

A taste for wine

Virtue Cellars to open tasting room at Main Street Commons

BY BRIAN SOERGER
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Virtue Cellars – created eight years ago by husband-and-wife Kevin and Kathryn Mueller – has a simple but shoot-for-the-stars mission: to produce world-class wine.

The Muellers operate their winery from a licensed production facility located adjacent to their Richmond Beach home, and plan to open their first tasting room in June at Main Street Commons in Edmonds, which itself is expected to open the month before.

Don't let their neighborhood set-up fool you.

The Muellers, along with co-winemaker and business partner Jakob Edens, produce award-winning, small-batch wine gathered from nine eastern Washington vineyards, and host up to 500 people at twice-yearly release events, in June and November.

"We don't have the delusion of rolling a massive number of cases," said Kevin. "Our space is designed for 2,000 cases a year. And that's fine for us."

Their tasting room at Sixth and Main will be their first.

"We're super, super excited to actually have a retail front end," Kevin said. "It's not really the right word, but I guess this can legitimize the winery. So far it's been word of mouth and wine walks. It works really well for what we



Beacon photo by Brian Soergel

Richmond Beach residents Kathryn and Kevin Mueller say they want to help create community in Edmonds.

City is not pushing pause on the portal

Questioning and heated controversy continue

BY NATALIE KAHN
BEACON REPORTER

Petty crime within the animal kingdom – we're looking at you, seagulls – isn't exactly the most pressing issue in Edmonds, and it likely isn't one beachgoers have reported to the city government or entered into the official public record.

Until now, that is.

For the past month, a page containing a form to report incidents of bias, discrimination, or hate has lived on the City of Edmonds website. During that time, the City has received numerous reports through this online portal.

As of last Thursday, however, only one of those submissions appeared to have been made in earnest, according to Economic Development and Community Services Director Patrick Doherty.

As for the rest of them?

"We have received a lot of bogus complaints from people who don't like the fact that this portal exists," said Doherty. He said that some of these "bogus" submissions have been facetious, with reports complaining about trivial issues such as a spouse's bad cooking or seagulls stealing french fries from a pigeon or beach visitor.

Other reports from those who are against the portal haven't been as light-hearted. Doherty said that the City has received submissions calling city officials

Edmonds Bookshop sold to longtime assistant manager Michelle Bear



Beacon photo by Natalie Kahn

From July: Gathered at the Edmonds Bookshop to help distribute books for kids are, from left: Diane Buckshnis, Michelle Bear, Mary Kay Sneeringer and David Brewster.

BY BRIAN SOERGER
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The Edmonds Bookshop on Fifth Avenue South is being sold.

But – happy news here – co-owners Mary Kay Sneeringer and David Brewster say the new owner knows a thing or two about the biz: assistant manager Michelle Bear.

She will take ownership of the business in the next few weeks, and Sneeringer and Brewster will continue to work part-time and assist in the transition.

Edmonds Bookshop has been in continuous operation since April 1972. Sneeringer and Brewster purchased the bookstore in 2001 from Susan Hildebrandt (who remains a valuable staff member) and her late husband, Barry.

"We quickly realized that after nearly 30 years in downtown Edmonds, the bookshop belonged to the community and it

2020 census: Edmonds is more crowded, more diverse

BY BRIAN SOERGER
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It might seem like a lot more these days, but recently released U.S. Census data show that Edmonds gained 3,144 residents in the last decade. According to the data, the City's 2020 population is 42,583, compared to 39,709 in 2010.

Housing and income numbers are from 2015 to 2019, so those statistics are certainly higher now, with housing costs continuing to skyrocket.

The county become more diverse over the past decade, with the percentage of white residents dropping 10.5 percentage points to 64% of the total population. Statewide, more than 36% of residents are now nonwhite, up from 27%.

The percentage of white residents in Edmonds fell from 83.4% to 80.1%, and the percentage of Black

or African-American percentages in the city fell from 2.6% to 1.6%. The percentage of Asian residents rose to 8% from 7.1%.

Snohomish County gained 114,000 residents from 2010 to 2020, a 16.1% increase. The city with the largest increase? Marysville, with more than 10,000. Meanwhile, Granite Falls saw the largest percentage increase, 32%.

The largest city in the county is, of course, Everett. Its population was reported to be 110,629 in 2020.

The changing numbers will help decide how Snohomish County Council districts are drawn, according to the Washington State Redistricting Commission.

The independent County Districting Committee has until Dec. 1 to approve a plan for new council districts. You can view the current district map

see 2020 CENSUS page 2 ►

see EDMONDS BOOKSTORE page 20 ►

Psst ... Clothing aficionados will want to share this Best Kept Secret

Never was a name so apt. Tucked away in an industrial park in the south end of Mukilteo is a clothing store called Best Kept Secret. It's not news to their many faithful customers, but because of its odd location off the main drag, many shoppers will be pleasantly surprised to learn the store exists.

Best Kept Secret isn't just another clothing store, either. It is a clothing sample store.

What's that mean? It is stocked with clothing samples that sales representatives for manufacturers show to retail buyers. Those buyers, for Nordstrom, REI, specialty stores and other popular emporiums, then select which clothes to buy for the season.

But stores only have so much room, so buyers have to limit their purchases. The manufacturers' representative, who – working on commission – has to purchase the samples, then may have lots of unsold samples left over.

That's where Best Kept Secret comes in.



Victoria London and Mike Pudmaroff own Best Kept Secret, a clothing sample store in Mukilteo that offers a variety of active wear, everyday casual, and casual dress attire for men and women.

Victoria London and her husband, Mike Pudmaroff, who founded the business 20 years ago under a burrito shop in downtown Bellevue and relocated to Mukilteo three years ago, brought plenty of experience to the venture.

For 22 years, Victoria was one of those wholesale reps. She traveled throughout a five-state territory showing samples she had purchased herself from up to five different manufacturers. What she didn't sell to store buyers were hers to do with as she pleased.

Since she was advancing up to \$30,000 per year to buy samples, it was of course necessary to sell what the buyers didn't want. That prompted some imaginative efforts.

"You sell what you can to friends and family," Victoria said. "I used to pass flyers around the neighborhood."

Mike came from a different industry; he was a flooring sales rep. But, like his wife,

see **BEST KEPT SECRET** page 8 ►

CITY BRIEFS

Council nixes unit-lot subdivision on Fifth Avenue South

City Council members on Tuesday denied a developer's request to allow unit lot subdivisions in the city's business district zones.

While this change would have applied to all the Downtown Business (BD) sub-districts, the developer wanted to use the process at the site of his anticipated 14-unit live/work townhome project at 614-616 Fifth Ave. S, site of the former Baskin-Robins.

The site had already been approved for

development, but it won't be a unit-lot subdivision after the vote.

The unit lot subdivision process was adopted in 2017 to provide opportunities for dividing fee-simple ownership of land to create townhouses, rowhouses, and similar fee-owned dwelling units as an alternative to both condominium ownership and traditional single-family detached subdivision.

It inserts parcel lines around units that have already received design review and building permit approval.

Like condos, they require a homeowner's association and certain rules, called covenants, conditions and restrictions.

Council returning to virtual meetings

In a 4-3 vote, the Edmonds City Council voted Tuesday to return to virtual meetings due to the increase of the virus' delta variant.

They will reconsider the move Sept. 28.

Voting for it were Councilmembers Susan Paine, Kristiana Johnson, Laura Johnson, and Luke Distelhorst. Voting against were Councilmembers Vivian Olson, Diane Buckshnis, and Adrienne Fraley-Monillas.

"We have to be careful," said Distelhorst, pointing to two large festivals arriving in Edmonds this month: Taste Twenty-One this weekend and the Edmonds Arts Festival

Aug. 27-29.

Due to the COVID-19 pandemic, the Edmonds City Council began meeting virtually in March 2020 following Gov. Jay Inslee's "Stay Home, Stay Healthy" emergency proclamation

After more than 15 months, Washington state lifted most COVID-19 restrictions as of June 30. The City Council resumed in-person meetings in Council chambers July 20.

According to the City, a fifth wave of increasing COVID-19 transmission has been underway since about July 1, leading to a

see **CITY BRIEFS** page 8 ►

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Separate drawings will be held for both existing and new subscribers

EDITOR'S NOTE

Could (should) cruise ships stop in Edmonds?

You know how you occasionally see cruise ships ply the Sound on their way to or from Seattle? Could one of those ships berth in Edmonds? It seems far-fetched, but buried in the minutes of the Economic Development Commission's July 21 meeting was the inkling of a discussion.

EDITOR'S NOTE



BY BRIAN SOERGEL
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It was commission Chairperson Nicole Hughes who reported that the commission met with the Port of Edmonds. A conversation ensued, focused on the possibility of cruise ships stopping at Edmonds, as well as the accompanying logistics. More brainstorming is expected next month. Meanwhile, Economic Development Director Patrick Doherty is researching what is required to accommodate docking in Edmonds. The first step? He contacted American Cruise Lines, which reported interest in the idea. But there are hurdles. Doherty said the cruise line tends to anchor and tender into other ports on their routes. He's also said he's not sure if the waterway in Edmonds would lend to anchoring. "I spoke to the West Coast representative for American Cruise Lines, and he said he would get back to us with his thoughts and any issues he might identify," Doherty said Monday. "I think the issue of moorage and passenger access might be a challenge, but he told me that in Poulsbo they anchor in the bay and tender into port. But really at this point, there's not much more to say." What say you, readers? Do you want cruise ships stopping in Edmonds? Email me: edmondseditor@yourbeacon.net.

FRESH READS

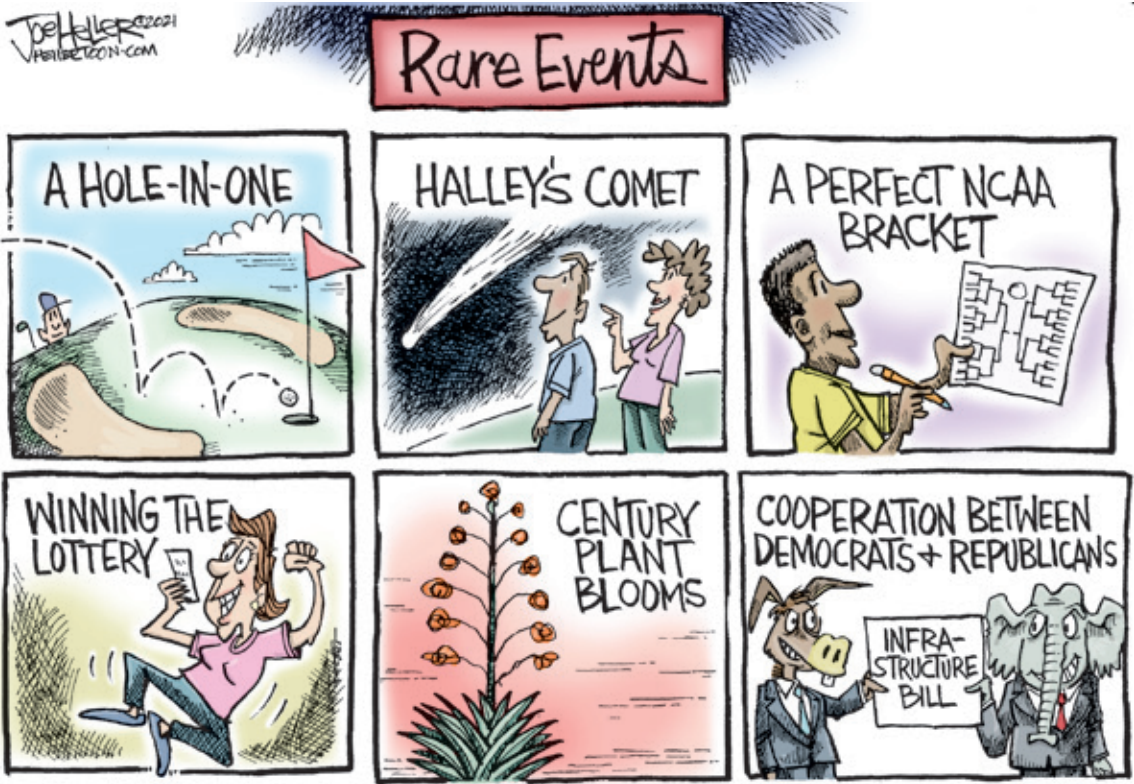
After 20 years, a chance to catch our breath

Word is out that Edmonds Bookshop is changing hands. I can confirm that, after more than 20 years of ownership, Mary Kay and I are selling the store to Michelle Bear, our assistant manager and longtime employee. The transition has been underway for a while now, and Michelle will officially take possession of the business soon. When we purchased the store from Barry and Susan Hildebrandt in 2001, we became the fourth owners, after founders Kathie and John Chapman, followed by the Morrow family. Susan has continued as a valued member of our staff, including running our book clubs, since we took the store on. After our careers in bookselling and publishing, during the rise of the chain bookstores and the arrival of a big online competitor, we were fairly convinced that owning an independent bookstore was, at best, a chancy proposition. Yet in December 2000, after a propitious palm-reading at a holiday party, we found ourselves in front of Edmonds Bookshop looking at a small notice that said, "This establishment for sale." We decided to take the plunge, and are so glad we did. Edmonds Bookshop is one of the oldest independent bookstores in the Puget Sound area, and has weathered any number of challenges, from upheavals in the book business to uneven economic/political situations, and of course the global pandemic. Through all of this and more, the dedication of our community and the hard work of the staff has not only sustained the store but allowed us to grow and thrive. Now it's time to hand it over to Michelle and catch our breath. From the earliest days of our ownership the community of readers we serve has been enthusiastic in their support of Edmonds Bookshop. We have also greatly benefited from the support of the local business community, with whom we share our affection for all Edmonds has to offer. Another aspect of our success is the thriving independent bookstore ecosystem throughout the Pacific Northwest, perhaps our country's most well-read region. Connections to the community are vital for a retailer, and for us they include strong relationships with school librarians and teachers, an openness to sponsor an array of community activities, including Write on the Sound, Edmonds Center for the Arts and Where's Waldo in Edmonds, as well as the frequent hosting of author appearances, book clubs and Art Walk events. A continuing pleasure is to see familiar faces across the counter and across

FRESH READS



BY DAVID BREWSTER
CO-OWNER, EDMONDS BOOKSHOP



ARTS AND APPETITE

Yummy ... It's in the name

I am dismayed to say that we have another amazing fried chicken restaurant in Edmonds: Yummy Teriyaki & Fried Chicken. Why on earth would I express concern over the deliciously flaky and crispy fried chicken we just had for dinner? Entirely a self-control issue.

ARTS & APPETITE



BY MARIA A. MONTALVO
EDMONDS FOOD AND ART CONNOISSEUR

Fried chicken, done well, is that comfort dish I cannot resist, and especially Korean fried chicken, which is among the most delicious varieties of fried chicken. Yummy does not stop there. They also serve Teriyaki – an equally comforting plate of (usually) chicken in a sweet and salty sauce over mounds of sticky rice. When I wrote about 5 Corners Teriyaki back in February, I expressed my relief at having a fantastic local spot for Seattle's take on a Japanese dish, and now I am happy to say there is another nearby place to go. Yummy offers a variety of flavors for your Korean fried chicken, from the simple crispy, to spicy marinated, General Tao's, sweet and sour, and crispy soy garlic. Having only tried two so far, I am excited



Photo courtesy of Maria A. Montalvo
The fried chicken is, well, yummy at Yummy Teriyaki & Fried Chicken.

to go back three more times very soon to try the flavors we missed. Since I would always have to get the crispy chicken, it would take three visits to combine the crispy with the remaining options.

LETTERS TO THE EDITOR

Masks back on for all at Waterfront Center

The recent surge in COVID infections, fueled by the delta variant, led the Snohomish County Health Department to issue the first indoor mask mandate in the state. Taking affect Aug. 12, all residents 5 and over must wear face coverings indoors, whether fully vaccinated or not. Health officials are discouraging indoor congregate gatherings. As a result we are making the following changes effective immediately: Vaccine and mask policy: Masks are required while in the Waterfront Center, unless you are eating at the bistro or working alone in an office. Proof of vaccines will be required for all participants in programs, activities and field trips. Take care and stay well, Daniel Johnson CEO, Edmonds Waterfront Center

Pleased with senior living homes story

I was pleasantly surprised to see Natalie Kahn's

article in The Beacon about the Safe Start program and interview with Kris Mason, our executive director ("Mask up! Senior living homes still playing it safe," Aug. 12). Our thanks to Natalie for an excellent and informative article.

Mary Watkins
Sunrise of Edmonds

Streateries unfair to some restaurants

Back in the summer of 2020, when restaurants in downtown Edmonds were devastated due to the COVID-19 shutdown and the subsequent limitation of capacity, the City Council approved the use of "streateries" for a period of 70 days. This was met with excitement for all restaurants with available street parking spaces, and that could erect a structure for outdoor seating. The 70 days got extended through the end of 2020 and into 2021, and now is being considered for indefinite extension. For those restaurants that valued having parking

Online Poll

Last week's question & results:
The Health District wants all people – included those vaccinated – to once again wear masks inside businesses. Are you again wearing a mask inside?
• 86% Said YES • 14% Said NO

This week's summary:
The Taste is for those 21-plus this weekend, and is much smaller due to a temporary venue change.
This week's poll question:
Do you plan to attend the Taste, which is

www.edmondsbeacon.com

a fundraiser for the chamber?

We want to know what you think:
Vote online now at www.edmondsbeacon.com and look for the results in the Aug. 23 issue of The Beacon.

CHUCK'S WORLD

Treading lightly, deep in the heart

My wife and I traveled to Texas last week, which felt like going from the frying pan into the fire, or at least into a slightly different pan. We avoided the wildfire smoke but found the humidity, right where it always is.

Traveling anywhere at the moment feels frivolous and a little dangerous, if only in theory.

We made our reservations months ago, a reasonably optimistic act on our part, assuming that the slow learners among us would have caught up by now and stopped dying unnecessarily, but we just masked up and forgot about it.

A grandchild awaited.

CHUCK'S WORLD



CHUCK SIGARS
CHUCKSIGARS@YAHOO.COM

It's been two years since we last made this trip together, a gap that would have seemed impossible, and unbearable, back in 2019. It's a familiar story by now, though, and we're all learning new ways.

Some of them haven't been great ways, admittedly. After over a year of isolation, I realized that I've drifted away from old habits and developed new, more sedentary ones. My diet has consisted almost entirely of frozen pizza and tacos, I've watched a lot of superhero movies, and I'm now playing video games on a routine basis.

I've essentially been behaving as if I were 50 years younger, in other words, and history shows us that this never ends well.

On top of that, 7-year-olds tend to be smaller and closer to the ground, and for some reason millennial parents just love wood floors. If you're considering becoming a grandparent in the future, you should begin yoga now.

There will be bending ahead, you bet.

So I've been trying to stay active, and at least once a day I've headed out into that humidity to move a little. My daughter's house is close to a lovely lake, perfect for walks, so I've hydrated a lot and sweated a little each day, just to try to offset the stiffness.

The other day, coming back after a longer walk than usual, I spotted my wife. She'd come out on the front lawn, probably wondering where I was, and then I noticed she was filming me with her phone.

I started goofing off for the camera, and when I'd almost reached the house I broke into a half-hearted jog.

I'll tell you something else – I've been a little concerned about my posture. The pandemic has driven a lot of us toward a less active life, and I've noticed some contemporaries who seem to have stopped fighting gravity.

It's been my observation that once you start hunching over, you don't unhunch, so I try to remember to keep my head high while my feet are moving.

Later on, my wife sent me the video and I checked my posture, which seemed perfectly normal. I did notice something, though, at the end of the video, when I started to run, that made me stop and rewind.

And rewind some more. I ended up studying those 15 seconds of footage as if it were the Zapruder film, zooming in and moving frame by frame, until I figured it out. One of my arms jerked up suddenly, and my hips kind of opened up and it just looked weird, as if I'd never walked before.

I recognized this behavior, as it happens a fair amount these days. I was over-correcting for a perceived chance of losing my balance. I don't mind looking foolish as I try to show off for my wife of nearly 40 years.

I just didn't want to finish by falling, which certainly wouldn't have surprised her, but I made a quick calculation out of caution.

It's not like I'm naturally graceful. I was always an average athlete and a questionable dancer, and I've actually taken a couple of spills that people still talk about. I probably twist an ankle while taking a walk six times a year. It would be just like me to trip and break a hip, which I definitely wanted to avoid on this trip to San Antonio.

Because the hospitals are full in San Antonio, and of course they are. They're full of COVID-19 patients, virtually all of whom could have avoided it by getting a widely available vaccine. You know this; I just think it's important to put it down on paper sometimes.

It's been 17 months, folks. We've been saying all along that this has been an unequal pandemic; some of us have suffered more, endured more hardship, and faced more risk.

And this remains true, but the real inequality now is being created by the 25% or so of us who will never, ever, ever get the vaccine, for whatever reason.

This is a public health disaster, obviously, but after 17 months it's now personal. And it's not because I'm afraid to get hurt because there will be no hospital rooms. That's just a consideration. I don't want to break any bones at any time.

But my immunocompromised grandson can't get a vaccine yet, and so he can't leave the house, and I blame the yahoos. I blame the reprehensible governors and legislatures who literally want to make it illegal for the rest of us to protect ourselves.

And I blame the people in those videos, weeping from their hospital beds because they were fools and now they're dead. I see the grief and suffering and I am indifferent. And indifferent to my indifference.

And I sometimes wonder how I got this way, but I know. Seventeen months, that's how.

SKETCHING EDMONDS



Painting courtesy of Mack Benek

Teriyaki memories, samurai warriors

Every time I drive down Main Street past the little teriyaki restaurant next to the "Floatlines" mural, I have so many memories. My first experience with teriyaki was at Toshi Kasahara's original location in 1976, near the Seattle Center.

SKETCHING EDMONDS

BY MACK BENEK
EDMONDS ARTIST

limited means – a lot of food for very little money. Also, it tasted great.

Later on, I ended up doing signs for Toshi as he

continued to open new stores all over the area. The pictures of food in the window remind me of restaurants in Chinatown in Seattle that display the real thing.

All this makes me miss my late friend Amy Nikatani, who did brilliant sketches of the Chinatown district. She would draw each individual building brick, and yet the drawing wasn't busy.

On this trip past, I was struck by the beautiful hanging bouquet and the contrast of the bright colors with the earth tones in the store.

Another artist would probably have left out the row of refuse containers in front, but they reminded me of samurai warriors standing there, guarding the gates.

► from ARTS & APPETITE page 4

We chose the half order of the combo, or Ban Ban Chicken, which is half crispy and half spicy marinated (\$14.99 for a 10-piece order).

There were 12 pieces piled to crispy perfection and it is, in a word, delectable.

The chicken was so fresh and juicy that you need a napkin under your chin, and the crisp on that breading, well, you will want a side of just crispy bits.

The 10-piece, or half order, was more than enough for two (with leftovers), especially since we also ordered teriyaki and a couple of tasty egg rolls (\$4 for two).

Yummy's traditional teriyaki dishes of your choice of protein (chicken, beef short rib, pork, chicken katsu, spicy chicken, tofu, and combos) served with a very generous helping of rice, a green salad, and some phenomenal pick-

led radish.

The teriyaki plates range in price from \$12.95 to \$18.95 depending on the meat, but honestly, the serving is more than enough for two, and maybe even three.

They also make three kinds of fried rice and three kinds of yakisoba, broccoli beef, beef and Pork Bul Go Gi, and even a seafood pancake (at the top of my list for the next visit, as well), along with kimchi, rice, and french fries on the side.

Walking in, you find yourself in a welcoming, bright space with golden chickens accenting the modern, clean décor.

The service is quick and kind, with smiles behind the masks. My favorite part of the experience, however, was the reminder that the chicken would take 17 minutes.

Not 15. Not 20, 17.

You won't get chicken made earlier or even a few minutes ago.

This is a restaurant that makes fried chicken to order and knows exactly how to cook them to be served exactly as they should. We knew this going in, and left ourselves an errand to run across the street, returning just in time to pick up orders with several other customers.

Each of the other couples and individuals there with us said this was not their first visit, and that they were telling everyone they know about Yummy.

I guess the word is out, but I get the feeling that Yummy Teriyaki & Fried Chicken will be creating the smiles that only comfort food can for years to come.

Yummy Teriyaki & Fried Chicken is at 9808 Edmonds Way in Edmonds.

Hours are 10 a.m. to 9 p.m. Monday through Saturday, and you can order there, call them directly at 425-771-9337, or go to yummyteriyakiedmonds.com/.

► from BREWSTER page 4

generations, as kids who spent hours in the children's section return to visit with kids of their own.

It has been a great privilege and honor to operate Edmonds Bookshop these last 20 years.

We will continue to help at the store, and wish Michelle the best of luck as she moves Edmonds Bookshop into the future.

Sudoku solution

8	9	1	6	4	3	5	7	2
4	2	3	7	8	5	1	6	9
6	7	5	9	2	1	8	4	3
1	5	9	8	6	2	7	3	4
3	8	4	1	9	7	6	2	5
7	6	2	3	5	4	9	8	1
2	4	6	5	7	9	3	1	8
5	3	7	4	1	8	2	9	6
9	1	8	2	3	6	4	5	7

R	E	D	A	B	A	C	A	O	L	E	O	S
A	N	I	D	O	N	E	R	B	E	R	T	H
D	A	V	I	D	A	N	G	O	L	J	A	T
I	B	I	O			I	O	T	A			
O	L	D	S	A	L	T		N	I	T	R	A
S	E	E		T	O	A	D		S	E	A	O
			C	O	W	P	E	A		L	O	G
			C	H	I	F	S	A	N	D	S	A
K	I	E	V			S	I	M	O	N	Y	
I	T	S	C	L	F		W	I	S	E		B
T	E	S	T	I	E	R		T	O	W	P	A
			M	E	E	K			A	S	E	A
H	O	L	M	E	S	A	N	D	W	A	T	S
U	N	S	A	Y		L	E	V	E	L		O
T	O	D	D	S		M	E	D	E	A		S

News Tips

The Beacon invites readers to share story tips and ideas. If you see or know of some news deserving of coverage, email Editor Brian Soergel at edmondseditor@yourbeacon.net or call the newsroom at 425-347-5634 ext. 235.



This is not your father's Taste

21-and-over festival moves to Frances Anderson Center in Edmonds

Taste Twenty-One

Where: Frances Anderson Center, 700 Main St., Edmonds
When: 2-10 p.m. Friday, Aug. 20; noon-10 p.m. Aug. 21; noon-8 p.m. Aug. 22.
Tickets: \$20/day, \$50/weekend. Wristbands applied upon entry and allow for re-entry. ID and bag check every time you enter. No backpacks or large bags allowed. Tickets allow all-access to music, food and lounges — no separate stage or beer garden.
Features: 13 live bands; seven food trucks; 24 beer and wine options; cornhole tournament with cash prizes; giant beer pong and lawn games; raffle for \$2,500 in Alaska Airlines tickets (pre-purchased ticket holders only); free shuttle bus; 21-plus-only
Information: TasteEdmonds.com, 425-670-1496



Photo courtesy of Edmonds Chamber of Commerce

BY BRIAN SOERGER
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No matter what you call it, and no matter the format, it's still the Taste, and it's back after the pandemic year.

The Beatniks are once again Friday night's final performance. So there's that.

Heart by Heart features Meadowdale grad as lead singer, **page 7**

Since the festival's beginning in 1982, there have been many changes over the years. In the early years, A Taste of Edmonds began as a handful of local restaurants selling small samples to a few hundred attendees.

Thirty-plus years later, the "A" and "of" were dropped and 40,000-plus people regularly

make Taste Edmonds part of their August plans.

This weekend it takes on a new, temporary name: Taste Twenty-One, with the subheading "Not your typical Taste Edmonds."

The big changes? Its temporary location to the Frances Anderson Center and a spike in the admission cost. The former is because Civic Park — its longtime location — is being renovated. The size is about 20% of the space at Civic Park.

The latter because this year's event is for those 21 and over.

Greg Urban, president and CEO of the Edmonds Chamber of Commerce — which puts on the annual event — hopes people realize

the Taste is a fundraiser.

"Taste is not only going to be a lot of fun, but it is our biggest fundraiser for the Edmonds chamber," he said. "The money made from this one event accounts for half of the chamber's operating budget."

"Without Taste, the chamber would not be able to have our small staff of three. It is the staff of the chamber that spends months planning and putting together our beloved 4th of July, car show, Halloween, and Tree Lighting events."

In addition, many other nonprofits earn money directly from the Taste.

"Each year we donate \$6K-\$8K to the Edmonds Boys & Girls Club because of Taste," Urban said.

Will the Taste be back at Civic Field in 2022?

"The construction timeline is unknown at this time," said Urban. "Once we know, we will make our plans accordingly."

The Taste typically hears complaints about noise from those living near Civic Park. Urban said the chamber mailed a letter to all the homes around Frances Anderson Center to share event details and provide a way to reach out for noise complaints.

"If we receive a complaint, we work with our sound engineer and go to that property with a decibel meter to be sure we are in compliance with the City Noise Ordinance," Urban said.

"This is the same process we have used when the event was at Civic Park."

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Cascade Symphony Orchestra: Live concerts coming

Tickets on sale for single shows Aug. 24

In celebration of its 60th anniversary, the Cascade Symphony Orchestra (CSO) will begin selling tickets Aug. 24 for six scheduled live, in-person concerts for the 2021-22 season at the Edmonds Center for the Arts.

The orchestra's first concert is scheduled for late October, when the Cascade Symphony is preparing to return to performing live concerts for the first time since February 2020. In lieu of the live musical events that were canceled due to the coronavirus pandemic, the orchestra offered six virtual concerts last season.

"After more than a year of not being able to perform music live, we are so happy to return to our beautiful Edmonds Center for the Arts,"

see **CASCADE SYMPHONY** **page 9** ▶



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LET'S COOK!

Dungeness Crab Cakes

When it comes to crab cakes, Ivar's has a simple goal: they should taste like the sweet, flaky Dungeness crab that gives them their name. With that in mind, we add only enough other stuff to hold the crab cakes together. Serve them as is, with a squeeze of fresh lemon or tartar sauce. Don't use them as hockey pucks – they're not strong enough to stay together on the ice. **Serves 6.**

LET'S COOK!



ILLUSTRATION BY MACK BENEK

Ingredients:

- 1 large egg
- 1/3 cup mayonnaise
- 2 tablespoons finely chopped scallion
- 2 tablespoons finely chopped red bell pepper
- 2 teaspoons freshly squeezed lemon juice (Meyer preferred)
- 1 ¼ teaspoons Old Bay seasoning

Instructions:

1. Preheat the oven to 200 degrees F. Line a baking sheet with several layers of paper towels.
2. Whisk the egg in a medium bowl. Whisk in the mayonnaise, scallion, bell pepper, lemon juice, and Old Bay. Add the crab and the panko; season to taste with salt and pepper. Mix with your hands until the mixture holds its shape when gently squeezed together. Make each crab cake with a level measuring tablespoon's worth of the mixture, pressing the crab tightly together and forming balls with your hands, then flattening them slightly into ½-inch-thick pucks. Place the additional panko on a plate and roll the cakes in bread crumbs to coat completely.
3. Heat the oil in a large skillet over medium-high heat until it registers 375 degrees F on a deep-fry thermometer. Cook the crab cakes in batches, turning to cook all sides, for 2 to 4 minutes each batch, or until light golden brown and crisp. Do not crowd the crab cakes; keep them turning, and keep the oil at 375 degrees F. With a slotted spoon, remove the crab cakes, place them on the prepared baking sheet, and keep them warm in the oven while you cook the rest. Serve hot.

– Courtesy of Ivar's Restaurant, Mukilteo

Send your recipes to assistant@yourbeacon.net or mail them to The Beacon, 728 3rd St., Suite D, Mukilteo, WA 98275.

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Straight on: Meadowdale grad is the voice of Heart by Heart

Heart tribute band's roots reach local high schools



Photo courtesy of Heart by Heart

Meadowdale grad Somar Macek is lead vocalist for Heart by Heart, performing Friday at Taste-Twenty-One.

BY BRIAN SOERGER
EDMONDSEditor@YOURBEACON.NET

If you grew up with the music of Heart, or didn't but just love the band, you know the part in "Alone" where Ann Wilson's singing reaches a high-pitched primal scream.

It's the part that Somar Macek, vocalist for Heart by Heart, which performs Friday, Aug. 20, at Taste-Twenty-One, is most nervous about.

But check out her YouTube videos. She nails it every time. After all, it was the first Heart song she learned to sing, belting it out on karaoke nights and later with the Heart

tribute band Straight On. "There's this kind of yell or scream," she said. "I don't even know how to explain it. It's the part where I think to myself where I better hit that note because everybody knows that song."

If you're a Taste regular, you've seen Heart by Heart perform several times. While Heart helped put Seattle and Washington state on the musical map, Heart by Heart has a definite local connection.

Macek, 44, grew up in Lynnwood and attended Meadowdale junior and high schools. Drummer Michael Derosier, a

see **HEART BY HEART** page 18 ►

Edmonds Art Studio Tour to be held in-person

Healthy Washington and CDC protocols will be in effect

The 2021 Edmonds Art Studio Tour is being planned as an in-person community engagement Sept. 18 and Sept. 19. The tour opens the artist studios to those interested in purchasing handmade works and learning more about each artist's creative process.

The artists selected to participate in the annual studio tour are chosen based on specific criteria, including a connection to the Edmonds community. These artists have agreed to safely show their work while adhering to the restrictions on gathering in person.

During the tour weekend, the public can

tour their studios where all artists will be featuring their work, and will be available to discuss their creative process and some will be sharing demonstrations.

Their work, much of it for purchase, is currently featured on each artist's website, and all are accessible via the Edmonds Art Studio Tour website: edmondsartstudiotour.com.

This year's studio tour is made possible by the volunteer time of the participating artists, the financial contributions of sponsors,

see **STUDIO TOUR** page 18 ►

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Recipe Category

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☐ Baked Goods ☐ Dessert

☐ Breakfast ☐ Other _____

☐ Lunch _____

Dietary Specifications

☐ Dairy Free ☐ None

☐ Gluten Free ☐ Other _____

☐ Vegan

☐ Vegetarian

Ingredients

Instructions _____

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EDITOR'S NOTE: The Beacon publishes nonprofit events, as space allows, open to the public in Edmonds. Although some events are now being held in person, many are still virtual on Zoom, Facebook or other sites. It is recommended to call or email the event ahead of time to make sure a particular event is still happening.

Submit calendar events two weeks in advance of Thursday publication date to The Beacon through mail or online at edmondsbeacon.com. Select "Submit events to event calendar."

AUG. 19

FREE CONCERT: EDUARDO MENDONCA

4:30-6 p.m. Brazilian. Hazel Miller Plaza, Fifth Avenue South and Maple Street.

AUG. 20

TASTE TWENTY-ONE

2-10 p.m. 21 and over only. Fundraiser for Edmonds Chamber of Commerce. Aug. 20-22. Frances Anderson Center field, 700 Main St., Edmonds. Admission: \$20 in advance, \$30 day of, \$50 for the weekend. Ticket is all-access to music, food and lounges – no separate stage or beer garden. Only 5,000 tickets for each day will be sold, including day-of tickets. Info: tasteedmonds.com.

AUG. 21

SUMMER MARKET

9 a.m.-2 p.m. through Oct. 9. The larger Summer Market includes many market regulars, including Bubba's Salsa, Wilson Fish, Deborah's Pies, Frog Song Farm, Sky Valley Family Farm, Neng Garden, Market Mini's (donuts), Snohomish Bakery,

Metalwings, Lopez Island Vineyards, Homestead Honey, La Pasta, The Old Farmer, Mosaics and More, and Pete's Perfect Toffee. Fifth Avenue North and Bell Street.

AUG. 21-22

WALKABLE MAIN STREET

All day on Saturdays and Sundays through Labor Day weekend. Main Street closed from Third to Sixth avenues. Vehicles can travel through intersections and around the fountain. Saturday: 2:30 p.m., Kim Maguire & Brad Benefield; 4:30 p.m., Alma Villegas.

AUG. 21

TASTE TWENTY-ONE

Noon-10 p.m. 21 and over only. Fundraiser for Edmonds Chamber of Commerce. Aug. Frances Anderson Center field, 700 Main St., Edmonds. Admission: \$20 in advance, \$30 day of, \$50 for the weekend. Ticket is all-access to music, food and lounges – no separate stage or beer garden. Only 5,000 tickets for each day will be sold, including day-of tickets. Info: tasteedmonds.com.

AUG. 22

TASTE TWENTY-ONE

Noon-8 p.m. 21 and over only. Fundraiser for Edmonds Chamber of Commerce. Frances Anderson Center field, 700 Main St., Edmonds. Admission: \$20 in advance, \$30 day of, \$50 for the weekend. Ticket is all-access to music, food and lounges – no separate stage or beer garden. Only 5,000 tickets for each day will be sold, including day-of tickets. Info: tasteedmonds.com.

AUG. 27-28

EDMONDS ARTS FESTIVAL

10 a.m.-6 p.m. Free. 160-plus booth of juried art; award-winning art in the gallery; artists in action in the plaza; free live entertainment; festival food and drink. Free parking and admission. Frances Anderson Center, 700 Main St., Edmonds.

AUG. 27-29

ARTS STUDIO TOUR PREVIEW

Select artists from the 2021 Edmonds Art Studio Tour will be hosting a preview sale of their works at the Edmonds Arts Festival. Tour artists will be available to answer questions about their work as well as the Tour, and facilitating sales of any work visitors may wish to take home. In addition, there will be live demonstrations of their techniques throughout the weekend. Proceeds from these sales will benefit both the Festival as well as the artists themselves.

AUG. 28

SUMMER MARKET

9 a.m.-2 p.m. through Oct. 9. The larger Summer Market includes many market regulars, including Bubba's Salsa, Wilson Fish, Deborah's Pies, Frog Song Farm, Sky Valley Family Farm, Neng Garden, Market Mini's (donuts), Snohomish Bakery, Metalwings, Lopez Island Vineyards, Homestead Honey, La Pasta, The Old Farmer, Mosaics and More, and Pete's Perfect Toffee. Fifth Avenue North and Bell Street.

AUG. 28-29

WALKABLE MAIN STREET

All day on Saturdays and Sundays through Labor Day weekend. Main Street closed from Third to Sixth avenues. Vehicles can travel through intersections and around the fountain. Saturday: 2:30 p.m., Kim Maguire & Brad Benefield; 4:30 p.m., Alma Villegas.

AUG. 29

EDMONDS ARTS FESTIVAL

10 a.m.-5 p.m. Free. 160-plus booth of juried art; award-winning art in the gallery; artists in action in the plaza; free live entertainment; festival food and drink. Free parking and admission. Frances Anderson Center, 700 Main St., Edmonds.

AUG. 28

10TH ANNUAL PETANQUE FOOD BANK TOURNAMENT

8:30 a.m.-4 p.m. The Edmonds Petanque Club's doubles tournament is a fundraiser to support the Edmonds Food Bank. Sierra Park. 19020 80th Ave. W; Edmonds. For registration information: edmondspetanqueclub.org.

SEPT. 4

SUMMER MARKET

9 a.m.-2 p.m. through Oct. 9. The larger Summer Market includes many market regulars, including Bubba's Salsa, Wilson Fish, Deborah's Pies, Frog Song Farm, Sky Valley Family Farm, Neng Garden, Market Mini's (donuts), Snohomish Bakery, Metalwings, Lopez Island Vineyards, Homestead Honey, La Pasta, The Old Farmer, Mosaics and More, and Pete's Perfect Toffee. Fifth Avenue North and Bell Street.

SEPT. 4-5

WALKABLE MAIN STREET

All day on Saturdays and Sundays through Labor Day weekend. Main Street closed from Third to Sixth avenues. Vehicles can travel through intersections and around the fountain. Saturday: 2:30 p.m., Kim Maguire & Brad Benefield; 4:30 p.m., Alma Villegas.

AROUND TOWN AT EDMONDSBEACON.COM

What are your memories of 9-11?

The Beacon will be commemorating the victims of Sept. 11 for the 20th anniversary of the terrorist attacks on New York; Washington, D.C.; and Shanksville, Pa.

We're looking for reader contributions of up to 200 words. Where were you when you heard the news? How did the attacks affect you? Have you visited any of the memorial sites? Did you know any of the victims?

We will only be accepting comments sent through email to edmondseditor@yourbeacon.net or through mail at Edmonds Beacon, 728 3rd St., Suite D, Mukilteo 98275.

The deadline is noon Friday, Aug. 20, but earlier is better. Include your name and city.

► from CITY BRIEFS page 3

365% increase in weekly reported cases over the past six weeks, arriving at a 14-day case rate of 279 per 100,000 residents.

With the rise in the variants of the COVID-19 virus, coupled with the increase in COVID cases nationwide, Snohomish County took steps to stem the rise in cases by requiring everyone in the county ages f5 and up to wear masks in indoor public places beginning Aug. 12.

Several audience members spoke against the return to virtual meetings, saying it would contribute to decreased citizen and input and less transparency by the council.

► from BEST KEPT SECRET page 3

he knows sales and what customers want. They trade compliments about who is the boss. "She taught me pretty well," Mike said. "He's been instrumental," Victoria countered.

Thus was born Best Kept Secret where today's manufacturers' reps can sell their unsold samples, wholesale, and the store adds a 15% markup, passing great savings onto their customers.

Here's the thing. Best Kept Secret doesn't just refer to the store's location. It's a ver-

itable cornucopia for clothes lovers. Mike explains: "A retail store can only buy so much. Nordstrom, for example, might have 10 styles. We have hundreds."

The couple calls it a "clothing buffet." They have active wear, everyday casual, and casual dress attire for men and women. Besides clothing, they offer purses, shoes, jewelry, hats, belts and more. At 3,600 square feet, the store has plenty for shoppers to try on. It's so popular with some clothing buffs that they host private events like Girls' Shopping Night that include snacks and swag bags.

And, since some manufacturers' samples

don't sell, that means Best Kept Secret also offers one-of-a-kind items, just like specialty stores on Rodeo Drive. But rather than princely Beverly Hills prices, you're paying wholesale – or less.

New styles arrive almost weekly. "It's like Christmas 52 weeks a year," Mike said.

Because new items are arriving all the time, Best Kept Secret is as current on styles, if not more so, than the retailers. When COVID hit, for example, shoppers started looking for active apparel. Best Kept Secret has plenty of choices. "But we offer a range of fashions, for men and women," Virginia said.

Right now, Best Kept Secret is having a clearance sale until the end of August, with prices up to 50% off. Women's sizes range from 4-10; shoes are generally "7-ish" Men's sizes range from medium to large; shoes are "9-ish."

Best Kept Secret is located at 3616 South Road, #B-2, Mukilteo, right next to Gymnastix Gymnastics. They're open 10-5 Wednesday through Saturday. For more information, call 425-822-6600, email info@mukilteosamplestore.com or visit their website at <https://mukilteosamplestore.com>.

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Registration for Creative Retirement Institute starts Sept. 1

Registration for Creative Retirement Institute's (CRI) fall classes begins Sept. 1. CRI is the lifelong learning program at Edmonds College that has been around for almost 30 years. It offers non-credit, college-level courses at a modest cost. There are no exams or grades. Each term, a few hundred students enroll in 30 or so classes. Most students take two or more. Classes are currently taught using Zoom. The classes cover a broad spectrum of topics – from music to art to literature to science to current world issues. They are taught by individuals who are well-versed in the topics that they teach; many are retired college professors. Information: www.edmonds.edu/cri. Here are two highlighted courses:

- **Miles Ahead: The Jazz Legacy of Miles Davis.** Taught by Brent Jensen. Miles Davis is perhaps the most influential musician in the history of jazz.

Over the course of a long career that began in 1945 and continued (with a brief, mysterious hiatus from 1975-81) until his death in 1991, Davis was a central figure in the development of cool jazz, hard bop, and



Photo courtesy of Brent Jensen

Brent Jensen will teach a class of jazz legend Miles Davis.

fusion. This course has video and audio examples of his music, as well as live musical demonstrations.

Jensen served as the director of jazz Studies and woodwinds at the College of Southern Idaho for 18 years. He wrote the text-

book, "Survey of Jazz Handbook," currently used at CSI and other colleges across the country. He is a professional jazz saxophonist who has performed and recorded with a wide range of jazz artists. In 2002, his recording, "The Sound of a Dry Martini: Remembering Paul Desmond," charted at the No. 1 position on jazz radio stations across the country.

- **Great Museums of Amsterdam.** Taught by Rebecca Albani. This course will begin with a visit to the Rijksmuseum, the world's greatest repository of Dutch Golden Age art. The 17th-century Dutch Republic produced Rembrandt, Frans Hals, and Johannes Vermeer. The Van Gogh Museum is also featured. Albani received a bachelor's from the University of California, Berkeley, where she studied art history and Italian. She earned a master's degree in art history at Stanford University, and did research on 16th-century painting in Venice on a Fulbright Scholarship. She is a frequent and popular arts lecturer at the Frye Art Museum of Seattle.



Photo courtesy of Cascade Symphony Orchestra
Cascade Symphony music director Michael Miropolsky

► from **CASCADE SYMPHONY** page 6

and to fill it with the thrilling sounds of classical music," said Cascade Symphony music director Michael Miropolsky. Miropolsky noted that the first concert is being planned to be in compliance with existing health guidelines. "We will be staging a smaller than usual orchestra, but hope that we will be able to return to a full orchestra for later concerts." Opening night is Monday, Oct. 25, with a concert titled "Eternal Beauty" and featuring violinist Elisa Barston. That will be followed by the annual "Holiday Pops" concerts, this year featuring mezzo-soprano Cheryse McLeod-Lewis, on Sunday, Dec. 12, and Monday, Dec. 13. Concerts will follow on Monday, Jan. 10; Monday, March 7; and Monday, May 2. Each of the preceding performances will begin at 7:30 p.m. The annual Children's Concert, "Mother Goose," will be performed on Saturday, Feb. 5, at 3 p.m. "It is going to be a great season filled with

a variety of exciting music and distinguished soloists," Miropolsky said. "The Cascade Symphony is making plans to present a full season of in-person concerts, while abiding by all federal, state and ECA regulations in effect at the time of each of our musical events," said Rose Gear, CSO executive director. "Because of the uncertainty surrounding future health and public safety conditions, we are unable to offer season tickets for the 2021-22 season. Tickets will be made available on a per-concert basis to allow for the possibility of physical distancing of patrons in the auditorium.

"Past season ticket holders will retain their seat locations whenever we're next able to offer season tickets." Per person ticket prices are \$27 for adults; \$22 for seniors (60-plus); \$15 for students with an ID; and \$10 for youth (12 and younger). Tickets for the Children's Concert are \$10 for adults and seniors; \$5 for students with an ID; and \$3 for youth (12 and younger). Tickets can be purchased, starting Aug. 24, online at <https://bit.ly/2XzHEgR>, at the ECA (410 Fourth Ave. N), by phone (425-275-9595), and by email (boxoffice@ec4arts.org). The ECA Box Office is open noon-5 p.m. Tuesdays, Thursdays and Fridays. More info: cascadesymphony.org.

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WANDERLUST

Oregon's Rogue Valley is a feast for the senses

It's easy to fall in love with the Rogue Valley. This vibrant Southern Oregon locale has it all. It's a mecca for outdoor recreationists, nirvana for wine enthusiasts, paradise for foodies and a magnet for arts aficionados. And I could wax rhapsodic about the picturesque landscape. Wine takes center stage in the Rogue Valley. The area has become a top global wine destination due to its distinctive climate and soil, which provide ideal growing conditions for over 70 varieties of wine. It's home to more than 150 wineries representing four different regions.



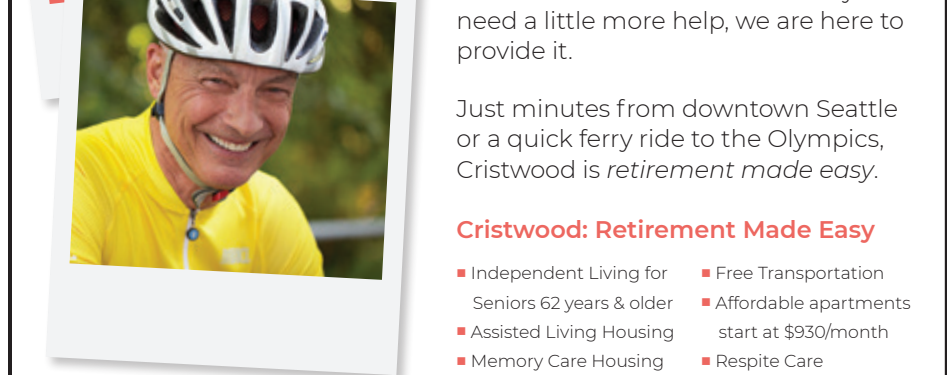
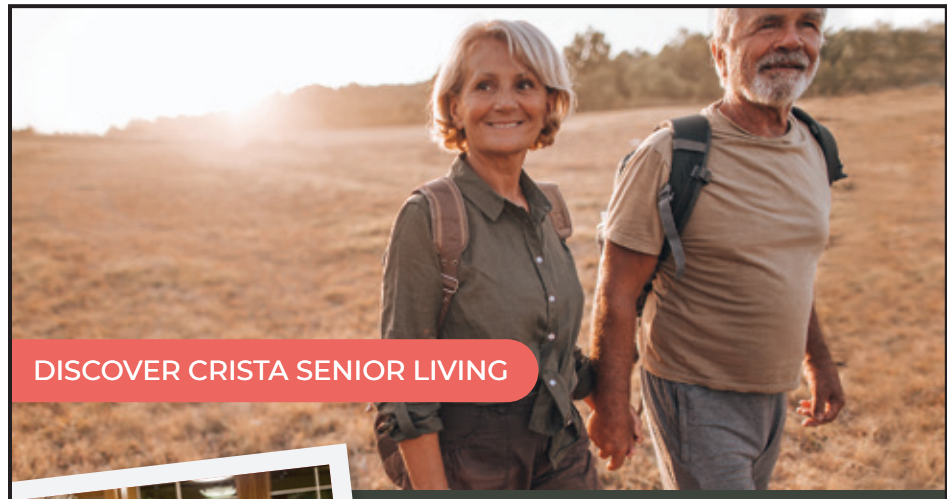
BY DEBBIE STONE
TRAVELSTONE@COMCAST.NET
TRAVEL WRITER

Vineyard hopping along the country back roads is a pastime for many locals and wine-focused visitors to the Rogue Valley. Even if wine's not your thing, though, it's hard not to appreciate the often-magical settings of these wineries. One of the most stunning locations is Irvine & Roberts Vineyards in Ashland. Situated on 80 acres, at the confluence of the Siskiyou and Southern Cascade Ranges, this higher elevation winery is widely recognized for its elegant Pinot noirs, not to mention its breathtaking views. Food plays a prominent role in the valley,

with restaurants, cafes, food trucks, farm stands and shops specializing in local, organic, sustainable and seasonable offerings. Rouge Creamery Cheese Shop is a treat for dairy lovers. For over 80 years, this acclaimed business has been creating hand-crafted cheeses, producing a whopping half million pounds annually. Blue cheeses are its piece de resistance, with its Rogue River Blue a World Cheese Champion in 2019-2020.

From the creamery, head over to Lille Belle Chocolates. The place has been in the business of making its own chocolates for the past 20 years. Think decadent bonbons and ganache, swoon-worthy caramels, rich truffles and unique bean-to-bars.

Photo courtesy of Debbie Stone



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How to help manage Pet Separation Anxiety



When left at home alone, pets can exhibit behaviors that could indicate they're experiencing separation anxiety.

Photo courtesy of Getty Images

For more than a year, working from home and keeping social circles small due to COVID-19 has meant people have been able to spend more time with their pets. However, as more Americans are vaccinated and restrictions loosen across the country, it's likely many are spending less time at home with their pets.

As a result, pet parents should be prepared to spot the signs of separation anxiety and help their pets manage.

When left at home alone, pets can exhibit behaviors that could indicate they're experiencing separation anxiety. It's not a new problem, but it can become more pronounced as pet parents begin to spend less time at home, whether they're returning to work full-time or just leaving the house more often.

It may be especially challenging for pets that found their forever homes during the pandemic, as being alone may be a stark contrast to what they've become accustomed to. In these cases, pets may struggle to learn how to cope with being by themselves.

To help pet parents identify separation anxiety in their pets and embrace alone time, consider these tips from Dr. Crista Coppola, PetSmart's consulting animal behaviorist and separation anxiety expert.

How to Identify Separation Anxiety

Changes in behavior are some of the most common indicators of separation anxiety. These behaviors are coping mecha-

see PET ANXIETY page 12 ►

SAVVY SENIOR

How to replace important documents that are lost or missing

Dear Savvy Senior,
Can you tell me what I need to do to replace a variety of important documents? Our house burned down a few months ago, and we lost everything including our home property deed, car titles, old tax returns, Social Security, Medicare and COVID vaccine cards, birth certificates, marriage license and passports.

— Stressed Seniors

Dear Stressed,
I'm very sorry for your loss, but you'll be relieved to know that replacing important documents that are destroyed, lost or stolen is pretty easy once you know where to turn. Here are the replacement resources for each document you mentioned.



BY JIM MILLER

Birth certificates: If you were born in the United States, contact the vital records office in the state where you were born (see CDC.gov/nchs/w2w/index.htm for contact information). This office will give you specific instructions on what you need to do to order a certified copy and what it will cost you – usually between \$10 and \$30.

Car titles: Most states offer replacements through a local department of motor vehicles office. You'll need to complete a replacement title application form and pay the application fee, which varies by state. You'll also need to show ID and proof that you own the car, such as your vehicle registration or your license-plate number and VIN (vehicle identification number). To get an application, go to DMV.org, pick your state, and print it or fill it out on the site.

Property deed: To access your house deed, contact your county clerk's office, where deeds are usually recorded – you may be charged a small fee to get a copy.

Marriage certificate: Contact the vital records office of the state you were married in to order a copy (see CDC.gov/nchs/w2w/index.htm). You'll need to provide full names for you and your spouse, the date of your wedding, and the city or town where the wedding was performed. Fees range from \$10 to \$30.

Social Security cards: In most states (except in Alabama, Minnesota, Nevada, New Hampshire, Oklahoma and West Virginia), you can request a replacement Social Security card online for free at SSA.gov/myaccount.

If you live in a state that the online service is not available, you'll need to fill out form

SS-5 (see SSA.gov/forms/ss-5.pdf to print a copy) and take it in or mail it to your nearby Social Security office along with a number of evidence documents that are listed on this form. For more information or to locate the Social Security office that serves your area, call 800-772-1213 or see SSA.gov/locator.

Medicare cards: If you are enrolled in original Medicare, you can replace a lost or damaged Medicare card by calling Medicare at 800-633-4227, or by logging into your MyMedicare.gov account. If, however, you get Medicare health or drug benefits from a Medicare Advantage Plan, such as an HMO, PPO, or PDP, you'll need to call your plan to get your card replaced.

COVID-19 vaccination card: Your first

see MILLER page 14 ►

HEALTH AND WELLNESS

Sleep – or lack thereof...

If you are like me and thousands of others in the United States, you have trouble sleeping. Some of us can't fall asleep, or we wake up, at what I call the "witching hour" at 3 a.m. I think that we all know that not getting enough sleep can have a detrimental impact on our health. It is important that we get enough sleep. But how to get that sleep eludes many of us.

One of the most important things is to figure out why we aren't sleeping. That can mean different things for all of us.

Some of the causes of sleep deprivation include behavioral, environmental, emotional, how one feels about sleep, substance abuse and physical health.

When someone comes to me to talk about having sleep problems, one of the first questions I ask

them is how is your sleep hygiene? They look at me a bit funny, but I am serious. Our bodies like habits and routines. We teach our bodies how to sleep. Generally, when we were young, we had very strict bedtime routines ... wash our face, brush our teeth ... and most importantly we went to bed and got up at

the same time ... this taught our mind the routine of sleep.

As we get older, we tend to mess up that routine. We do not go to bed or get up at the same time. We tend to check email, watch TV or play on our phones around bedtime. This teaches our brain that nighttime is a good time to be awake. Having a good bedtime routine is more beneficial in the long term than taking sleeping medication ... as your body can adjust to the medication.

It is also important to have a good sleep environment. It is important to have a quiet, dark, comfortable place to sleep. Make sure your room is not too hot or cold ... 60-67 is a good temperature to keep your home at night. Try to avoid having any light from electronics. The glow of an energy-efficient light bulb, computer screen, TV, or phone can stimulate the wake center of the brain. If you use your phone for an alarm, turn it face down or use a sleep setting for the clock.

Emotional distress or negative attitudes regarding sleep are probably the biggest problems that impact sleep. We have all stayed awake tossing and turning, either reviewing the day or thinking of tomorrow. When we do this, we activate the limbic

see REITAN page 12 ►

3 ways to ditch single-use plastic

Recycling is one approach for reducing landfill waste, but replacing single-use items with reusable alternatives is another way to tackle a growing environmental problem.

Plastic accounts for a significant share of landfill waste each year. In fact, according to the Environmental Protection Agency,

more than 91% of plastic does not get recycled. Plastics are among the top solid waste materials (behind paper, paperboard and food), and single-use items like bags, sacks and bottles, represent the largest segment of plastic waste.

These environmentally friendly solutions for swapping single-use plastics are steps that can help reduce landfill waste:

Plastic Bags and Containers

In virtually every retail setting, plastic bags are the norm for transporting purchased food and other goods. However, these bags, which are used just minutes or, at best, hours, take as long as 500 years to degrade in a landfill.

When shopping, fabric, canvas and woven totes are effective ways to bundle your purchases. Some even offer internal cubbies and sleeves to help keep items organized during your commute. When it comes to sandwich and other storage bags, washable silicone options give you the same convenience for packing in lunchboxes and saving leftovers.

Plastic Water Bottles

A study by the Beverage Marketing Corporation found that, excluding 2008 and 2009, bottled water volume has increased

see DITCH PLASTIC page 12 ►

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PRIMELIVING

A F O C U S O N T H E G O L D E N Y E A R S

► from DITCH PLASTICpage 11

every year from 1977-2019. Each person who chooses an alternative such as Brita water pitchers, faucet filters and reusable bottles over single-use plastic water bottles can remove up to 1,800 plastic water bottles from circulation each year.

“Unlike companies whose sole focus is to sell consumers bottled water, which is incredibly detrimental to the environment, costly and unnecessary, Brita has been focused on bettering our planet,” said Eric Schwartz, Brita general manager. “Recycling is simply not enough.”

Ultimately, the multi-use filter manufacturer is on track to eliminate 15 billion single-use plastic water bottles this year, working toward a 2030 goal of replacing 20 billion bottles a year.

Making the switch from single-use plastic water bottles provides other environmental benefits, as well, including preventing ozone depletion and eutrophication, which occurs when excessive rich nutrients in water negatively impact plants and animals.

Straws

With some of the nation’s biggest cities issuing bans and major food chains halting

their use, it’s a good indication that plastic straws are an environmental concern. While many experts acknowledge straws account for a large overall percentage of the garbage that makes it into landfills or the ocean, environmental advocates point out few straws ever make it to a recycling bin, and those that do are often so small they are filtered out of recycling machinery.

With multiple alternatives such as recyclable paper, reusable silicone or stainless steel readily available, it’s a simple step toward making a difference.

– Family Features

► from PET ANXIETYpage 11

nisms and can include excessive barking or whining, destruction near exit points or windows, having accidents around the house, hyper salivating, pacing, decreased appetite and depression.

To better understand what your pet is experiencing, consider setting up a video camera when you leave to see how he or she behaves when you’re not there.

Ways to Prepare Your Pet for Separation

Unpredictability has been shown to add stress for many animals, including dogs, Coppola said. Routines, however, can help many pets cope with stressful situations.

Because a vacation or long weekend getaway involves a change in your pet’s routine, these seemingly small changes can make him or her susceptible to separation anxiety.

If you know change is coming, slowly introduce your pet to the idea of being alone beforehand to help your four-legged friend prepare. Start by taking short trips outside your home without your pet – even if just for a few minutes – and consider leaving treats or toys to help make the alone time more enjoyable.

When you are ready to leave the house, set up a cozy, inviting space for your pet, where he or she can’t destroy items or get hurt trying to escape. Consider a non-carpeted area in case of accidents or install a doggie door to allow for going outside when necessary.

Prior to any period of alone time, mentally and physically engaging your pet by going for a walk or run, or working on quick trick training, can make it more likely he or she spends at least some of the time you’re gone resting.

While you’re gone, Coppola recommends providing your pets with enrichment activities such as puzzles, chews and calming aids like the Adaptil Calm On-the-Go Dog Collar. Calming vests like the veterinarian-recommended Thundershirt can also help pets transition.

Solutions for Coping with Anxiety

If your pet is excessively barking or exhibiting destructive behaviors, never punish him or her and avoid expressing disappointment or frustration, Coppola said. It is understandable to feel this way, but it can upset your pet further and add to the stress he or she may already be feeling.

Instead, spend time having fun together when you are home and consider an option like PetSmart’s Doggie Day Camp, which can help ease the transition by gradually introducing your pet to the amount of time left alone.

Learn more and find additional solutions to help deal with separation anxiety at petsmart.com/newnormal.

– Family Features

► from REITANpage 11

system of our brain ... this is what activates our emergency response and keeps us wide awake. When you are feeling stressed or anxious, try to get more exercise, meditate, or write in a journal. If this continues to

cause sleep disturbance, it may be a good idea to speak with a professional.

Negative thoughts about sleep, “I will not sleep through the night” or “I will never sleep well again,” affects your ability to sleep and can become a self-fulfilling prophecy. Instead, tell yourself, “I am taking positive

steps to get my sleep back on track,” or “I will likely sleep better tomorrow night.” Remember, it takes time to get back into good sleep habits, so try not to get discouraged.

Caffeine and wine can also impact sleep. Avoid caffeine in the afternoon and be aware of foods that may contain caffeine – chocolate for instance.

Many of us like a glass of wine in the evening, but it is important to know that consuming alcohol can impact your ability to sleep through the night. Alcohol doesn’t usually impact our ability to fall asleep, but it can impact our ability to stay asleep ... remember the “witching hour?”

If you are like me and have a difficult time sleeping, it may be a good idea to keep track of your habits, sleep patterns, alcohol, or caffeine consumption and exercise. Try to notice patterns and how they affect your sleep. And above all, don’t get discouraged. We all have times when we can’t sleep well, but you can get better sleep.

CROSSWORD

Puzzle Level: Medium


1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20								21						
22				23	24	25		26			27	28	29	30
31				32			33		34					
			35					36		37				
	38	39							40	41				
42						43								
44				45	46		47				48	49	50	
51						52		53			54			
				55			56			57				
58	59	60	61					62	63	64				
65						66					67			
68						69					70			


Puzzle by Myles Mellor

- Across**
1. Flushed
4. Banana-like plant
9. Spreads
14. Artist DiFranco
15. What a widow stands to inherit
16. Train's sleeping space
17. Biblical foes
20. As before, in footnotes (Abbr.)
21. Scintilla
22. Tar
26. Fertilizer type
31. "Catch on?"
32. Hopper
34. Old sailor
35. "Black-eyed" legume
37. Company trademark
38. Mexican restaurant duo
42. Ukraine capital
43. Traffic in holy things
44. Thing referred to
47. ___ en scene (stage setting)
48. Art degrees
51. More irascible
53. Route alongside a canal
55. Unassuming
57. Ocean voyage locale
- Down**
1. Transmits
2. Authorize
3. Split
4. Do sum math?
5. Part of a vamp's costume
6. Barley beard
7. Paper money of Ghana
8. About 1% of the atmosphere
9. Earth-shaped
10. Bouquet
11. Vintage
12. Giant Hall-of-Famer
13. Kids are asleep expression
18. Badges, e.g., in brief
19. Company known for its ups and downs
23. Covering
24. Weather map figures
25. Andalusian appetizers
27. Come from behind
28. Tumults
29. Roman garment
30. Type of boost or trip
33. Casual attire
35. Cat-like mammal
36. Acknowledge
38. Quote
39. Nazi leader
40. Nothing to write home about
41. For the second time
42. Set of parts and tools
45. British sailors, in slang
46. Charges
48. Some operatic voices
49. Dined at McDonald's
50. Ice fishing abode
52. Domain
54. Butter portion
56. Leg joint
58. Small dwelling
59. Yoko ___
60. Drug pushed by Leary
61. Noted Warhol subject
62. Commonly rented item
63. Petite
64. Like

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► from **MORE LETTERS** page 14

ing bloc in Edmonds,” Aug. 12.
The fact that three of the Edmonds City councilmembers have not been able to get any items on the agenda in 17 months indicates that not all of the citizens of Edmonds, no matter what precinct they live in, are currently being represented.

The citizens who voted for these three councilmembers have had their representation ignored by the other four members. As a city councilmember, my independent voting will be based on good policy, facts, science, data and, most importantly, residents’ input.

The people of Edmonds are at the top of the city’s organizational chart. This seems to have been forgotten by the majority of the current administration. They have felt hidden and muted from expressing their opinions to the council for over a year.

I have joined them in being vocal about our shared concerns and demanding accountability for council’s decisions. The fact that my campaign won 29 of the 51 precincts, shows that ALL of Edmonds appreciates a firm voice in opposition to partisan politics and outside influences.

We want to have our concerns recognized and resolved. As a longtime Edmonds resident and a business owner, I too have been disturbed by the pattern of voting that dismisses the people’s input.

As a city councilmember, I will put the people first; focus on good governance and policies; restore transparency and accountability in our government; protect Edmonds’ charm and single-family residential zoning (as the people have overwhelmingly stated they want in every neighborhood); and invest in our infrastructure, police and firefighters.

As the only nonpartisan candidate, I believe City Council is no place for partisan politics. Council must serve the people, focus on the basics of government, and allow all seven of the councilmembers to have input when making decisions for our city.

*Janelle Cass
Edmonds
City Council candidate
Position 2*

**Mayor, council
eroding Constitutional rights**

I really wonder where our country and our local community is heading.

I turned to a news outlet that reported that in Seattle the police department there, based on new state laws, had the right to access and investigate a police officer’s private communication and Facebook account.

The Supreme Court long ago ruled this kind of encroachment is an evasion of privacy and in direct violation of the right to privacy. The old law did provide for such encroachment if wrongdoing is uncovered and a warrant is duly issued, but not a blanket right to evade a police officer’s private life regardless whether he or she is guilty of anything.

No wonder we are losing police officers by the scores.

Here in Edmonds, where the mayor’s office and council positions are supposed to be nonpartisan, they have been taken over the left-wing Democratic party. In order to stamp out hate or discrimination, they have set up a reporting portal where citizens can accuse other citizens, and those making such allegations can remain anonymous – all outside the control of our police department and due process, violating your Fourth and Sixth Constitutional Amendments.

The Fourth Amendment grants every citizen protection of due process, and the Sixth Amendment grants every citizen the right to face his or her accuser, as well as cross-examine them.

The mayor, in a recent council meeting, said his portal outside the police department was necessary to protect undocumented persons from coming forward for fear of deportation. Of course, this reason is totally without merit, as Gov. Jay Inslee signed a bill into law in 2019 making Washington a sanctuary state, meaning police are not allowed to ask people their immigration status.

Our mayor ended the recent council meeting with a diatribe scolding those who referred to his unregulated reporting portal as communist in nature. He may be too blind to see it, but that is exactly what he and his four

disciples on the council are doing – they are eroding your Constitutional rights. If you don’t think so, wait until you find yourself on the mayor’s blacklist and are wrongfully accused.

Again, I’m all for a reporting portal for hate crimes and acts of discrimination, but it needs to be under the full control of the police department from start to completion, where everyone is afforded due process protections.

Not where records can be accessed by anyone making a public records request and defaming the persons on that list. Keeping a blacklist is anything but American. It’s what communist countries do.

*Ron Bussiere
Edmonds*





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"SHE SAVED MY LIFE"

Bothell resident Dawn R. had been experiencing the painful side effects of Peripheral Neuropathy, “my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life.” ... Then she met Dr.Heintze and her team at Starting Point.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. “How can you live for the next 30 years when you don’t even want to get out of bed to do simple things?”

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. “The way that I would describe it, it’s equivalent to walking on glass.” Dawn hadn’t worn socks in five years and was wearing shoes two sizes too big so that nothing would ‘touch’ her feet.

Unfortunately Dawn’s story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you’re unfortunate enough to be facing the same disheartening prognosis you’re not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You’re struggling with balance and living in fear that you might fall. Your doctor told you to ‘just live with the pain’ and you’re taking medications that aren’t working or have uncomfortable side effects.

Fortunately, four months ago Dawn read an article about Dr. Heintze and the work she was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications.

Dr. Heintze, founder of Starting Point Acupuncture & Wellness in Bothell, is using the time tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

“Now when I go to bed at night I don’t have those shooting pains. I don’t have that burning sensation. I don’t have pain coming up my legs,” Dawn enthusiastically describes life after receiving Dr. Heintze’s treatments. “I can wear socks and shoes!”

Dawn and her sister now operate a successful dog walking business, sometimes covering up to 5 miles a day.

“It’s life altering. As far as I’m concerned Dr. Heintze saved my life!”

Dr. Heintze has been helping the senior community for over 10 years using the most cutting edge and innovative integrative medicine.

Specializing in chronic pain cases, specifically those that have been deemed ‘hopeless’ or ‘untreatable’, she consistently generates unparalleled results. If you feel you are missing out on life, it’s time to call Dr. Heintze and the staff at Starting Point Acupuncture.

It’s time you let your golden years BE GOLDEN!

To learn more about how Dr. Heintze can help your peripheral neuropathy give our office a call today, (425) 375-7836, to schedule a consultation and to see if you are a good candidate for care.



Linda Sue Green Toskey 1940-2021

With her husband Bill beside her, Linda Sue Green Toskey died peacefully at home in Oro Valley, Ariz., on Aug. 8, 2021.

Born in November 1940 to Fred and Carol Green at Wright-Patterson Air Force Base in Ohio, Linda and her sister, Molly, along with their cocker spaniel, Blondie, spent most of their childhood in suburban Maryland near Washington, D.C., but her father's military career also took them to Wiesbaden, Germany, and Bagyo, Philippines. Linda graduated in 1958 from Suitland High School, where she was a cheerleader captain and yearbook editor, and then attended Frostburg State College. Across the miles and years, Linda and Molly remained very close and spoke weekly on the phone, sharing each other's challenges and triumphs, as well as their mutual love for antiques and fuzzy dogs.

While attending high school, Linda began corresponding with Bill Toskey, a West Point cadet from Oak Harbor, Wash., at the suggestion of a mutual friend. A year later, the two actually met and chose to continue their unusual courtship with letters and weekend visits between New York and D.C. Then, on the eve of her family's move to the Philippines, Bill asked Linda to marry him. She accepted and left the next day for Bagyo, returning shortly before their wedding on March 26, 1960, in Des Moines, Wash.

After a brief honeymoon, the newlyweds drove across the country and flew to Munich, Germany to start their life together. There, Linda and Bill formed many friend-

ships that have lasted a lifetime; the Munich friends still gather annually. In 1962, their first child was born, so they drove to Sweden to visit Bill's extended family for Christmas. What grew to be 61 years of marriage was off to an adventurous start!

Bill's career took the family many places, including all 50 states and several countries in Europe. They lived in Illinois, Washington, Virginia, Arizona, Kansas, Mississippi, Norway, Germany, and Alaska. Linda was a true "Army wife," able to make a comfortable home with every move, no matter the circumstances. She went out of her way to make sure everyone's needs were attended. While every place held special memories, living in Norway was uniquely impactful, and Linda and Bill continued to occasionally communicate with each other in Norwegian.

Linda was also very active in church leadership and ministries. She was the first woman to serve on the church council in Norway, and subsequently served as council president for four different congregations. Linda became increasingly involved in synod and national church leadership which led to her being an envoy to China for the Lutheran Church (ELCA) in 1981, making Linda among the first American women to visit China after its cultural revolution. Outside her home and church, Linda also devel-



oped a special talent for managing the front office in medical/dental practices.

After more than 35 years, Linda and Bill returned to Puget Sound in Mukilteo, Wash. where they lived for 23 years – the longest they lived anywhere, and hosted countless gatherings, which are fondly remembered for Linda's warm welcome and remarkable cooking. Linda also nurtured a beautiful garden full of blooms, birds, and butterflies. Then in 2017, Linda's love of sunshine and her special fondness for Tucson took them to Oro Valley, Ariz., from where they continued traveling across the country to visit friends and family.

Linda was famous amongst those who knew her for many things: homemade fruit pies, onion rings, fried chicken, and dill pickle coleslaw; a love of antiques and handicrafts, as reflected in her home decorating; her put-together appearance; her lifelong search for a good haircut; a penchant for "sharp, buzzy" beers; irrepressible back-seat driving; thoughtful handwritten notes; finding and sharing four-leaf clovers; dancing with Bill; her endless appreciation for mountains, birds and wildflowers; and her deep, abiding faith in God and love for all people. Her talent for homemaking, green thumb, love of nature, hospitality, hard work, grit, organization, thrift, humility,

temperance, honesty, courage, wit and wisdom, beauty, and kindness will live on in the example of gracious womanhood she modeled for her children and grandchildren.

Linda is survived by her husband, Bill Toskey of Oro Valley, Ariz.; her children and their spouses: Kim Toskey and Peter Catterall of Mukilteo, Wash.; Eric and Shawn Toskey of Fulshear, Texas; Pete and Julie Toskey of Alpharetta, Ga.; and Mark and Ann Marie Toskey of Wasilla, Alaska; her sister and brother-in-law, Molly and Richard Bowser of Jacksonville, Fla.; her sister-in-law, Barbara Lobejko of Freeland, Wash.; and brother-in-law, Burnett Toskey of Sylmar, Calif. Also surviving are 10 grandchildren: Salena Crow, Logan Toskey, Cameron Toskey, Laurel Toskey, Elsa Toskey, Colton Toskey, Anya Toskey, Carson Reed, Ivar Toskey, and Maya Reed; and six great-grandchildren: Mason, Hudson, Coen, Aleah, Johnny, and Iris; as well as four nieces and two nephews: Linnea Van Tassel, Bev Pye, Laura Kniss, Leslie Dammeier, JR Bowser, and Mike Wachtler. She was preceded in death by her parents; her half siblings, Fred Green and Gretchen Talley; and her brother-in-law, Ken Lobejko.

Friends of Linda and the Toskey Family are invited to her memorial service on Saturday, Sept. 4 at 2 p.m. at Pointe of Grace Lutheran Church in Mukilteo; also available via live broadcast: https://www.youtube.com/channel/UCuKeMI798HMDwNrQM_nu_6Q. A Celebration of Linda's Life will follow at Rosehill Community Center at 4 p.m. Memorial gifts in lieu of flowers are directed to Pointe of Grace Lutheran Church: <https://pointeofgrace.org/>

Elizabeth Lashbrook: 1927-2021

Elizabeth (Betty) Frances Brudereck Lashbrook passed away peacefully Aug. 7, 2021, at her residence in Edmonds following a brief illness. Her family and friends were with her when she passed. She was 93.

Born Oct. 10, 1927, in West Reading, Pennsylvania, she was the first child of Arthur Emil Brudereck and Helen Esther Brossman Brudereck. She graduated from Shillington High School and went on to earn a bachelor of arts degree in textiles from Drexel University.

On May 14, 1955, she married Robert (Bob) Vern Lashbrook in Washington, D.C., at the National Presbyterian Church. Bob and Betty moved from Virginia to California with their three young children in 1963.

A longtime resident of Ojai, California, Betty moved to Edmonds in 2011 to be close to family. She is survived by



her children Art, Ken, and Nancy, as well as five grandchildren, two step-grandchildren, two great grandchildren, and one step-great grandchild.

Known to many of her friends as "Betty Boop" or "Madam Butterfly," Betty was a caring friend, artist, singer, performer, avid bridge player, florist, swimmer, adventurer, storyteller, and self-proclaimed chatterbox – a silly, inspiring, supportive, one-of-a-kind, force of nature and truly creative soul.

Her spirit lives on in the hearts and memories of all who she touched. Rest in peace, dear girl, and know that you have been and are deeply loved.

A private celebration of life is being planned for immediate family members.

Please share memories with the family at www.becktributecenter.com.

Dorothy Lee Williamson: 1917-2021

Dorothy Lee Williamson (nee Crow) passed away peacefully on Aug. 9, 2021, in Richmond Beach, at the age of 103.

Dorothy, known all her life as "Dodo," was born in Toppenish, Washington, on Nov. 16, 1917, to James William "Bill" Crow and Vinnie Winifred Coleman Crow, a pioneer family from the Bickleton and Mabton, Washington, areas.

In 1924, the Crow family moved from Toppenish to Seattle, and then to Edmonds in 1928, where they opened Crow Hardware, a fixture in Edmonds for many years.

Dorothy lived on Main Street in Edmonds for most of her life. Growing up, Dorothy and her brother David spent their childhoods working at the family hardware store, swimming at the Edmonds beach and diving off the pier for pennies tossed by ferry travelers.

After graduating from Edmonds High School in 1936, Dorothy went on to receive a teaching degree from Central Washington College and, shortly thereafter, married her high school sweetheart, Melvin Yost, around 1941.

Sadly, Dorothy was widowed when Melvin lost his life to friendly fire during an Air Force training exercise out of Honolulu, Hawaii, during WWII.

Dorothy found love again, and was married to Harold R. Williamson of Ballard in 1946, and became mother to five-year-old Gary Williamson. In 1947, Harold and Dorothy welcomed their second son, James R. Williamson.

In her early career, Dorothy taught school, and worked with her family at Crow Hardware. She later went on to become a school secretary at Snoline and Beverly elementary schools in the Edmonds School District. It was a job she loved, and the children and the staff loved her.



Dorothy was a proud resident of Edmonds for more than 95 years. She was on a bowling team with her dear friends "Dot," "Deen," "Annie," and "Lulu" for many years, and was a longtime member of the Edmonds Cemetery Board.

Dorothy, for over 30 years, was also a regular at the Edmonds McDonald's for Monday coffee klatches. Recently, she loved her "coffee time" at the QFC Starbucks in Edmonds, greeting friends, reading the paper, and enjoying a hot cup of coffee.

She was known for her "Dodo rolls" cookies, cakes, and hosting family dinners. Dorothy was blessed with many close friends, past and present, who she cherished.

Dorothy was preceded in death by her first husband, Melvin Yost, her second husband of 51 years, Harold Williamson, her brother David Crow, and her son Gary Williamson.

She is survived by her son James "Jim" Williamson; her niece Gayle Crow Crawford (Blaine); great-niece Katie Crawford Duda (Nick); daughter-in-law Cheryl J. Williamson; grandchildren Peter Williamson (Cheryl) and Wendy Chamberlin (Tony); and great-grandchildren Kristian, Noah, Naomi, and Nathanael Williamson; and Sage and Thea Chamberlin.

Donations in honor of Dorothy can be made to: Foundation for Edmonds School District (foundationesd.org/programs/classroom-schoolwide-grants/); Edmonds Historical Museum (historicedmonds.org/join donate/); or the charity of your choice.

Arrangement and funeral information available on Beck's Tribute Center at www.becktributecenter.com.

Local firefighters resume mask-wearing amid delta variant

Snohomish County fire agencies say they are stepping up measures to protect firefighters and the communities they serve from a dangerous new wave of the COVID-19 pandemic.

The COVID-19 has killed more than 600 people and sickened more than 40,000 in Snohomish County. The Delta variant is creating a new threat that requires a new and urgent public safety response, said South County Fire spokesperson Leslie Hynes.

Following guidance from the Centers for Disease Control and Prevention (CDC) and

the Snohomish Health District, all fire personnel will resume wearing face masks indoors and in public settings. Fire stations are closed to the public, and fire agencies may take additional measures to limit public interactions beyond emergency services.

Firefighters will continue to wear extra protective equipment on emergency calls.

"COVID continues to change – and we need to change with it," said Mukilteo Fire Chief Chris Alexander, president of the Snohomish County Fire Chiefs Association.

Vaccine info: vaccinelocator.doh.wa.gov/.

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AUG. 10

SLEEPY TIME
Subject found passed out car vehicle with heroin and drug paraphernalia in his lap. Warning issued for possession of heroin. 21900 block Highway 99.

WAKE UP, SIR
Contacted male asleep or passed out in vehicle. Vehicle determined to be stolen and subject arrested. 8000 block 238th St. SW.

EAT AND RUN
Suspect ate at restaurant and left without paying. The suspect was not located. 8400 block 244th St. SW.

AUG. 11

STOLEN MOTORCYCLE
Motorcycle reported stolen from outside residence. 18600 block 92nd Ave. W.

STORE ROBBERY
Convenience store burglarized overnight. Video surveillance depicted similar suspect from other incidents. 1000 block Puget Drive.

AUG. 12

BRIGHT SHINING LIGHT
Resident reported a flashlight shining in window and male on property. Transient male carrying household items contacted but no crime was confirmed. 9200 block 240th St. SW.

ASSAULT
Resident reported being sexually assaulted by ride share driver. 21100 80th Ave. W.

AUG. 13

FLED
Male suspect stolen merchandise from store and fled. Suspect

located during area check and arrested. 21900 Highway 99.

COMPROMISING?
Subject applies for job through a third-party website and is concerned that personal information was compromised. 8900 block 238th St. SW.

AUG. 14

NOT GONE FISHIN’
Outboard motor and fishing gear stolen from boat parked in residence driveway. 600 block Fir St.

GETTING LOUD
Adult roommates arguing about their living situation. 7300 block 213th Pl. SW.

AUG. 15

PIN
Found debit card turned in for safekeeping. 200 block Fifth Ave. S.

BEAN TOWN
Resident received road toll bill from Massachusetts. Included photo showed Washington license plate that had been altered to avoid payment. 200 block Third Ave. S.

AUG. 16

FB-AY-AY-AY
Online retailer reported Edmonds resident attempting to order items to identify themselves as federal agent. All orders were denied. 1000 block Bell St.

ROCK TO CAR
Subject arrested for malicious mischief for damaging passing vehicle with rock. Warning issued for drugs found in their possession. 100 block W. Dayton St.

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▶ from **NO PAUSE** page 1

and employees names that he described as “unprintable.”

The portal quickly became a point of contention following Mayor Mike Nelson’s announcement of its launch.

At the July 27 City Council meeting, a number of citizens shared their thoughts on the portal, which ranged from logistical questions to vehement opposition and attacks on City officials, during a lengthy and heated public comment session.

At the meeting the following week, Councilmember Luke Distelhorst gave an impassioned speech in support of the portal.

In his mayor’s comments at the end of that meeting, Nelson criticized some of the members of the public who spoke during the prior week’s meeting, claiming that they had bullied and harassed certain City officials.

EDMONDS PORTAL page 19 ▶

▶ from **STUDIO TOUR** page 7

and funding from the Edmonds Arts Festival Foundation and the Edmonds Arts Commission Tourism promotion fund through the City of Edmonds’ lodging tax fund.

This year, select artists from the 2021 Edmonds Art Studio Tour will be hosting a preview sale of their works at the Edmonds Arts Festival on the plaza above the Edmonds Library.

Tour artists will be available to answer questions about their work as well as the tour, and well as selling their work. In addition, there will be live demonstrations of their techniques throughout the weekend. Proceeds from these sales will benefit both the Festival as well as the artists themselves.

From 2019: Joel and Lori Soderberg in their JLS Glass Studio. This year’s tour is Sept. 18-19.

Beacon photo by Brian Soergel



▶ from **HEART BY HEART** page 7

member of the original Heart, graduated from Woodway High School. The band also features original bassist Steve Fossen.

It was back in 2008 that Macek (who pronounces her first name “Summer”) met Fossen at a private party – Alan White from Yes and Roger Fisher from the original Heart were there, as was Jimi Hendrix tribute performer Randy Hanson – where she was asked to sing a few Heart songs. Fossen and Macek soon began performing as a duo.

“And we thought, you know, our family friends are like, Hey, I think you guys should take this a step further and actually get a band together,” she said. “So we came up with Heart by Heart.”

Fossen and Macek are now married.

On stage, Macek can pass as Ann Wilson,

and her pipes are suitably strong for classics such as “Barracuda,” “Magic Man,” “Crazy on You,” “Kick It Out,” “Dog and Butterfly,” and other staples.

“I’m going to do my own thing,” she said. “But when it comes to performing, I want to stay as true to the originals as I possibly can. Because that’s what I think brings people to the shows – to remember the songs. If I were not being true to the originals, that would not be good.”

Macek said she especially enjoys singing “Magic Man” and “Mistral Wind.”

“But there’s just so many. I don’t look at our setlist and go, Oh, geez, this one’s coming up. They all have their own uniqueness. They’re all about just belting out the song. It’s very physically and mentally challenging. At the end of the show, I’m exhausted.”

Macek, of course, says Heart’s music is

timeless.

Although this year’s Taste is for those 21 and over, she says she sees many in audiences who are teenagers and younger.

“The music has stood the test of time; the songs are being played in movies. It’s crazy. I’ll watch a show, and Stephen and I are freaking out. It’s really cool. After all these years, the music that he and Mike recorded is still big today.

“You know, I look at Mike and Steve on stage, watching them play like they haven’t aged a bit, musically. I mean, I think they’re playing better today than they did years ago. And I just have to pinch myself. I’m sharing the stage with these guys. And I never could have dreamt that.”

Taste Twenty-One musical lineup

Aug. 20

2:30 p.m. *One Love Bridge*, classic rock

tributes

4:30 p.m. *Heart by Heart*, Heart tribute

6 p.m. *Hair Nation*, hair rock tribute

8:30 p.m. *The Beatniks*, classic rock

Aug. 21

12:30 p.m. *Petty Thief*, Tom Petty tribute

2:30 p.m. *Prom Date Mixtape*, ’80s new wave hits

4:30 p.m. *The Infinity Project*, Journey tribute

6:30 p.m. *Washed in Black*, Pearl Jam Tribute

8:30 p.m. *The Atomic Punks*, Van Halen tribute

Aug. 22



12:30 pm. *Robbie Dee’s Tribute to Elvis*

2:30 p.m. *Mas Tequila*, Sammy Hagar tribute

4:30 p.m. *Whiplash Smile*, Billy Idol tribute

6:30 p.m. *Nite Wave*, ’80s tribute

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► from **EDMONDS PORTAL** page 18

cials and staff in connection to an unnamed council candidate’s campaign, presumably referring to Janelle Cass, who attended the July 27 meeting along with a group of her supporters and her campaign manager. Cass is moving on to the Nov. 3 general election, as is Will Chen, after defeating incumbent Distelhorst.

Amid all of this controversy, the council took a vote during the Aug. 3 meeting on a motion to pause the portal temporarily to allow for more examination and legal analysis of the reporting system. The vote ended in a tie, with one abstention.

Currently, the portal remains active on the City’s website.

One person in support of pressing pause on the reporting portal is Alicia Crank, who hopes to unseat Position 1 incumbent Kristiana Johnson in the general election.

At the end of July, Crank sent a letter to the editor to The Edmonds Beacon stating her concerns about the portal.

“Until a well-explained, justified, and executed portal for this information can be done,” she said, “it should no longer be in existence.”

There are definite holes in the process that need to be addressed, Crank said, speaking to the Beacon on Tuesday. “It should be put on pause at the very least to fix those issues.”

Crank said her main issue is the way the City executed the portal program. “If it had been executed in a different way, if it had been communicated in a different way, maybe I wouldn’t have as much hesitation around it,” she explained.

At this month’s Diversity Committee meeting, held August 4, committee member and community activist Donnie Griffin also criticized aspects of the portal’s development and execution.

He voiced concern that the Diversity Commission is being connected to the portal in the public eye before members had the opportunity to discuss and do research to determine whether it’s a necessary and effective approach.

Griffin said he wishes that the mayor

would have consulted with the Diversity Commission before launching the reporting system.

“I like the mayor’s can-do attitude,” he said. “I do not like that it hasn’t been as inclusive as it could to the people who live and breathe these issues.”

Looking further into the reasoning behind the creation of the portal, Crank said, “No one seemed to necessarily build a why other than, ‘It just is.’”

She added that while the City officials did eventually elaborate on the driving forces behind the new program, the decision to make the portal and how quickly it was created still didn’t quite make sense to her.

According to Doherty, there have been a variety of incidents involving hate or discrimination in Edmonds. He said some of the examples came from conversations with citizens since these incidents were not criminal in nature and therefore not reported in any official manner.

One of these instances occurred downtown near the fountain, where a Black woman said she was walking down the street when someone yelled a racial slur at her as they drove by.

Doherty said that knowing about incidents of discrimination or hate can provide the City with a better understanding of issues that exist in Edmonds, and could lead to the creation of programs, policies, or other actions to address these problems.

However, Crank said she is concerned the portal could lead to false or unnecessary reporting.

She also criticized the lack of follow-up information the portal provides to those who submit reports. “The person reporting it, they might not necessarily feel any better about the situation because they don’t know where it went.”

She said the reporting process needs to be transparent and well-explained.

“If we can’t do that, and it leaves more questions and answers, then it comes off as more harmful than helpful.”

Crank said the execution of the portal was lacking. If it had been executed and

communicated to the public better, there would have been less pushback.

“People misinterpreted the portal from the very beginning,” said Doherty.

To prevent this from happening, Doherty said the City could have included more details in the brief news release that announced the portal’s launch, such as explaining that a general portal where citizens can submit comments and complaints already exists on the City’s website.

But he isn’t convinced that this would have changed things very much.

He attributed the intense negative responses, in large part, to KIRO radio host Dori Monson criticizing the portal on his show just a few days after it was implemented.

By telling his listeners that the new reporting system encourages citizens to snitch on others and will lead to witch hunts, and describing it as “communism” – without making any attempt to talk to those involved with the portal – Monson “fueled the fire” of misconceptions and outrage about the portal, said Doherty.

During the two hours of public comment during the July 27 City Council meeting, many of the residents speaking out against the portal did echo some of the comments made by Monson during his show, saying that the reporting system promotes neighbors snitching on neighbors, condemning it as being akin to systems used by communist and fascist governments, and expressing concern that it would put people at risk of being slandered or smeared publicly.

Several citizens also spoke out against the portal this past Tuesday.

Doherty added that a couple of days after the initial segment aired, Monson’s show reached out and asked if he would come on as a guest to talk about the portal. Doherty said he declined the request, explaining that he did not appreciate Monson discussing the topic on his show without contacting any City staff or officials, and only reaching out after the fact. He did provide the show with a prepared statement about the portal.

In response to the claim that the portal encourages people to rat out their fellow

citizens for any perceived offense or minor transgression, Doherty said, “That isn’t at all what we intended. We just intended to allow people to report things that are concerning to them or that happened to them because most incidents of bias, discrimination, or hatred go unreported.”

“It isn’t about jackbooting down the street to knock on people’s doors and say ‘Somebody complained about you.’”

Currently, the instructions on the webpage containing the portal state, in bold: “Please refrain from naming individuals in your information.” Doherty said this sentence was added in response to concerns raised after the launch. He claimed that the City never intended for reports to contain names, but that the original wording was somewhat unclear.

Doherty did acknowledge that there are currently no measures in place for the City to prevent people from including names if they choose to ignore the request not to do so. All submissions are entered into the public record and could be accessed through a public records request.

Doherty said that the City is open to suggestions of ways to improve or enhance the portal.

Meanwhile, Crank is standing firm in her opposition to the portal. However, she said some of the citizen comments July 27, such as comparing city government officials and staff members to Nazis, were unacceptable.

She said the intensity of the public response to the portal is a manifestation of building frustrations and anger that already existed for many in the community, and that while this does not excuse these comments, she does understand what has led up to them.

Crank said leaving the portal the same as it is now is not the answer, nor is eliminating it completely. Her hope is that everyone involved will start to approach with a greater level of levelheadedness and understanding.

“I wish that both, that all sides, could humble out a bit and take a deep breath and take a step back and listen to each other, instead of forcing their will.”



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► from **VIRTUAL CELLARS** page 1

want to do, which is basically make high quality wine accessible to our community,” (That included participating in Edmonds Summer Wine Walk Aug. 7.)

At Virtue Cellars, everything is created by hand, from the grapes to the bottle.

“We’re very much focused on wines that are built to showcase a vineyard’s uniqueness, as well as the varietals,” Kevin said. “But, for example, we’re doing three different syrahs this year from three different vineyards. And we’re very likely going to label all of them to the unique site that they were made from, rather than blend them back together at the end.”

Working with different vineyards can be a plus for a local winery.

“One of the cool benefits as a smaller winemaker in Washington is that you can make moves as you’re growing to get these contracts with some of these amazing vineyards as they open up,” Kevin said.

“And you’re not pigeonholed into producing wine that’s from one specific area, right? If you were to build an estate winery, it might be amazing, but you also need to produce the wine grapes grown on your site. But as a small guy, we can have the advantage of getting grapes from various vineyards.”

Those wines?

Virtue specializes in Bordeaux- and Rhone-style reds, but also produces whites and rosés. No artificial flavors, colors, or additives are used in producing the wines.

Getting their wine now isn’t that difficult. The Muellers have been selling their wines

through email, special events, and through their website. You can also pick up their wine at QFC in Westgate, Central Market in Mill Creek and Shoreline, and Thriftway in Shoreline.

In addition, Bucatini Italian restaurant on Edmonds Way sells Virtue Cellars wine by the bottle, and Bar Dojo at Five Corners features Virtue’s Sincerity Syrah.

The Muellers, as a local, small-batch winery, say that – in addition to online delivery – they deliver same-day delivery to doorsteps in the greater Seattle area, including all of Edmonds. Those outside the delivery area may pay \$5 to cover gas costs.

Although the tasting room has to wait awhile, Virtue already offers what it calls “tasting boxes.” Being offered Aug. 20 is a four-wine boxed set (Tranquility Rosé, Fortitude Red Blend, Authenticity Merlot, Charisma Cabernet Sauvignon) with a gourmet chocolate bar included. The cost: \$32.

The beginning

Kevin Mueller and Jakob Edens both grew up in Shoreline, graduating from Shorecrest High School in 1999.

“I was one of those people who was very interested in wine, but I never did anything about it,” Kevin said. That changed when, through a friend, he found a job at Structure Cellars, a small winery started in a Ballard basement by Brian Grasso and Brandee Slosar and now located in Seattle’s SoDo neighborhood.

He ended up working with Grasso for three years.

Although Kevin said he audited a few

winemaking classes at a community college, he gained most of his experience on the job.

“The community in Washington is very sharing and open in terms of the wine industry. So I’ve met at least 20 different winemakers through that connection and learned a bunch over the years through various connections I made while working at Structure.”

You could say that wine was a driving factor in his life.

On one of his first dates with his future wife, he did what a winemaker no doubt thinks beats dinner and a movie – any day.

“I took her on a fruit pickup run out to eastern Washington,” he said. “I don’t think she knew what she was getting into at the time. We spent the whole day there.”

An engagement followed.

“When I first met Kevin, he had one barrel,” Kathryn said. “He lived in this apartment or condo complex. On one of our first chats, he’s like, Do you like wine? And I thought to myself, What a funny question! Of course I like wine. At that time, with one barrel, I could have never envisioned this incredible life that we’ve built now.”

Loving Edmonds

Choosing Edmonds was not much of a surprise for the Muellers’ tasting room.

They live in Richmond Beach, but spend a lot of time – when not producing wine – in Edmonds with their three young children.

“I used to have a fishing boat with my Dad,” Kevin said. “Now we spend lots of time at the marina. We go into town all the time. We take the kids to the spray park,

Yost Pool, go to restaurants and the farmers market. So you know, we just love the neighborhood; setting up in Edmonds was a no-brainer.”

One day, while strolling downtown looking for possible vacancies, they passed by the future Main Street Commons, Mike McMurray’s two-building food and entertainment complex now under construction.

“We just gave him a call,” Kevin said. “The next day we were sitting down and talking to him for an hour and a half. His vision fits well with our focus; he’s super interested in really making the Commons a community-focused development.”

“Our business is aligned because that’s our goal, too, to make our winery community focused.”

That includes teaming with Scratch Distillery on a port-wine project at Salish Crossing for a possible event in November.

These are busy days for Kevin and Kathryn. They still have day jobs. Kevin, 40, works for a company doing server design and manufacturing for cloud-computing companies. Kathryn, 33, is a writer with Seattle Children’s Hospital.

Plus, three small kids.

“I’m just so excited to plant Virtue’s roots in Edmonds,” Kathryn said, “and have it be a place where people can swing by, and it’s really friendly and approachable. We really like what gives us passion, and what makes us happy. When people open a bottle of Virtue, they send us a picture with smiling faces. That’s why we do what we do.”

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was our job to keep it viable,” said Sneeringer.

“As we head into celebrating the 50th anniversary of the store, we can say it worked. We are so grateful to all the people who buy books from us – they have made it happen.”

Bear first joined the staff in 2007, and became

assistant manager in 2016. Sneeringer said Bear will carry on the work of Edmonds Bookshop to “sustain its place in the business community and regional bookselling ecosystem.”

“It is with great enthusiasm and deep respect that I am the lucky (and humble) next caretaker of this joyous community establishment,” Bear said.

Edmonds Bookshop’s reach and influence has expanded over the years, through author events, book clubs, partnerships with local schools, a website and social media presence, and sponsorships of local events.

“The Bookshop is part of the thriving regional bookselling scene, and we are very grateful for the ongoing support of our

many loyal customers and local businesses,” said Brewster, who writes the Fresh Reads column for The Beacon.

Brewster said he will continue to occasionally contribute columns as time and interests allow.

“We look forward to many more years of serving our community.”



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