohomish High School; and Frank Foster, sports administrator and announcer (sports contributor) – Cascade High School. The team being inducted is the 2006 Jackson High School baseball team.

The 2023-2024 Everett's Greatest Hits Radio & the Law Office of Russell & Hill High School Boy & Girl Student Athlete of

the Year are David Brown, Lake Stevens High School, football and track and field and Yanina Sherwood, Jackson High School, softball and volleyball.

The 2024 Collegiate Male Athlete of the

Year is Sheldon Egger, Edmonds College, baseball. The 2024 Collegiate Female Athlete of the Year is Denna Gibb, Everett Community College, volleyball and track and field.

CHURCH DIRECTORY

CHRISTIAN SCIENCE
 551 Maple Street, Edmonds, WA
 Church & Sunday School 10 am
 Wednesday Testimony Mtg 7:30 pm
READING ROOM & BOOKSTORE
 120-C 5th Ave S, Edmonds, WA
ChristianScienceEdmonds.org
 425-778-4007

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 1:00 PM - Spanish Service
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 EDMONDS 425-776-5104
 ebc-edmonds.org

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BOEING FUTURE OF FLIGHT

SUMMER SUNSET

AFTER-HOURS ON THE SKY DECK

Friday, Aug 23, 5-8pm

Enjoy an evening of live music and food at one of the most fun venues in Mukilteo!

Experience panoramic views of Paine Field, the Boeing Everett Factory, and the North Cascades mountain range from a beautiful roof-top deck. Enjoy front-row access of daily flight operations activity including private and commercial flights, complete with a live band and fantastic food and drink. 21+ only.

Mukilteo CHAMBER OF COMMERCE

Space is limited - get your tickets today!

Aug. 24

Run-A-Muk Kids Run

9:00 a.m. Mukilteo's annual run preceding the yearly Mukilteo Lighthouse Festival. Kids 0-6 5 are free. Parade route: tinyurl.com/bdfr3j5c. Start and finish at Rosehill Community Center, 304 Lincoln Ave., Mukilteo.

Artists-Connect Edmonds

10:00 a.m.-noon. Artists-Connect Edmonds is a no-fee art group that meets the 4th Saturday of each month. Artworks located at 201 Second Ave S., Edmonds.

Car Show

10:00 a.m.-2:00 p.m. CRISTA Senior Living is hosting its second annual car show. Lunch, rock-climbing wall, bouncy houses, lawn games, arts and crafts will be available for all. Trophies for best cars will be presented. Register your car at info@cristaseniors.com, 206-546-7565 or visit cristasenior-living.org/carshow 19312 Kings Garden Drive N., Shoreline.



Aug. 25

Hickman Park Summer Concert

3:00 p.m.-4:00 p.m. Free concert featuring Ranger and The Re-Arrangers. Hickman Park, 23700 104th Ave. W, Edmonds.

Aug. 26

Monday Morning Book Group

10:00 a.m.-11:30 a.m. Gather the last Monday of every month for book discussions. "Cilka's Journey" will be discussed. For all 2024 book selections: tinyurl.com/37pk4wmt. Mukilteo Library, 4675 Harbour Pointe Blvd., Mukilteo

Aug 27

Hazel Miller Plaza Summer Concerts

4:30 p.m.-6:00 p.m. Final free concert at Hazel Miller Plaza for 2024. Featuring ADEFUA this week. Fifth Avenue South and Maple Street, Edmonds.

Aug 27

Police Explorer Info Meeting

6:30 p.m.-done. Edmonds youth, 14-21 years of age. If you are curious about law enforcement and want to serve your community, this is your chance to learn the world of policing and develop leadership skills. Register: exploreradvisor@edmondswa.gov. Edmonds Police Dept., 250 Fifth Ave. N., Edmonds.



Aug. 28

Mill Creek Summer Concert Series

6:00 p.m.-8:00 p.m. Every Wednesday through Sep. 25. Featured this week is Night Fever. The Forum at Mill Creek Town Center, 15115 Main St., Mill Creek.

Aug. 29

Bookmobile: Mill Creek Library Park

9:00 a.m.-noon. Visit the Bookmobile at Library Park, next to the Mill Creek Library. Customers can get a library card, return materials, browse the collection. Participation in a storytime or activity is also available. Holds not available. Mill Creek Library, 15429 Bothell-Everett Highway, Mill Creek.

Music at the Marina

5:00 p.m.-9:00 p.m. This week features Leroy Bell & His Only Friends, an evening of Pop & Soul. Music starts at 6:30 p.m. Beer garden, food trucks, and an artist and artisan market. More info: www.musicatthamarina.com. 1520 W Marine View Drive, Everett.

Aug. 30

Story Time at Edmonds Bookshop

9:30 a.m. Tacoma children's book author Mary Boone reads her newest book, "School of Fish," about a little girl who experiences raising salmon with her teacher and classmates. Edmonds Bookshop, 111 Fifth Ave. S, Edmonds.

Cedarbrook - Lago Vista Walk

Noon-1:30 p.m. Open to all ages and abilities, each walk is led by a volunteer walk leader. No need to sign up. Explore McAleer Creek and Whisper Creek. Friendly dogs on a leash are welcome to join. This walk is rated moderate with some rough trails, about 2.5 miles. Meet at Former Cedarbrook school campus/Cedar Brook Park, 2000 NE Perkins Way, Shoreline.

Aug. 30

Common Tones Concert Nights

5:00 p.m.-7:00 p.m. Main Street Commons presents concert nights jazz music. Every Friday July through August. Featuring Edmonds-Woodway High School musicians and mentors. 550 Main St., Edmonds.

Sail-In Cinema - Everett

8:10 p.m. Port of Everett's waterfront family-friendly movie series. Featured film is "Aquaman & The Lost Kingdom." Boxcar Park, 1200 Millwright Loop West, Everett.

Aug. 31

Shoreline Farmers Market

10:00 a.m.-2 p.m. Join the Shoreline Farmers Market every Saturday through Oct. 5. Farm fresh and local foods, flowers, baked goods, local honey, live music, food trucks, kids programming and more. 18821 Aurora Ave. N. Parking, 18821 Aurora Ave N, Shoreline.

Community Engagement Chat

3:00 p.m.-4:00 p.m. Join the City of Mukilteo City Council on the last day of every month for monthly community discussions. Rosehill Community Center, Rosehill Room. 304 Lincoln Ave., Mukilteo.

Sep. 3

Talk Time for English Language Learners

4:00 p.m.-5:00 p.m. Every Tuesday. A way to make friends and practice English conversations and skills in a friendly, safe, and supportive setting. Led by trained staff. Mukilteo Library, 4675 Harbour Pointe Blvd., Mukilteo.

Sep. 4

Mill Creek Summer Concert Series

6:00 p.m.-8:00 p.m. Every Wednesday through Sep. 25. Featured this week is Chapter 5. The Forum at Mill Creek Town Center, 15115 Main St., Mill Creek.



Sep. 5

Silver Screeners Film and Discussion

10:00 a.m.-noon. Seniors gather monthly to watch then discuss selected films. This month's film is "Gosford Park." Coffee, tea, and popcorn provided. Bringing personal snack is welcome. Mukilteo Library, 4675 Harbour Pointe Blvd., Mukilteo.

Teen Advisory Board Meeting

4:00 p.m.-5:30 p.m. First Thursdays every month, subject to change. Meet new people, discuss teen concerns, help develop library programs and talk about books while earning volunteer credit. Grades 6-12. Mukilteo Library, 4675 Harbour Pointe Blvd., Mukilteo.

Checkerspot Nonfiction Book Group

6:45 p.m.-8:00 p.m. This group discusses nonfiction narratives of all kinds. Drop-ins welcome. This month: "Being Mortal" by Atul Gawande. For all 2024 book titles; tinyurl.com/2e5xbk6f. Mill Creek City Hall North, 15720 Main Street, Mill Creek.

Sep. 6-8

Mukilteo Lighthouse Festival

4:00 p.m.-7:00 p.m. Friday; 11:00 a.m.-7 p.m. Saturday; 11:00 a.m.-5 p.m. Sunday. Mukilteo's largest event of the year. Children's area, beer garden (closes at 11 p.m.), fireworks Saturday at dusk, barbecue, food and crafts vendors. Lighthouse Park, 609 Front St., Mukilteo. Info: tinyurl.com/bdht236.



Ongoing

Senior Social Hour

9:30 a.m.-11:00 a.m. Every Wednesday through August in the Christiansen room at Rosehill Community Center. Ages 55 and up. Free coffee and snacks. 304 Lincoln Ave., Mukilteo.

Mahjong

12:30 p.m.-3:30 p.m. Every Thursday. Ages 50 and up. Play mahjong at Rosehill Community Center. New players welcome. 304 Lincoln Ave., Mukilteo.

EDITOR'S NOTE: The Beacon publishes FREE events, open to the public in Edmonds, Mukilteo, Mill Creek, and some surrounding areas. Submit calendar events for consideration online at edmondsbeacon.com/calendar and select "Post an Event."

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Sudoku solution on page 5

► from MICHELLE REITAN page 4

By empowering patients with the knowledge and tools to take control of their health, naturopathic medicine helps reduce the risk of chronic diseases such as heart disease, diabetes, and cancer.

Naturopathic medicine emphasizes the use of natural therapies to support the body's healing processes. These therapies include herbal medicine, acupuncture, homeopathy, hydrotherapy, and nutritional counseling, among others.

Because these treatments are derived from natural sources, they are generally considered safer than pharmaceutical drugs, with fewer side effects. Additionally, naturopathic treatments are often gentler on the body, making them suitable for individuals with chronic conditions or those who are sensitive to conventional medications.

Naturopathic medicine is particularly

beneficial for individuals with chronic conditions that have not responded well to conventional treatments. Many chronic diseases, such as autoimmune disorders, digestive issues, and hormonal imbalances, require a comprehensive approach to treatment.

NDs focus on identifying and addressing the underlying causes of these conditions rather than simply managing symptoms, often helping patients achieve significant improvements in their health and quality of life.

While naturopathic medicine is distinct from conventional medicine, it is not opposed to it. In fact, many naturopathic doctors work alongside conventional health-care providers to offer integrated care.

This approach combines the strengths of both systems, providing patients with a broader range of treatment options.

For example, a patient undergoing conventional cancer treatment may also receive naturopathic support to help manage side

effects and improve overall well-being.

Naturopathic medicine offers a wide range of benefits, from its holistic approach and personalized treatment plans to its emphasis on prevention and the use of natural therapies. By addressing the root causes of illness and empowering patients to take control of their health, naturopathy provides a comprehensive and sustainable approach to health care.

As more people seek alternatives to conventional medicine, the benefits of naturopathic medicine continue to gain recognition and appreciation.

Medicare typically does not cover naturopathic medicine. The Edmonds Waterfront Center has been in partnership with Bastyr University for over 10 years to provide affordable naturopathic care. The clinic serves the entire community, regardless of age.

If you are interested in learning more about the clinic, call 425-774-5555.



SUMMER FEST

CRISTA 75TH ANNIVERSARY

SATURDAY, AUGUST 24, 2024 10AM-7PM

FREE FAMILY-FRIENDLY EVENT

Join us on our beautiful campus in Shoreline, as we celebrate 75 years of CRISTA Ministries! Admission to the all-day festival is completely FREE!

10am-2pm Classic Car Show kicks things off, with FREE hot dogs and giveaways while supplies last! Food trucks on-site with meals available for purchase. A Kids Zone featuring Bouncy Houses, Lawn Games and more! 5-7pm SPIRIT 105.3 and PRAISE 106.5 will host a Night of Prayer & Worship to close out the FREE event. Plenty of concert seating is available for the family!



MORE INFORMATION AT CRISTA.ORG/SUMMERFEST
CRISTA SHORELINE CAMPUS
19303 FREMONT AVENUE N



▶ from **TACOMA MUSEUM** page 6

as the ideal medium for these artists to examine their own lives and identities. Visitors are drawn to the pieces, though they can incur uncomfortable reactions. Like Chris Day's "Strange Fruit," nine glass vessels that hang by the neck to represent the lynching of Black Americans during the Jim Crow era in the South. Or Radcliffe Bailey's "Blue Black," which features a blue-black glass heart dripping ink down a wall. The ink evokes indigo, the dye plant cultivated by slaves on Southern plantations. And then there's Ebony Patterson's "... and babies too ...," an installation of children's shoes cast in glass that appear to be playfully scattered on a surface with an assortment of toys below. After reading the description label, you learn that the objects actually represent the aftershock of some kind of trauma. "Spotlight on Chihuly" celebrates Chihuly's perspectives on glass with examples



Photo courtesy Mahesh Thapa



Above, the Chihuly Bridge of Glass. Above right, "Ladder" by Therman Stantom. Left, Martin Blank's "Fluent Steps." Below, artists create glass works in the museum's Hot Shop.

Photos courtesy Debbie Stone

of some of his most recognizable series from the museum's permanent collection. "Gibson Chandelier" is the showstopper and takes center stage in the gallery. It's a gorgeous piece accenting color, texture, and shape, comprised of a combo of extra glass pieces used in other projects.

In "Out of the Vault: Art History 101," visitors embark on a visual journey to explore the four seminal pillars of art history: landscape, portraiture, still life, and abstraction through acquisitions from the museum's collections. Just like painters, glass artists create works able to tell the same stories art has been telling for centuries.

Glass can create landscapes that represent the world around us; reflect how we see ourselves and others in portraits; compose still lives that discuss our relationship to our material culture; or be sculpted in abstract works that convey emotion and ideas.

For "Earthlings and Extraterrestrials: 20 Years of Kids Design Glass," the museum has assembled a selection of glass pieces from the Kids Design Class program. This program offers children 12 and under the chance to create drawings and submit them to the museum's Hot Shop Team. The team then chooses individual designs to bring to life as glass sculptures, to the child designer's specifications.

The selected pieces in the exhibit feature



a range of creatures "from both this world and others," and celebrate the imaginations of the next generation of artists and designers. They are set amid a collage of paintings and photos highlighting the impact of climate change on our planet.

The hope is that visitors will consider the challenges that these generations will encounter as they deal with the Earth's rapidly changing climate. And perhaps also think about "how we can be better stewards of this planet that young artists call home."

For many, the highlight of a visit to the Mu-

seum of Glass is watching glass artists at work in the Hot Shop Amphitheater. Glassblowers in residence create pieces with the assistance of the Hot Shop team, while a narrator describes the process and answers questions. The museum hosts these artists year-round and some of the work they do onsite will make it to its permanent collection.

Over the two furnaces is a large screen projecting the work and providing facts about the glass-making process. The action captivates viewers, many who spend much time sitting in the amphitheater and observing the

scene from project start to finish.

The museum also offers education and outreach programs – everything from classes and lectures to films, workshops, a hands-on art studio, and gallery talks. It's an opportunity to delve deeper into this art medium and perhaps get inspired to do some creating of your own.

More information: museumofglass.org.

CROSSWORD

Puzzle Level: Medium

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57	58	59					60				61	62	63	
64						65					66			67
68						69					70			
71						72					73			

Across

- 1. It's active in Sicily
- 5. Employ wrongfully
- 10. Orwell's school
- 14. Cherished
- 15. African river
- 16. Unassisted
- 17. Pakistan language
- 18. Go against
- 19. H.S.T. or D.D.E.
- 20. Fruit
- 23. Nutritionist John Boyd ____, 1949 Nobel winner
- 24. Bridge
- 25. Dry area plants
- 29. Tempe sch.
- 31. Pops
- 35. Inexorable process
- 37. Make a mistake
- 39. Roman number
- 40. Newspaper V.I.P.s
- 44. CPR pro
- 45. Worthless coin
- 46. Positive poles
- 47. Cowboy's cow snagger
- 50. Zodiac sign
- 52. Disadvantaged
- 53. Alliance acronym
- 55. West of Hollywood
- 57. Honest individual

Down

- 1. Part of college e-mail addresses
- 2. Semester
- 3. Zippo
- 4. __ for one's money
- 5. Open, as a cage
- 6. __ Club
- 7. Tangerine and grapefruit hybrid
- 8. Add more coverage
- 9. Before surgery
- 10. Neighbor of Francia
- 11. Divided
- 12. Designer Cassini
- 13. Plane part
- 21. Undertaking
- 22. X-ray unit


Puzzle by Myles Mellor

- 25. "Midnight at the oasis, put your __ to bed"
- 26. Insect-eating lizard
- 27. Partner of dollars
- 28. Hispanic aunt
- 30. Transition
- 32. Electron tube
- 33. Broadcast
- 34. Oscar winner Spacek
- 36. US soldiers
- 38. Nutritionist's fig.
- 41. Not anymore
- 42. Private
- 43. Shoe part
- 48. Exclusive
- 49. Dunce
- 51. James Bond and JFK have worn them
- 54. Pageant wear
- 56. "The __ and the Ecstasy"
- 57. Drugs, briefly
- 58. "I cannot tell __"
- 59. Ariz. neighbor
- 60. Civil wrong
- 61. Library ID
- 62. Restaurant type
- 63. Talk, talk, talk
- 67. Just survive


JOIN US THIS FALL AT:

ELECTIONS EXPLAINED

a free event series, featuring Snohomish County Auditor Garth Fell




Are you curious about election security and the voting process in Snohomish County? Then join Snohomish County Elections, Sno-Isle Libraries, and the League of Women Voters at an Elections Explained event this fall and get the answers to your questions. Don't miss this opportunity!





SUBMIT YOUR QUESTIONS IN ADVANCE!

To ensure we address the topics that matter most to you, please submit your questions in advance.

These informational sessions, led by Auditor Garth Fell, will take place in September and October at public libraries throughout the county. Scan the QR code to see specific event dates, times, and locations.







Everett northbound I-5 adds HOV lane

Drivers heading north of Everett can benefit from a travel partner as the northbound I-5 HOV lane now extends from Pacific Avenue in downtown Everett to SR 529 in Marysville.

This project created the HOV lane extension by strengthening the shoulders and shifting traffic to keep three general purpose lanes open as well. The work will continue in the coming weeks, as WSDOT contractor crews repave northbound I-5 from the Snohomish River to Steamboat Slough, providing



a smooth driving surface in addition to the carpool lane.

In summer 2025, this project also will open a northbound I-5 off-ramp to SR 529 and an SR 529 on-ramp to southbound I-5, completing the interchange and providing people with an alternative to go in or out of Marysville.

This will help relieve congestion at the I-5/SR 528-Fourth Street interchange, which can back up due to the railroad crossing about 1,000 feet east of I-5.

from ESPERANCE HOUSING page 1

various county-level regulations that reduce the amount of housing that can be built on parcels within unincorporated Snohomish County.

The first amends county regulations related to lot size averaging. The ordinance reduces minimum lot widths in urban zones using lot size averaging, simplifies open

space requirements, and eliminates provisions that conflict with the health code.

The second proposal creates more flexibility within parking regulations. These changes will allow more cottage-like parking arrangements within single-family developments and increase the number of units that can feasibly be built in these developments.

The third piece of legislation reduces minimum lot size requirements in the county's low-density multiple residential zone and multiple residential zones.

Within these zones, homes can be a combination of detached homes on small lots, townhomes, and apartments. Reducing minimum lot sizes will allow for more of these parcels to be developed more efficiently.

The final ordinance creates more flexibility for the subdivision of duplexes and creates consistency within the regulations with other similar housing types. Duplexes can be an option for first-time home buyers or those looking to downsize.



Aug. 6

Gassed

Adult male commits burglary at gas station. 9700 block Edmonds Way.

Aug. 5

Why

Adult male threw a rock at a parked vehicle. 23600 block Highway 99.

Lost wallet

Resident lost their wallet. 8000 block 212th St. SW.

Out for now

Adult male arrested for an Edmonds outstanding warrant. However, the jail refused to book the subject due to medical concerns. 21600 block 76th Ave. W.

Aug. 4

No tell

Adult male trespassed from Econo Lodge. 23800 block Highway 99.

DUI

Adult male in the park after hours crashed his car into a fence and fled on foot. 0-100 Railroad Ave.

MLT&E

Assisted Mountlake Terrace Police Department with locating a DUI vehicle. 66th Ave. W/220th St. SW.

Aug 3

In arm's way

One adult female stabbed in left forearm by fiancé with

from SHIPLEY INSANE page 1

wife dead.

Officers saw the wife with "a knife in the area above her head and there was another knife in the area of her neck." According to the report, officers could not tell if the knife was penetrating her neck because it was positioned between folds on her neck.

The suspect was detained and taken to

nail clippers. 7600 block 234th St. SW.

Suspicious

Adult female found without clothing. Female transported to hospital per her request. 7300 block 212th St. SW.

FFS

An unknown suspect stolen money from tip jar from the store. 500 block Main St.

Aug. 2

Bonnie & Clyde

A male and female were arrested in a stolen vehicle and booked into jail for multiple crimes. 8500 block 242nd St. SW.

Suspicious

Suspicious circumstance of a male in a white van contacting a minor then leaving. 9300 block 244th St. SW.

Prolly PITA

Adult female's SIM card for her phone was stolen. 19100 block 84th Ave. W.

Aug. 1

Yapper

A noise complaint of dogs barking was reported. 18500 block 79th Place W.

Worse than bark

Welfare check for an adult male where his dog might have bitten him. 21000 block 83rd Ave. W.

But what am I

Civil dispute between homeowner and contractor. 9600 block Wharf St.

Swedish Edmonds for a medical evaluation based on his initial statements. Once there, the suspect told a doctor that he had asphyxiated his wife.

Once medically cleared, McClure said detectives interrogated the suspect at the Edmonds Police Department, in compliance with applicable laws. During the process, McClure said the suspect admitted to the crime, including how the incident unfolded.

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ANNOUNCEMENTS MEETINGS

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Is compulsive eating a problem for you? Overeaters Anonymous meetings are currently virtual. Free. We welcome newcomers. See info on meetings at: www.seattleoa.org/meetings

Are cocaine, drugs or alcohol a problem in your life? Cocaine Anonymous can help. www.caofwa.org. 425-244-1150.

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A Night to Remember, A Time to Act: Vigil is Aug. 29 in Everett

People throughout Snohomish County are invited to a night of remembrance, resources, and hope on Thursday, Aug. 29.

The eighth annual Snohomish County overdose awareness event, "A Night To Remember, A Time To Act," will take place at the Snohomish County Plaza, 3000 Rockefeller, Everett. A resource fair will begin at 5 p.m., with the candlelight vigil and program starting at 6:15 p.m.

The event brings members of the community together around International Overdose Awareness Day each summer. It's a time to honor the lives lost to overdose, advocate for change, defeat stigmas surrounding addiction, and offer hope and support to the community and those who are struggling.

The vigil was started eight years ago by Cathi Lee and Debbie Warfield. They organize the event in memory of their sons. They want to help offer the support and information they felt wasn't available during their

struggles and to initiate a call to action.

Immediate transportation to detox will be available from the event, courtesy of Courage to Change.

The program will include Snohomish County Executive Dave Somers, Judge Karen Moore with the adult recovery court, and providers and patients from Therapeutic Health Solutions (methadone clinic) and Ideal Option (medication-assisted treatment).

The format of the program is changing from past years. Rather than consecutive speakers at a podium, this year's event will feature a question-and-answer format with opportunities for the audience to participate by asking questions, as well.

Lindsey Arrington with Hope Soldiers said that, while she is a huge fan of adult recovery court, there are people who have the wrong impression of the program. She also said her perspective on medication-assisted treatment (MAT) has changed.

"We're looking forward to having guests that will speak about life-saving programs that have stigmas that we want to help dispel," Arrington said. Guests are encouraged to bring a photo of a loved one they would like to remember during the candlelight vigil.

The event will be live-streamed via the Hope Soldiers Facebook page for those who cannot attend in person.

More resources and information about substance use disorder are available at www.snohomiscoverdoseprevention.com.

The Washington Recovery Help Line also offers free, confidential support 24 hours a day at 1-866-789-1511. If you or someone you know is struggling with substance use, please reach out for help.

- Beacon Staff

From 2022: Attendees light candles to honor loved ones lost from overdoses.

Beacon file photo by Makenna Dreher



from EDMONDS OLYMPIAN page 1

career in competitive cycling and her career beyond it.

Answers have been lightly edited.

Edmonds Beacon: Talk about your background and when you started cycling.

Jennie Reed: I grew up in Issaquah and went to Issaquah High School and the University of Washington.

I started cycling right before my 16th birthday. My dad took up cycling because mountain biking in the '90s had gained some popularity in the Pacific Northwest and he was always keen on trying new sports. My sister Laura and I always did whatever he did. She loved it right away and was actually really good at it. She would beg me to go on training rides with her as she was getting ready for the Junior Nationals, but they were long endurance road rides and I did not like cycling long distances.

In fact, I didn't even think I was much of an athlete. I didn't know it at the time, but I was the sprinter in the family and so of course I didn't like going for several-hour bike rides! I grew up skiing with my family, but we really didn't do many organized sports. We mostly did sports that my dad

introduced us to that he loved. It wasn't until I finally got talked into doing a novice mountain bike race and won. I was given a certificate for a free track class out of the Velodrome in Redmond.

One day, I was cleaning out my room and found the certificate and thought I might as well use this free certificate and sign up for the class. After that, I was absolutely hooked! The velodrome has an intensity about it, with high speeds where you are in close proximity to each other. It's about agility, explosiveness, speed, positioning, and making decisions quickly. I absolutely loved it after a six-hour class. We all raced at the end of the class, and I couldn't get enough of it from that day on.

Beacon: Talk about your Olympic experiences and your silver medal in 2012.

Reed: I competed in two Olympic Games (2004 and 2008) in track sprinting on the velodrome where the races are 200 to 500 meters and take less than 30 seconds. In my last Olympics, London 2012, I competed in team pursuit, an event that is completely different from match sprints. It's 3,000 meters and takes about 3 minutes and 15 seconds to complete. It involves two teams of three cyclists racing 12 laps (3,000 meters)



Photo courtesy Jennie Reed

Jennie Reed coaching at the 2023 World Paracycling Track Championships. She is pushing the men's tandem off the line at the start of a race called the Match Sprints.

of the track, starting on opposite sides.

There are two ways to claim victory. The winner is the team that finishes the 12 laps fastest or the team that catches the other be-

fore the race is completed. Times are taken on the third cyclist to cross the line, and all

see **LONDON 2012** page 12 ▶



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▶ from **LONDON 2012** page 11

three riders have to finish the race.

My Olympic silver medal is really special to me and the pinnacle of my career. The USA hadn't won an Olympic medal in track cycling in 20 years, so when we won silver by eight-one hundredths of a second and beat the Aussies. It was incredible. We had little support and were classic underdogs, but we had so much passion, grit, and commitment.

We wanted it more than any other team on that day; it was all heart! It's part of a documentary from my former teammates Sky Christopherson and Tamara Jenkin that tells our entire journey leading up to the 2012 Games. It's called "Personal Gold." I love sharing it to inspire others to dream big and to know that if you give it your best effort every day, you'll be surprised by what you are able to achieve.

Beacon: Did you watch any of the Paris Olympics? Cyclist Kristen Faulkner sure was an inspiring story.

Reed: Yes, I did watch the Olympics in Paris. It was so exciting, and the women crushed it. We won medals in all disciplines of cycling: BMX, MTB, road, and track. It was the most successful Olympics for cycling since the 1984 Olympics in L.A. I was plugged into everything, especially cycling.

The U.S. women won the first gold medal in team pursuit, and to see it happen 12 years after our team were the pioneers and were the first to stand on the Olympic Podium – it was thrilling. Kristen Faulkner, I can't say enough about her. I'm still completely in awe. To win the first medal and a gold medal in the road race since 1984 and then to win gold in team pursuit. You don't see that level of talent across the disciplines anymore.

Beacon: What do you like about living in Edmonds? Do you still ride?

Reed: I love Edmonds! I love the small-town vibe, the restaurants, the local shops, being on the Puget Sound, the Olympic Mountains, and seeing the ferries come and go. It's a feeling I get from this town that



Photo courtesy Casey Gibson

From left: Sarah Hammer-Kroening, Dotsie Bausch, and Jennie Reed at the 2012 London Olympics.

I love. I love running into friends when I am doing errands, taking my kids to get ice cream, or riding my bike. I can't say enough good things about it.

My friends actually joke with me about how excited I get when I talk about Edmonds with my friends who live on the Eastside or in Seattle. I feel so blessed to live here. We moved here nine years ago. Funny story – I had just gotten home from the 2012 Olympics and rented a house in North Seattle and was looking to buy a home.

After a couple of years of looking, I was discouraged by the prices and how much the homes were escalating. My husband Brandon told me that there is this house in Edmonds that looks like it fits what we want. You used to ride your bike for training up to Edmonds and you really liked it, right? Do you want to go look at it?

We put an offer in the next day and got the house. I feel like we won the lottery. I love our neighborhood and everything about Edmonds.

I still love riding my bike. The "Edmonds

loop," as I always called it, was one of my main training rides when I was training for the 2012 Olympics. I lived in Magnolia at the time and would do the Edmonds loop because it was pretty hilly, which was good for my training and it felt safer than most other routes and was pretty.

Ironically, I now live on the route, just off the street I used to ride past. I still ride similar roads around Edmonds that I used to train on. I often do a quick one-hour loop around Woodway, up Olympic View Drive, and back on Ninth. I actually just tested out the bike lane on Ninth the other day and it was quite nice. I felt safe having a separate lane for bikes since it's such a busy road.

I lived in Europe and Australia for most of my cycling career, and they do such a great job with having separate lanes for cyclists and cars. So whenever I see specific lanes for cyclists, I love it. I am passionate about making exercise a part of your daily life. Riding your bike to the grocery or the pharmacy is a quality-of-life dream for me, and we live in a town where you can almost



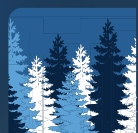
Jennie Reed

do that and feel safe. It's moving in the right direction!

Beacon: Why real estate?

Reed: After coaching for 12 years, I was ready for a new challenge. I will always be involved in some way because cycling is a lifetime passion, but I grew up with a near obsession with everything to do with houses – remodeling, decorating, and buying and selling homes, so it felt natural. I don't know exactly where it came from but I think there is something about traveling a lot in sport and never having a place to call home.

I remember talking with my teammates about what I was going to cook and how I was going to remodel or decorate the next place that we would be temporarily living in. I've always loved making a house a home and creating spaces to make people feel comfortable, and I was already following the real estate market for years. So I thought why not take my passion one step further and learn as much as I can and become a professional? I genuinely love connecting with people and helping them solve problems while helping them achieve their dreams. With real estate, I can do that. In fact, I am loving it.



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