

Auburn

MAGAZINE

FALL 2023

In This Issue

#Squadgoals

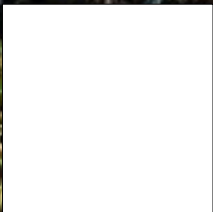
Page 6

Giving hope to
individuals facing
homelessness
in Auburn

Page 13

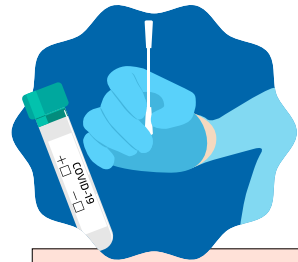
Community Court
in Auburn

Page 16

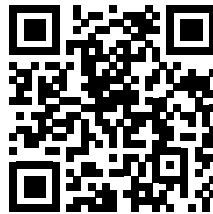


FREE COVID-19 TESTING IN AUBURN

2701 C St SW, Auburn, WA 98001
Monday-Saturday | 9:30am-4:30pm



REGISTER ONLINE:
bit.ly/free-testing-auburn



If you have symptom(s) or you have been exposed to someone with COVID-19 within the past 14 days, get tested immediately!

Testing is FREE and available to anyone regardless of citizenship or immigration status.

Have questions? Contact our King County COVID-19 Call Center at 206-477-3977 (open daily from 8am to 7pm). If you need language assistance, we will connect you with an interpreter.

Public Health
Seattle & King County



UW Medicine
LABORATORY MEDICINE
& PATHOLOGY

Auburn MAGAZINE

FALL 2020

Auburn Magazine is a quarterly publication produced by the City of Auburn

EDITOR

Kalyn Brady
kbrady@auburnwa.gov

DESIGNER

Sarah St. George
City of Auburn
Multimedia Design



Did you know?

All cats and dogs residing in the city limits of Auburn require a pet license.

Every day pets are lost.

Licensing your pet provides yet another layer of protection in the event that they go missing.

License your pet today!
auburnvalleyhs.org

AVOID THE FINE!

Failure to license your pet per Auburn City Code 6.04.010 will result in a fine of \$50



4910 A St SE
(253) 249-7849
auburnvalleyhs.org



ON THE COVER: Have you seen them? Sculptures throughout Auburn are staying safe with face masks!

Fall is upon us! Time to get outside and enjoy the crisp cooler weather as the leaves begin to change.

Inside

City of Auburn Equity Program	3
#Squadgoals.....	6
New nature park finished on Auburn's West Hill.....	8
Grants are G-R-E-A-T for parks!	9
Remodeling and construction – getting started and disposal of materials.....	10
Giving hope to individuals facing homelessness in Auburn	12
Feature Capital Project: Auburn Way North and 1st Street NE Signal Replacement	14
Community Court in Auburn.....	16
Fall Leaves.....	17
Artist Spotlight: SiSeeNaxAlt.....	18
Essential and fresh food brought shoppers to the Market this summer	19
Auburn Symphony moves online for the remainder of 2020	20
Solid waste collection during ice & snow	21
South King County Senior Centers and Resources Hub Update	22
Auburn Parks, Arts & Recreation offers enrichment programs for youth this Fall	23
Serve Up Fire Safety in the Kitchen™	24
Moving forward with emphasis on MOVE for virtual fitness program	25
Upcoming events.....	26



Auburn Mayor & City Council



Nancy Backus
Mayor
nbackus@auburnwa.gov
253-931-3041



Claude DaCorsi
Deputy Mayor
cdacorsi@auburnwa.gov



Bob Baggett
Councilmember
bbaggett@auburnwa.gov



Larry Brown
Councilmember
lbrown@auburnwa.gov



James Jeyaraj
Councilmember
jjeyaraj@auburnwa.gov



Robyn Mulenga
Councilmember
rmulenga@auburnwa.gov



Chris Stearns
Councilmember
cstearns@auburnwa.gov



Yolanda Trout-Manuel
Councilmember
ytrout@auburnwa.gov

Official City Council MEETING SCHEDULE

City Council Meetings are held on the 1st and 3rd Monday of each month at 7:00pm

Council Study Sessions are held on the 2nd and 4th Monday each month at 5:30pm.

Meetings can be viewed live at auburnwa.gov/gatv.

CITY OF AUBURN EQUITY PROGRAM

In my role as the City of Auburn Equity Program Manager, my main focus is to support the City staff and its residents to collaboratively support the Inclusive Auburn Initiative and advance a sense of belonging for each and every person who resides, owns a business, and visits the vibrant City of Auburn. I am currently working to bring people together to make the city an even more welcoming, supportive, open and accepting place to live, visit and work. Everyone has a role in promoting diversity, instilling equity, creating and ensuring inclusion; making this a reality is everyone's job, and my role is to help guide that mission.

I have lived and worked in the City of Auburn for the last 15 years. As a long-term resident, I am committed to the present and future wellbeing of our city! This is my top priority. It is easy for me to express my commitment to diversity, equity and inclusion, as I have experienced racism, sexism, discrimination and economic disparity during my lifetime. My commitment is informed by my lived experiences as a black woman in America. It is truly frustrating to share your experiences and have people (friends, family, co-workers, even strangers), denounce, deny and attempt to minimize the negative impacts of systemic and structural racism because they do not recognize or understand it. Everyone has implicit biases, which ultimately perpetuates racism and other forms of discrimination.

I am passionate about using my education, knowledge, personal experiences, as well as the lived experiences of our employees and community members, to help co-create inclusive and equitable spaces and workplaces where everyone feels like they belong. I am also an advocate for facilitating knowledge and engaging in courageous conversations that support employees in embracing and enacting the values of the City of Auburn and the core principles of diversity, racial equity, and inclusion.

There are a lot of conversations taking place right now, across our nation and across our City, about advancing diversity, equity and inclusion in a meaningful, intentional and strategic manner to improve the atmosphere for everyone. Therefore, I see my role as providing support, guidance and accountability on how to foster trust and inclusion with our ethnically and linguistically diverse communities. What those of us engaging in equity work have learned is when we remove systemic barriers for race, that all other underrepresented groups benefit. Here at the City of

Auburn, we will start by creating and establishing an equity "Lasik" (equity lenses can be taken off at any time; however, Lasik surgery is permanent) that will be used to review our existing policies, practices, procedures, budgetary decisions, laws and codes. We need to co-create, revise and implement policies, plans, practices, programs and services that are designed to meet the diverse and specific needs of our community. The good news is that we have City programs and effective resources, which are already in place to support the wellbeing of our residents and staff. However, it is imperative that we work together to seize opportunities to shape Auburn into an even more open, equitable, and inclusive city.

I realize that supporting the Inclusive Auburn Initiative is an ongoing process which requires everyone's time, financial and human resources, as well as a steadfast commitment to accomplish this beautiful vision of our beloved community. As a city, we have the opportunity, desire and obligation to achieve what we all collectively strive for—to be part of and thrive in a truly supportive, respectful, inclusive and equitable community where everybody feels honored, valued and dignified for their humanity. As City employees, we need to listen to our residents, we need to build and maintain trust, and we need to foster collaboration to ensure the success of the Inclusive Auburn Initiative.

I understand that addressing diversity issues in our community may be difficult and complex for some of our residents and our staff. This work is uncomfortable, yet it is through becoming comfortable with our own discomfort that we will experience breakthroughs, start to create real, long-lasting and sustainable change. It is my pleasure and an honor to serve the City of Auburn to accomplish diversity, equity and inclusion for each one of us.



Brenda Goodson-Moore
City of Auburn Equity Program Manager
bgoodson-moore@auburnwa.gov



City of Auburn DIRECTORY

Address

Unless otherwise noted, departments are located at City Hall, 25 W Main Street

CITY OFFICES

City Attorney

253-931-3030

City Clerk

253-931-3039

Community Development

1 E Main St, 2nd floor
253-931-3090

Emergency Management

1 E Main St, 3rd floor
253-876-1925

Engineering Services

1 E Main St, 2nd floor
253-931-3010

Finance

1 E Main St, 2nd floor
253-931-3033

Human Resources/ Risk Management

253-931-3040

Innovation & Technology

1 E Main St, 3rd floor
253-804-5078

Maintenance & Operations

1305 C St SW
253-931-3048

Mayor's Office

(Mayor, City Council and Administration)
253-931-3041

Parks, Arts & Recreation

910 9th St SE
253-931-3043
auburnwa.gov/play

Police

340 E Main St, Suite 201
253-931-3080

Call 911 in case of emergency

Non-emergency:
253-288-2121

Public Works

1 E Main St, 2nd floor
253-931-3090

Records Clerk

253-931-3007

Solid Waste/Recycling Customer Service

1 E Main St, 2nd floor
253-931-3047

Utilities (Billing)

1 E Main St, 2nd floor
253-931-3038

OTHER NUMBERS

Auburn Golf Course

29630 Green River Rd SE
253-833-2350
auburngolf.org

Auburn Municipal Airport

(Dick Scobee Field)
400 23rd St NE
253-333-6821

King County District Court—South Division

340 E Main St
800-325-6165 ext. 59200

Mountain View Cemetery

2020 Mountain View Drive
253-931-3028
mtviewcemeteryauburn.com

Senior Activity Center

808 9th St SE
253-931-3016
auburnwa.gov/seniors

Valley Regional Fire Authority

1101 D St NE (Headquarters)
253-288-5800
Call 911 in case of emergency
vrfa.org

White River Valley Museum

918 H St SE
253-288-7433
wrvmuseum.org

HOTLINES

Code Compliance

253-931-3020 opt. 4

Graffiti Hotline

253-931-3048 opt. 7

Pothole Patrol

253-931-3048 opt. 1

Spills and Water Pollution

253-931-3048 opt. 8

#SquadGoals

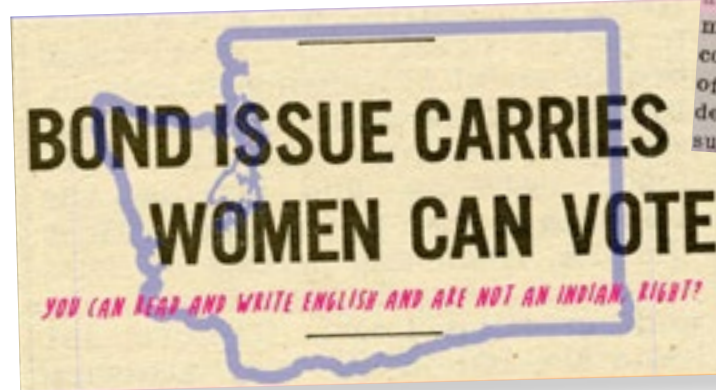
AN ONLINE SUFFRAGE EXHIBIT FROM THE WHITE RIVER VALLEY MUSEUM

The White River Valley Museum is celebrating the centennial of Women's Suffrage with a virtual exhibit experience.

#SquadGoals takes a look at the various tangled movements and strange bedfellows that led to the passage of the 19th Amendment. Just like the political movements of today, the Suffrage Movement had lots of outspoken characters – some were courageous heroes, some strict moralists, some were just plain racists. And like many of our current social movements, your allegiance could be directly associated with what you wore, how you chose to recreate, and even how you decorated your home. Suffrage was a lifestyle.

#SquadGoals approaches the Suffrage Movement through short blog posts on topics like: #feminists, #straightedge, #whatiwore, and #whiteprivilegesquad. You may find a few surprises in the comment sections as famous historic figures pop-up using their own words to weigh-in.

The exhibit features over eighty blog posts with artifacts from the Museum's collection, selections from period newspapers and books, and even a few memes!

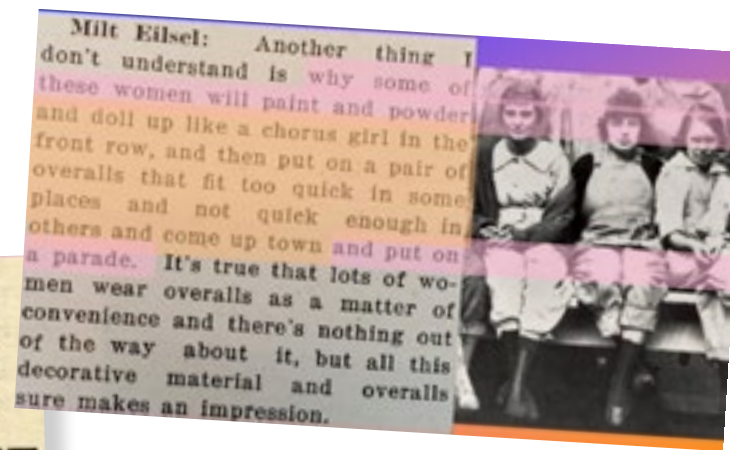


#NotForYou

WRVM Collection, White River Journal newspapers (1893-1915)

White River Journal, Nov 10, 1910

In Washington, women won and lost the right to vote four times starting in 1854, finally achieving their goal after approving a constitutional amendment by popular vote in 1910. This amendment still withheld voting rights from Indigenous people and anyone who couldn't both read and write in English.

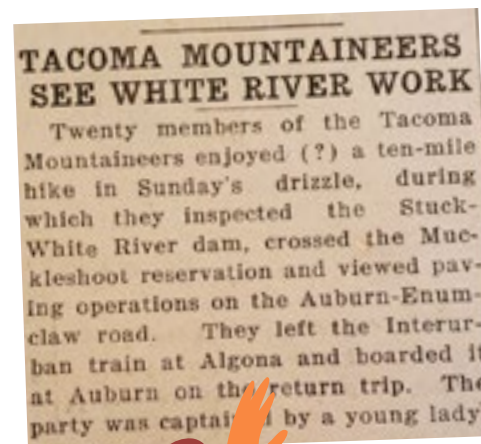


#WomenWhoHike

WRVM Collection, Auburn Globe-Republican, May 24, 1918

Tacoma Mountaineers work in White River, 1918

The Mountaineers, a Seattle outdoors club founded in 1906, had a significant number of women members. Women led many of their hiking and mountain climbing expeditions, including a highly publicized climb up Mount Rainier during the 1909 NAWSA convention.



#FreeRider

WRVM collection, PO-05289, Gift of Doris Ramstead

Women with Bicycle, c.1920

The New Woman was a fashionable feminine ideal that emerged during the Progressive Era. Popularized in plays and novels, the New Woman was an active, liberated, independent woman who went to university, pursued a career, and pedaled herself around on her own bike while wearing pants and looking great.

#WorkClothes

WRVM Collection, Auburn Globe-Republican, September 13, 1918; Photo: WRVM Collection, PO-00027, Gift of Rodger & Barbara Campbell

Women in Overalls op-ed, 1918

During World War I, women took jobs previously held by men. At the Auburn Yard, women railroad workers wore the same overalls the men did, including on their commutes to and from work. Women workers were considered patriotic during the war - but that didn't stop them being criticized or catcalled.

#TheBroCode

WRVM Collection

The Patriarch, March 12, 1910

Organizations that stood against temperance said that Prohibition was an intolerant stance that would take away civil liberties, and so they lobbied against women's rights. Saloon-sponsored newspapers like The Patriarch painted temperance supporters as cuckolds, effeminate, snakes, and antagonizers.



#EnglishOnly

8 WRVM Collection, 1992.0003.017, Gift of Mae Yamada

Intermediate English Grammar, 1904

The 1910 women's suffrage law in Washington may have given white, educated women the right to vote, but denied it to anyone who couldn't read and write English. Supporters hoped it would deter people they deemed "less intelligent" and recent immigrants from trying to participate in government. This language exclusion wasn't fully repealed until 1974.

Find the complete exhibit at:

wrvmuseum.org/squadgoals

#SquadGoals is part of the Washington State Historical Society's Votes for Women Centennial Grant Program with additional support provided through the City of Auburn and 4Culture.



WHITE RIVER VALLEY MUSEUM

White River Valley Museum is open Wednesday through Sunday 12-4 PM and the first Thursday of each month 6-8 PM

ADMISSION

Admission is \$2 for children 18 and under and seniors 60 and over. \$5 for adults, kids 2 and under admitted for free.

Museum members are always admitted for free. First Thursdays and third Sundays are free for everyone!

Visit the Museum's website,

wrvmuseum.org

for a full listing of upcoming events or follow them on

Facebook

(@wrvmuseum)

to always be in the know.

White River Valley Museum

918 H St SE

Auburn, WA 98002

253-288-7433

wrvmuseum.org

New nature park finished on Auburn's West Hill

There is a new park in Auburn!

Pete Lewis Lake Nature Park was completed earlier this year and it is turning out to be a great amenity for the residents up on the hill and beyond. This passive recreation area, named after former Mayor Peter B. Lewis, is a 9-acre gem that features beautiful trees, wildlife, and a two-acre pond.

In 2014, Parks staff and a landscape architect worked through the Master Park Planning process with the public to consider different park concepts.

Through public meetings and comments, the decision was made to keep the park in its natural state to the maximum extent possible. The forested park includes a quarter-mile gravel loop trail that encompasses the pond, a bench swing, picnic table, and a view point along the way. A small footbridge crosses a wetland area at the north end of the pond, which was built with donated labor from the Auburn Noon Lions Club.

In the essence of preserving nature and environmental stewardship, care was taken during construction of the park to avoid removing trees. The path meanders around cedars, native conifers, and alders under a mature tree canopy. At any given time, many different species of birds can be observed at the site including great blue herons, ducks, geese, song birds and the occasional raptor. Fishing in the pond is not great, but it is not uncommon to see neighborhood kids fishing for sun fish at the south end of the pond. (We hear that there are bass in the pond as well, but that could be just a fisherman's tale.)

Access is from the east side of the park along W Street where there is a small gravel parking area. From there, a short offshoot trail leads to the main trail around the pond. As with all parks in Auburn, if you visit Pete Lewis Lake Nature Park, please respect nature and the neighboring private property owners.



Former Mayor
Peter B. Lewis

Grants are G-R-E-A-T for parks!

RCO

EMBA

EPA

KCYS

Lots of acronyms get tossed around when talking about park development, but those acronyms equate to much needed access to state and local grant funding that supplements City of Auburn funding for new park projects.

This past spring and summer, the Parks, Arts and Recreation Department has submitted funding requests for several unique and exciting capital improvement projects.

The City currently has two grant applications under review through the Washington Recreation and Conservation Office (RCO).



The first of the grant applications, in the RCO Local Parks category, is a request for \$500,000 for a **Phase One development that would turn the Jacobsen Tree Farm property into a community park**. This approximate 30 acre site, located in Lea Hill, was acquired from King County through annexation in 2003. Phase One of the project, estimated to cost \$3.4 million, encompasses nearly 10 acres of the property and includes a great lawn for large gatherings and unstructured play, walking trails, a four-acre dog park, playground, restroom, parking and additional infrastructure. With this grant funding request of \$500,000, the maximum in this category, the remainder of the park development funds would come from Park Impact Fees, which are collected when the City issues a building permit for new development. The future Phase Two of the overall project will be constructed as funds become available, with plans for a large, lighted multi-use synthetic athletic facility that is expected to transform the park into a regional amenity.



A **pedestrian bridge across the White River that will connect Game Farm Park to Game Farm Wilderness Park** is the second grant funding request that is under review with RCO in the Trails category. The City is requesting \$500,000 in grant funds. The City's Parks and Public Works Departments are working together to design and construct the pedestrian bridge that will have a water main attached to the underside of the structure. Estimated to cost \$2.4 million, the 200-foot long pedestrian bridge is a bonus project for Parks that will be constructed on the shoulders of this much needed Public Works infrastructure project. The bridge will connect 5.5 miles of existing paved trails that includes the White River Trail and Game Farm Park. Parks grant funds will be used for trail connections, bridge approaches, and trail restoration, while Public Works will fund the majority of the overall project through an Environmental Protection Agency Drinking Water Program.

Earlier this year, the City applied for, and was awarded, a King County Youth and Amateur Sports grant (KCYS) in the amount of \$125,000 to construct Mountain Bike Tracks at Cedar Lanes Park in south Auburn.



The grant will be matched by Park Impact Fees to fund the project. The bike tracks, designed in conjunction with Evergreen Mountain Bike Alliance, will feature a 10,000 square foot asphalt pump track and a skills course. A pump track is a continuous circuit of rollers, berms, and jumps that loops back on itself, allowing a person to ride continuously. These tracks are all the rage right now because they are courses that bikers and skaters alike can enjoy and they are popping up across the region. The new tracks will add a unique amenity to the overall park system and also be used by the Recreation Division for the Teen Rec Riders Program that focuses on increasing physical activity, social and emotional learning, leadership development, and environmental stewardship for at risk middle and high school youth.

Remodeling and construction – getting started and disposal of materials

Remodeling and new construction for your home or business can be very exciting and rewarding but also somewhat confusing, especially when it comes to permitting and disposal of materials. Where to do you start? Do you DIY or hire someone? Do you need permits, if so, what kind and where do you get them? Where do you dispose or recycle the leftover materials? The following information will provide some direction on where to find answers to these questions.



D.I.Y. or hire a professional?

The size of your project and your skills as a designer and carpenter will determine whether you do it yourself or hire a professional. If you choose to take on the remodel or construction yourself, there are plenty of websites and YouTube videos to provide instruction and guidance. Home improvement stores also have designers and staff that can be helpful. If you choose to hire a professional (general contractor or construction services), take the time to make sure they are licensed and bonded and are registered with the Better Business Bureau (bbb.org).

Do you need a permit for your project?

Needing a permit depends on the type of project you are doing. It is always best to check with your local City government or with the County if you live in an unincorporated area.

Within Auburn city limits, start by going to auburnwa.gov. For residential projects, click on Residents (at the top of the webpage), then Permits, Licenses & Inspections. For commercial projects, click on Business then Permits & Licenses (menu on left). For both types of projects, you will find information on:

- Design standards, building permits and licenses
- Online permits (residential, commercial, electrical, septic tank, fire code, mechanical and plumbing) & project status
- Inspection scheduling
- Inspection types

Materials management – what do I do with it?

After the project is complete, many people wonder what to do with the old materials. Construction and demolition materials, also known as C&D, cannot be placed out for normal curbside collection. The following information is about how to recycle or dispose of the materials in the best way for the environment.

What is considered C&D?

This material results from construction, remodeling, repair or the demolition of buildings, roads or other structures. It includes (but is not limited to) wood, concrete, drywall, masonry, roofing, flooring, siding, structural metal, wire, insulation, asphalt, packaging materials related to construction or demolition. Some C&D is recyclable and some is not. Loads of C&D can be “mixed” or “source-separated.”

Mixed C&D materials: Consists of both recyclable and non-recyclable (garbage) waste. Loads with mixed C&D material generated in King County (outside of Seattle and Milton) from jobsites must be sent to a designated C&D material recovery facility or transfer station.

Source Separated materials: Consists of a single kind of recyclable C&D material that has been separated from other C&D materials at the site of remodeling, repair, construction, demolition, or land clearing before it is transported to a receiving facility.

Consider the cost. It may be easier and less expensive to divert your home remodeling waste or jobsite waste from the landfill than dispose of it. Sending materials for reuse and recycling often does not cost anything and recycling fees are generally lower than disposal fees. There are many reuse and recycling options available in King County.

For more information on determining project waste visit kingcounty.gov.

Secure your load!

Vehicles arriving with unsecured loads at public or private transfer stations in King County can be charged an unsecured load fee of \$25. This state law is strictly enforced. Vehicle-related road debris causes about 400 crashes and twelve million pounds of litter on Washington roads each year. Secured loads improve road safety and cleanliness.



Tip: If you have hired a contractor, make sure that you get a receipt for the recycle and/or disposal of your materials to ensure that they were taken care of properly. Illegal dumping is all too common and costs property owners and public tax dollars to clean up. Report illegal dumping on public right-a-way at auburnwa.gov, click on File a Report. If you live in unincorporated King County, call 206-296-SITE (7483) or toll free at 1-866-431-7483, TTY Relay: 711.



Residential material management (small, self-haul loads)

- Small loads of C&D materials are accepted for disposal at King County transfer stations.
- Customers using dump (tip) bed vehicles or dump trailers may not dispose of C&D at SWD transfer stations.
- Small amounts (less than 20% of load) of C&D materials that are part of a larger load of garbage will be accepted.
- Materials may not be longer than eight feet.
- Bulky items, such as concrete blocks, must be no greater than 2 feet by 2 feet by 2 feet in size and weigh less than 200 lbs.
- Loads of separated clean wood (not painted, stained or treated), clean cardboard, and metal are accepted locally at Bow Lake and Enumclaw transfer stations in any vehicle that meets the total length restrictions for the facility.
- If pulling a trailer, total length from bumper to bumper may not exceed 30 feet except locally at the Bow Lake and Enumclaw transfer stations, where a combined length of 40 feet can be accommodated.

Local Transfer Stations:

kingcounty.gov or call 206-477-4466.

Algona (garbage only)

35315 West Valley Hwy, Algona

Bow Lake (garbage & recycle)

18800 Orillia Road S, Tukwila

Enumclaw (garbage & recycle)

1650 Battersby Ave E, Enumclaw

For more information about C&D acceptance policies, contact King County Customer Service at 206-477-4466; or 1-800-833-6388 (TTY Relay).



Business & residential material management (large loads)

C&D loads that cannot be accepted at King County Solid Waste Division facilities must be taken to a designated C&D processor or designated C&D waste transfer facility in compliance with Ordinance 18166.

Local C & D Waste Facilities

(for non-recyclable materials):

Waste Management - Recycle Northwest

(Auburn), 800-963-4050

Local C&D Processor

(for mixed recyclable material)

DTG Enterprises

(Renton), 425-365-4264, dtgreecycle.com

A complete list of locations can found at kingcounty.gov.

Banned materials from the landfill

King County has banned some recyclable materials from the landfill such as clean wood (untreated, unpainted, or unstained wood that is not attached with other materials), clean cardboard, metal, (new) Gypsum scrap, asphalt paving, bricks and concrete.

For regulations regarding this ban and a list of products, please refer to King County Solid Waste Division Director's List of Readily Recyclable C & D Materials Banned from Disposal at a Landfill kingcounty.gov.

Wrapping it up

Whether you D.I.Y. or hire a professional, understanding the process can help make the project run smoother, cost less, be better for the environment, and end up a win-win for you or your business. Just remember to plan it out, do your research, create a budget ... and most of all, have fun!

UTILITY BILLING NEWS

Utility Payments

The COVID-19 pandemic has disrupted employment and business income for many in Auburn. We are available to work with residents and businesses on payment plans.

Please call 253-931-3038 for more information.

Senior Discount/Rebate Program

The City of Auburn offers reduced utility rates to seniors 62 years of age or older and customers who are permanently disabled and whose annual total gross income for all adults in the home does not exceed the HUD King County Very Low Income Level. Due to the COVID-19 pandemic, the application due date is extended to July 31, 2020.

Utility Senior Discount/Rebate applications and instructions can be found at auburnwa.gov/utilities. You can also request a mailed application by calling Utility Billing at 253-931-3038.



Giving hope to individuals facing homelessness in Auburn

On any given day, Kent Hay can be found, armed with a backpack, laptop and hot-spot enabled cell phone heading into the brush and vegetation throughout Auburn, ready to give new hope – and strong guidelines – to individuals facing homelessness in the community.

A twenty-year veteran of the criminal justice and social services fields, Kent joined the City of Auburn in early 2020 as its Outreach Program Administrator, focused on connecting unsheltered individuals with resources, but with a philosophy that leaves little room for excuses.

“It’s about treating people like people and making sure that everyone understands you don’t just get a pass because you have some things going on.”

Drawing on a background of work as a former probation officer at the Monroe prison, CPS case manager and intake officer at Overlake psychiatric hospital, among others, Hay centers his work around a three-pronged approach. Compassion. Community. Accountability.

“The compassion part is really where we have failed people because we haven’t put anything after that. We have let people down by letting them get acclimated to being homeless and that fans a flame of ‘this is as much as I deserve.’ Then all of a sudden, we expect people to get up and be a part of life again when they have forgotten how.”

Treating people as homeless, and providing them with resources that solidify that homelessness – tents, sleeping bags, stoves – creates an us versus them situation, says Hay.

“We need to focus on community where everyone is treated the same and that means that there are still rules and social guidelines that you have to be a part of.

We care. We want you to be a part of this community and we’re going to make resources available to you and guide you to getting out of this situation. If you don’t want to use those, that’s fine. But you can’t be in Auburn. Choosing to be homeless here is not an option anymore.”

Many times, says Hay, when encountering someone he will ask their story then apologize for how long they have been out there.

“There are people that have been out here for five or 10 years. We have done that to people, and we have to acknowledge that,” he says.

Hay says he finds that most individuals have a similar story about how they arrived at where they are today. Although the circumstances that led to being unsheltered are varied, nearly everyone describes a desperate effort to get out of homelessness but after repeated failed efforts, finally giving up.

“It’s hard to accept homelessness when you enter into it. It’s scary and you try your best to get out of it, but as time goes on



and you feel like you’ve done everything you can but doors keep closing, you just start to acclimate to it.”

Connecting the dots between the complicated system of resources is a challenge, even for someone who works in that field. Expecting people to be able to navigate that on their own with little or no resources at their disposal, makes it nearly impossible.

‘When I head into the bushes and make contact with someone, it’s not a, ‘Here’s my card, come find me at my agency and do an intake assessment and then we’ll get you assigned to someone.’ I am the intake. I am the agency. I am your case manager now. There is no ‘tomorrow’ or ‘here’s your appointment card.’ I pull out my laptop and we get to business. We don’t have time to wait.”

Providing tangible resources and the tools to access them, says Hay, brings accountability back into the equation – a key element in not only creating lasting change, but in bringing the community as a whole to the table to support these efforts.

“I think some people have struggled with supporting these efforts because the accountability has been missing. They wonder why they have to abide by the rules of society if we are giving some people a pass. Others say we should leave them along because of trauma or because they’ve had a hard life. But everyone’s had a hard life, and they didn’t get a pass.

When we create different rules for our unsheltered population, we stop treating them like humans. We are creating a different race of people that don’t have to fully participate in life ... and we wonder why there is such a divide on this issue. It’s because we’ve turned it into us versus them.”

The real work, says Hay, is taking the fractured approach that is being used now and transform it into the holistic approach that marries compassion and accountability in a way that creates lasting change for individuals.

“We want them to know that you can’t just camp in our parks. Those are for our whole community. You can’t build encampments on our trails. That’s not living. The work is getting them to see themselves as full people who deserve more than this, and that we expect that for them and are going to help them get there.”

Feature Capital Project

Auburn Way North and 1st Street NE Signal Replacement

Project Description

This project will replace one of the City's oldest traffic signal systems at the intersection of Auburn Way North and 1st Street NE. In addition to replacing the traffic signal that has exceeded its useful service life, this project will improve pedestrian and vehicle safety with upgrades to the curb ramps to meet the Americans with Disability Act (ADA) accessibility requirements and added traffic calming measures. Vehicle capacity will also be improved at this intersection by adding left turn only lanes in both directions of 1st Street NE approaching the intersection with Auburn Way North.

Project Benefits

Safety

Curb extensions (bulb-outs) are an industry standard for reducing vehicle speeds. Curb extensions also provide a larger pedestrian refuge area by increasing the distance pedestrians are from vehicle traffic and shortening the length of the crosswalks, reducing the pedestrian's exposure to vehicles.

Consistent Downtown Appearance

Constructing this intersection based on established aesthetic guidelines for the Downtown Urban Center (DUC) will give this downtown area a facelift and be consistent with other recently completed capital improvement and private development projects within the DUC.

Coordinating with Other Projects in the Vicinity

Auburn Way North is a highly used corridor by both vehicles and pedestrians. This area has, and will continue to see, an increase in public and private investments. Several current and future improvement projects are planned in the vicinity of the Auburn Way North and 1st Street NE intersection:

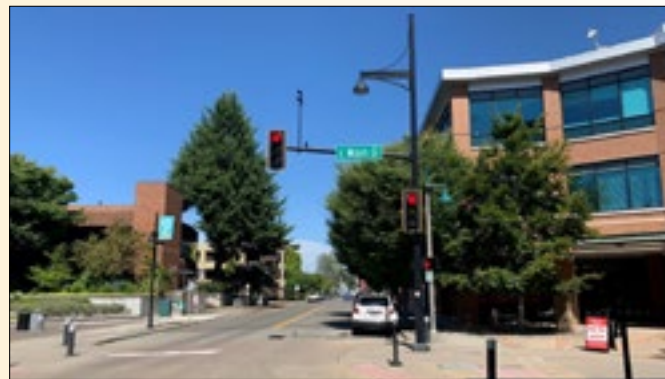
- Auburn Way North Preservation Phase 3 (CP1904) – Roadway preservation project that is currently in construction
 - Lead Service Line Replacement (CP1922) – Water utility improvement project that is currently being designed
 - King County Metro Rapid Ride – Currently in planning phase
- Coordination with these projects is ongoing. The goal of this coordination effort is to complete any improvements that would impact the new pavement surface associated with the Auburn Way North Preservation Phase 3 project (CP1904) before that pavement is in place. Although some impacts to the new pavement are inevitable, certain improvements have been expedited to minimize those impacts. For example, CP1904 will install underground electrical conduit and storm drainage improvements that cross Auburn Way North.

Proposed Improvements

The City has established specific design aesthetic standards for the Downtown Urban Center (DUC). These DUC standards have specific requirements for the type, shape, and size of material to be used. The main components of the intersection that will be unique include the traffic signal system, sidewalk paving pattern, street corners, and crosswalks.

New Traffic Signal System

The traffic signal poles will be special decorative style and powder coated black matching others in the downtown area that have been installed in recent years.



Sidewalk Paving Pattern, Street Corners, and Crosswalks

Sidewalks will be constructed using concrete with 2-foot by 2-foot scoring pattern and a light broom finish. The sidewalks surrounding the curb ramps at the street corners will be constructed using red brick pavers, and the crosswalk will be concrete with the same 2-foot by 2-foot scoring pattern as the sidewalk.



Traffic Calming

Curb extensions, known as bulb-outs, will be installed as a traffic calming measure. The curb extensions also allow more area to construct curb ramps that meet ADA accessibility requirements and allow for the installation of traffic signal poles within the existing City Right of Way, without needing to obtain property from surrounding properties.



Existing Condition

The existing traffic signal system is one of the oldest in the City and has exceeded its useful life. In addition, the curb ramps, sidewalks, and other pedestrian facilities are not ADA compliant. Signal poles are located in the sidewalk and do not provide adequate clearance for wheelchairs. Curb ramp slopes and the pedestrian signal systems also do not meet ADA standards and need to be replaced.



Project Costs and Funding

The estimated cost of this project is \$1.34 million and is fully funded by the City. The funds will be sourced from Arterial Street and Arterial Preservation funds as well as Storm Drainage Utility funds.

Project Schedule

The design of this project is currently underway. The City will complete the design and prepare for advertisement of the construction contract by the end of 2020. It is anticipated that the project will begin construction during the summer of 2021 and be completed by the end of the year.

For more information

For more information on this project, please contact Matthew Larson, P.E., Senior Project Engineer, at 253-804-5032 or via email at mlarson@auburnwa.gov.

For more information on other Capital Improvement projects, please visit the City's Capital Projects webpage at auburnwa.gov/city_hall/public_works/capital_projects or call the Engineering Main Line at 253-931-3010.



COMMUNITY COURT IN AUBURN

Planning underway for innovative court that strives to reduce crime and improve lives

By Judge Susan Mahoney

King County District Court (KCDC) and the City of Auburn are partnering to bring a community court option to Auburn. Community court is an alternative, problem-solving court for non-violent misdemeanor cases. It allows cases to be handled by referrals to community resources that address a defendant's underlying needs that likely led to criminal activity.

Re-thinking criminal justice

The criminal justice system traditionally seeks to reduce crime by punishing people. While fines or jail can be effective – and sometimes necessary – deterrents, they do not address the problems that many people struggle with that might have led them to commit crime. Such problems can include homelessness, extreme poverty, addiction or mental health problems. While not everyone with these challenges commits crime, community court provides an effective alternative for people who do. It holds defendants accountable while offering resources and support to build a better life.

How it works

An in-depth evaluation is conducted to determine what personal challenges the defendant faces and the types of services that could help them.

Community court still involves a judge and attorneys, but the defendant is connected with resource providers and community volunteers. They are provided encouragement and support to meet their goals through frequent court check-ins. This court model has been proven effective at reducing new crime.

Rather than continuing to make defendants who are struggling feel separated from their community, they are provided an opportunity to be a part of it in a law abiding and productive way. Community court participants are required to remain crime free, and often must perform community service to take responsibility for their crimes. If a defendant does not follow through with their commitments, their case is returned to traditional court.

Community court is only available to defendants who commit "quality of life" crimes such as shoplifting, minor in possession, trespass, etc. Other misdemeanors, as well as felonies, are handled in traditional court.

Community resource centers

Essential to the program is a community resource center co-located with the court. The resource center provides participants – and anyone else in the community – ready access to dozens of service providers that can help them overcome their challenges. Services include access to treatment, housing, transportation discounts, DSHS benefits, etc. A community resource center with so many vital services available at one time makes a significant difference for the entire community.

During COVID-19, physical resource centers cannot operate, but a virtual resource center is available for anyone to access by video or telephone.

Reducing crime

KCDC currently operates community courts in Redmond (opened March 2018) and Shoreline (opened January 2020). The Redmond program has seen great success and the resource center has been accessed by non-court participants from all over the region. Although it is too soon to prove what impact these courts have had on crime, data from other community courts show it is an effective way to reduce recidivism. For example, Spokane Community Court reduced the commission of new crimes within 12 months by 16 percentage points.

Saving taxpayers money

Community court can help taxpayers save money by reducing the need for costly jail services. Additionally, it helps lower crime costs borne by victims. For example, the Red Hook Community Justice Center in New York saved the community \$15 million in victimization costs.

Next steps

King County Community Courts are funded by the county's MIDD Behavioral Health sales tax. As with other local sales taxes, MIDD has been severely impacted by the COVID-19 Pandemic, but KCDC and the city are working to address budget and staffing challenges to meet a targeted launch date of early 2021.

King County District Court Chief Presiding Judge Susan Mahoney was first elected to the bench in 2010. A South King County resident, her prior legal experience includes serving as a King County deputy prosecuting attorney, assistant city attorney for Des Moines and attorney in private practice.



Autumn Leaves

Colorful leaves, crisp nights, the harvest moon rising over the Cascades. Then with the first windstorm of the season, all those colorful leaves are on your lawn, sidewalk, and driveway!

Time to get out the rake or leaf blower to clear leaves away... But where to put them?

NOT in the street!

Throughout the year, the City's street maintenance program sends a street sweeper to your neighborhood to keep leaves and debris from clogging the storm drains, minimize flooding, and prevent pollutants from running off into our streams and rivers. This year, the pandemic has limited our street sweeping resources so that we will only be able to sweep your area once during the fall. This means that we may not be able to remove leaves in your street until 2021.

But you can combat cabin fever, get some exercise, and help your community by putting your leaves into your compost pile or yard waste bin. Don't blow or sweep them into the street. Trim any low branches that stick out into the road or sidewalk. Use a rake to clear leaves and debris from storm drains near your home or business so that rainwater can drain easily. But don't ever try to remove a storm drain grate; they are heavy, and all that debris may clog the pipes, causing flooding.

For more information about the City's street sweeping schedule, visit auburnwa.gov, and type "sweeper" in the search box. It will show you an interactive map of when the street sweeper will be in your neighborhood.

Artist Spotlight SiSeeNaxAlt



Muckleshoot Tribal Member SiSeeNaxAlt, also known by her English name of Gail White Eagle, is a multi-faceted cultural leader and talented artist residing in Auburn. Having grown up in a different place and era when she felt “it wasn’t ok to be Native,” she always felt like she didn’t belong, and found herself struggling with drugs and alcohol in her young life. It was at a Native Treatment center in 1994 that she began to learn more about her Indian heritage, and reclaimed her identity as a “strong, resilient Native Woman.” Gail states that, “it was then I made the lifetime goal of learning anything and everything about my Culture so that I could share with others like me who felt like they didn’t belong in a Western Society.”

As a dedicated cultural learner and artist, SiSeeNaxAlt has been practicing traditional weaving and basketry techniques taught to her by many elder teachers for over 25 years. Working with materials ranging from red and yellow cedar, to cattail, sweet grass, nettle, and cedar roots, the artist has learned to integrate traditional weaving techniques into both traditional and contemporary items. Coast Salish Weaving traditionally consisted of harvesting, carding, and spinning mountain goat hair, specially bred wooly dog hair, cattail fluff, fireweed fluff and stinging nettle. Having worked with this technique for over 15 years, the artist also works with more traditional store bought materials, remarking how in today’s day we are “a little spoiled, and are able to go to a store and buy 10 skeins of wool to warp up our loom to weave a blanket, shawl, or regalia.” The artist works to both revitalize older styles of basketry, regalia and utilitarian items used in ceremonies, cooking, and everyday harvesting, and also design contemporary items such as earrings, bracelets, coffee mugs, vases, and headbands. She remarked that next on her artist to-do list are cedar facemasks and face shields.

As a teacher and cultural leader with the Muckleshoot Indian Tribe, SiSeeNaxAlt teaches youth, adults and elders in the techniques of basketry and weaving, and also in methods to source the materials, process, dye and weave with them. With a broad expertise and knowledge, the artist also teaches and guides others in how to harvest edible plants such as stinging nettle, camas, and wild berries, and shares her knowledge of processing salmon, smoking, and canning of many different foods. She has been a skipper of Muckleshoot Canoes for the last 10 years and helps train the canoe pullers using holistic methods.

The City of Auburn is currently underway working on an exciting Auburn Arts Alley, the area between the historic post office and the Auburn Ave. Theater. The project has led to a fruitful artistic collaboration between artist Kathleen Fruge Brown and SiSeeNaxAlt, with Fruge Brown drawing inspiration and design patterning ideas for her mosaics from SiSeeNaxAlt’s traditional and contemporary weavings as well as other Coast Salish designs. In addition to the mosaic patterning, Fruge Brown also designed the concrete bench with cast text of the Muckleshoot motto, “I am alive and strong” translated from *bəqəlš̓n̓tucid* into ten other languages most commonly spoken in the Auburn community. Having this prominent artistic representation and acknowledgment of the indigenous culture of this area is an essential way to honor Auburn’s history and commemorate its rich cultural diversity.

In addition to her commitment and talents shared through the Muckleshoot Cultural Center, SiSeeNaxAlt is a devoted mother of five children, grandmother to another five and soon to be six, and is on the Board of Directors for the National Native Basket Weavers Association and Coast Salish Wool Weaving Center. “My lifetime duty will always be to continue to carry my work in a good way for my people and to preserve, evolve and teach,” states SiSeeNaxAlt. Auburn is fortunate to have such a caring, artistic, and cultural treasure in our midst!

Essential and fresh food brought shoppers to the Market this summer

The Auburn Farmers Market opened its 12th season on Sunday, June 7. With vendors buzzing and customers anxious to get in, we opened the season with a whole new look and feel. Our Market Manager was hard at work staying up to date with the latest guidelines from King County Public Health (KCPH), adjusted the setup to maintain social distance and keep everyone safe.

By moving across the street to the other side of Les Gove Park, we were able to space out vendors according to KCPH guidelines. You’ll see ten feet of space between each booth, plus a fence around the Market, and a controlled entrance and exit. This allows us to maintain a safe number of customers inside the Market at any given time. Our modified market layout also encourages customers to follow a one-way traffic pattern while inside the Market. There are bright orange arrows to guide you through to the exit on the far side. Orange dots represent social distancing markers in front of each vendor booth, in case you need to wait in line. Similarly, there are dots outside of the Market in case a line develops. With such a wide area, we’ve only had a line once or twice this season. Customers are typically in and out of the Market in under 15 minutes.

Over the past 14 weeks, over 15,000 customers have visited the Market, almost all of them wearing masks per Public Health’s guidelines. Our customer, as well as vendor attendance, is down by about 50% but vendor sales remain strong.

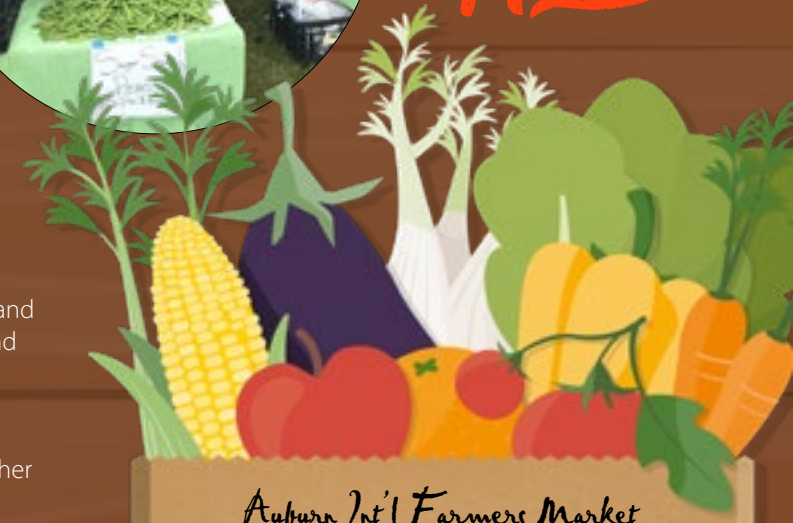
Vendors worked quickly to develop new practices to be as safe as possible while working with the public. On a quick trip to the Market, you’ll notice vendor’s have barriers to protect themselves and customers from spreading germs. They are wearing masks, gloves, and bagging your items for you, to reduce the amount of times something is touched. Despite COVID, individual vendor sales have either increased this season or held up to their sales from last year.

Our food assistance programs also reflect an increase in sales. Compared to 2019, our EBT redemption rate; the amount spent at vendor booths; has increased by 43 percent, or just under \$2,000. Similarly, our grant funded matching program has increased by 33 percent, or roughly \$1,600.

We are so glad to see the community coming out to shop at the Market and spending their additional EBT dollars on fresh produce and processed goods. We miss being able to have live entertainment and special events. We miss all of our volunteers and vendors that were unable to attend the Market this year. We hope the safety measures we are taking now will help stop the spread and keep those COVID numbers down. We look forward to the day we can celebrate together with live music and a lovely lunch in the park while bringing the community together at the Market. Until then, we thank all of our vendors, volunteers, staff, and customers for working together to help keep everyone safe. See you Sunday!



SEE YOU AT THE AUBURN
Farmers Market



Auburn Int'l Farmers Market



auburnfarmersmarket.org



Auburn Symphony moves online for the remainder of 2020

Due to the ongoing health concerns and regulations surrounding COVID-19, Auburn Symphony Orchestra will not be holding live concerts through at least December 2020. Throughout the Fall and Winter, the Symphony will professionally record chamber ensemble performances and make the videos available digitally.

Current subscribers to the 2020-21 season will be able to roll over their subscriptions to the 2021-22 season, donate their subscriptions to the orchestra to support the digital endeavors, or request a refund. The Symphony staff will reach out to subscribers in the coming weeks. Auburn Symphony already has a number of digital offerings patrons can enjoy from home. For Symphony Sundays, a different live recording is released from the archives each week with a video introduction from a member of the orchestra. Both audio and video links are updated weekly at auburnsymphony.org. The symphony has also been collecting education links to help students and anyone who is curious to learn from home. The latest content can also be found on the Symphony's social media pages.

Auburn Symphony Orchestra

Auburn Symphony will be monitoring the health guidance and will continue to evaluate how to bring music to the community while prioritizing health and safety.

ASO is committed to remaining creatively connected to the community. More information is always available at auburnsymphony.org or by calling the Auburn Symphony office at 253-887-7777.



Solid waste collection during ice & snow

Ice and snow can wreak havoc for garbage, recycle and yard waste collection. Roads become too dangerous for the large trucks to operate safely, especially on residential streets. Auburn's solid waste haulers are committed to safely collecting garbage and recycling as conditions permit. We appreciate your cooperation when weather conditions interrupt your regular service schedule.

Check the web for collection information

When severe weather conditions occur, collection information and updates are posted on the City of Auburn Garbage, Recycling & Compostables page as soon as possible at auburnwa.gov/solidwaste. Please visit the website to see if collection in your area will be delayed.

If collection is delayed for your area, please REMOVE carts from the collection area. If you are not sure, leave your carts out for collection until the end of the day. If they are not emptied, remove your carts and check the website for collection updates or call 253-931-3038.



Recovery plan

To keep containers accessible, please remove snow and extra material from around or on top of the containers. Materials will be collected as follows unless otherwise noted on the website:

Garbage	Compostables	Recycling
Up to twice the regular amount of garbage will be collected on your next regularly scheduled collection day the following week for no additional charge.	Up to twice the regular amount of yard debris will be collected on your next regularly scheduled collection day for no additional charge (the following week for Waste Management customers and in two weeks for Republic Services customers).	The next collection for recycling is on your regular collection day in two weeks. There is no charge for extra recyclables that don't fit in your cart.

How to set out extra materials

Please use plastic bags for garbage only. Follow instructions for recycle and yard debris below.

Extra Garbage	Extra Yard Waste	Extra Recycling
<p>Put your extra garbage next to your garbage cart.</p> <p>Maximum weight for extras is 60 pounds each.</p>  <p>32 Gallon Can Extra Bag</p>	<p>Put your extra yard waste next to your compost cart.</p>  <p>Bundles tied with fiber twine up to 4' long x 2' diameter. Max Weight 60 lbs.</p> <p>32 Gallon Can Kraft Paper Bags</p>	<p>Put extra recycling next to your recycle cart in a box or paper bag.</p> <p>Put extra recycling out the morning of collection so it stays dry.</p>  <p>Cardboard Box Paper Bag</p>



South King County Senior Centers and Resources Hub Update

King County Veterans, Seniors and Human Services Levy 2019-2023

Funding was received late 2019 for the newly formed “South King County Senior Centers and Resources Hub”. Hub partners include the Auburn and Pacific Senior Centers and the nonprofit Federal Way Senior Center/Food Bank located in unincorporated King County. The Hub’s purpose is to serve as the recognized resource center on aging services and provide support, outreach, connection, and social engagement for the diversity of seniors who live in suburban and rural areas of south King County.

The first step was to hire Resource Navigation staff (Social Workers) to assist seniors navigating through resources available in the county. The first Resource Navigator started mid-February, unfortunately, 3 weeks later, COVID-19 shut down Senior Center normal operation. Jennifer Hurley, Resource Navigation Program Coordinator and Senior Center Staff pivoted to develop remote programs and services in addition to providing outreach to vulnerable adults living in senior apartments.

The Governors’ COVID Stay Home Stay Healthy quarantine increased the already known health risks that accompany social isolation. Remaining socially engaged in community was no longer an option for older adults. Money from the grant was reassigned to provide food, essential hygiene supplies and wellness checks to the most vulnerable.

Key to the South King County Senior Centers and Resources Hub’s model is the ability to reach out to seniors who are socially or geographically (transportation challenges, physical



South King County Senior Centers and Resources

King County Veterans, Seniors & Human Services Levy

limitations) isolated. As part of our service model, resource navigators engage seniors both inside and outside of the partnering centers. The Resource Navigators serve south King County with time split between the Hub partners. The goal is to work with seniors to help them connect with resources and services to improve their quality of life.

An additional part-time Resource Navigation Specialist, Sarah ButlerWills, was hired in August. As the county begins to open in phases, the Navigation Staff have continued remote services and added one-on-one appointments at the Hub sites.

Now more than ever, vulnerable adults may need additional help finding the services they need. If you or someone you know (age 55+ or any age veteran) could benefit from working with one of the Navigators, reach out to us.

AUBURN

Jennifer Hurley, MSW, LIC
253-288-3146

PACIFIC AND UNINCORPORATED KING COUNTY (WEST HILL)

Sarah ButlerWills, MDiv & MS.MFT
253-294-3857

Auburn Parks, Arts & Recreation offers enrichment programs for youth this fall

Fall is just around the corner and Auburn Parks, Arts & Recreation will turn their focus to serving the community with COVID-adapted opportunities and experiences. You’ll find a host of offerings for youth programs (childcare, sports, and enrichment activities), as well as continued virtual offerings.

In early August, the department surveyed their customers and the community related to Fall recreation programming for youth. The result was that 73% of the survey respondents were interested in having their children participate in recreational programs that followed State and County guidelines.

The Auburn Parks, Arts & Recreation Department has been operating small-scale childcare and camps under the WA. State Department of Health guidelines for childcare through the summer. This fall, the Department will continue to offer a childcare option and will also be offering Fall Youth Programs under these guidelines, which allow for youth activities that help youth develop social, emotional, physical, and cognitive abilities as well as expanded learning opportunities.

Classes and programs offered this fall will include STEM programs (Science, Technology, Engineering & Math), sport clinics, dance, art, music,

drama and fitness options.

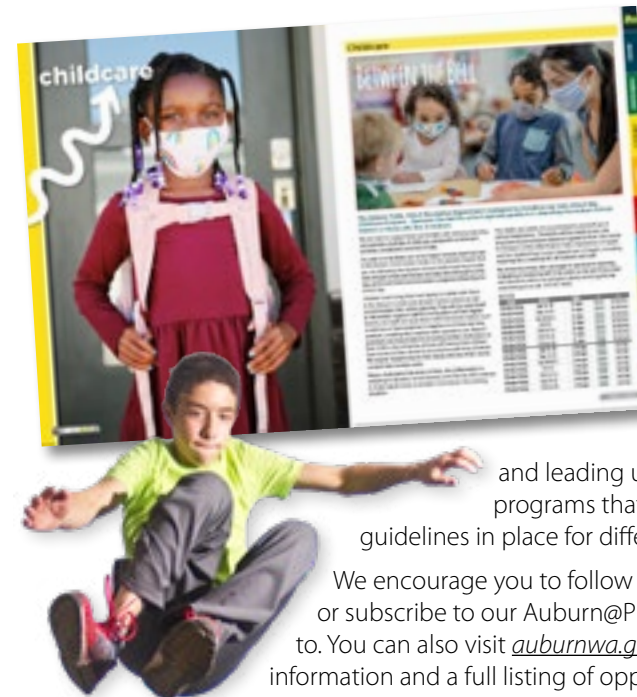
Hands-on History programs and Teen Writing Workshops will be offered at the White River Valley Museum. Additional programs will be offered for tweens and teens as well as a variety of virtual programming opportunities. A digital version of the Fall 2020 Recreation Guide can be found online at auburnwa.gov/play and registrations can be made online or by calling 253-931-3043.

Currently, King County remains in Phase Two of the Washington State Safe Start Plan. Recreation centers are allowed to open in Phase Three of the Safe Start Plan and leading up to that time, we will continue to evaluate the programs that we will be able to open in a safe manner given the guidelines in place for different activities.

We encourage you to follow us on Facebook at Auburn Parks, Arts & Recreation or subscribe to our Auburn@Play newsletters at auburnwa.gov/play to see what we are up to. You can also visit auburnwa.gov/play and auburnwa.gov/virtualrec for updates, registration information and a full listing of opportunities this fall.

Based on the Department of Health guidelines, here is what is being done to ensure the health and safety at all times so kids can recreate together!

- Curbside check in and health screenings mean only program participants and staff are in our building. Staff will walk participants to their assigned program space.
- Programs will only allow for a limited number of participants and are assigned designated space and restroom facilities.
- Hand washing and sanitizing is emphasized with all participants.
- Masks are required for all indoor programs.
- Social distancing protocols are in effect.
- Staff will wear masks as required.
- Program spaces are cleaned and sanitized with increased frequency.



Serve Up Fire Safety in the Kitchen!™

Each year the Valley Regional Fire Authority (VRFA) teams up with the National Fire Protection Association® (NFPA®) to promote Fire Prevention Week. This year's campaign is titled, "Serve Up Fire Safety in the Kitchen!" The campaign works to educate everyone about simple, but important, actions they can take to keep themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. In fact, almost half (44%) of all reported home fires start in the kitchen. In the VRFA service area alone, 36 cooking fires occurred in 2019.

"We know cooking fires can be prevented," said Lorraine Carli, NFPA's vice-president of outreach and advocacy. "Staying in the kitchen, using a timer, and avoiding distractions such as electronics or TV are steps everyone can take to keep families safe in their homes."

The most important step you should take before making a meal is to incorporate safety into your recipe. Keep these simple tips in mind to prevent fires in the kitchen:

- Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- Keep anything that could catch fire (oven mitts, food packaging, kitchen towels, curtains) away from the stovetop.
- You have to be alert when cooking. You won't be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.
- Always keep an oven mitt and pan lid nearby when you're cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.

- If the fire grows beyond the pan and you have been trained, use an ABC or BC fire extinguisher. Remember to stand 6-8 feet back from the flames to prevent spreading the fire with the pressure from the extinguisher.
- If an oven fire occurs, keep the door closed and turn off the oven.
- Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.

In addition to these tips, make sure your smoke alarms are working and that you have a fire escape plan for your family. Thanks to generous donations from Costco and World Vision, the VRFA can offer free smoke alarms for those in need. For more information regarding fire prevention or smoke alarms, see the VRFA website at vrfa.org or call 253-288-5800.



Sparky® is a trademark of NFPA®

firepreventionweek.org

Moving forward with emphasis on MOVE for virtual fitness program

And so it is... time to move forward, with the emphasis on move! We've seen radical shifts to our daily routines and for many of us, our habits, through this time of COVID-19. Some have adopted new healthy habits, anything to keep up morale. Others, have let their healthy habits slip. And many of us still aren't sure how to adapt to this "new normal." As we've stayed home to stay healthy, we've lost the connections from our community that kept us on track. But now, more than ever, it is critical to continue working toward our wellness goals.

Building and maintaining a habit of exercise is proven to be beneficial for not only our health, but our well-being. In our current situation, stress and anxiety are at all-time high levels, but exercise works to combat these by increasing endorphins - those "feel good" hormones that help us relax and sleep, which in turn reduces stress.

COVID-19 will continue to impact how we go about our lives. That means it's time to adapt and try something new. This Fall the Auburn Community & Event Center will be rolling out Virtual Fitness Membership. While we continue to keep our distance physically, we can re-create in a new way the sense of community, connection and encouragement that has always been a part of Community Fitness. With a Virtual Fitness Membership you will be able to attend live classes in your own home. They'll be taught by the same instructors you know and love from "the old days"! There will be time built in before and after each class to ask questions of the instructor and chat with other participants in the class. Members will also have access to a library of recorded classes in the event that they're unable to attend a class. Equipment will be minimal and instructors will share ideas of commonly found items to serve as alternatives to equipment.

Virtual Fitness won't be the same as in-person classes. But it's time to start something new. Virtual membership will allow members the flexibility to take classes when they fit their schedule and when they don't. It will allow us to all come back together to build the team accountability that comes with group fitness. Because goals are always better with a buddy and we can all use those exercise endorphins! Let's take care together, let's move!

For more information on Virtual Fitness Membership visit auburnwa.gov/fitness.



Wednesday-Sunday in October | 12-4pm
White River Valley Museum

50¢ MUSEUM ADMISSION ALL OCTOBER LONG!

Help us celebrate 50 years of preserving and sharing history at the White River Valley Museum! Explore local history for only 50¢ per person during the whole month of October. Regular open hours only, does not apply to special events.



Wednesday-Sunday,
November 18 – January 3
12-4pm

White River Valley Museum

**FESTIVAL OF TREES: A CELEBRATION
OF COMMUNITY AND CULTURE**

Your new holiday tradition! Catch the spirit of the season with a festive display of trees at the Museum. Each tree is decorated by regional ethnic heritage groups with ornaments and décor that represent their cultural traditions.

This exhibit is made possible with funding from 4Culture.
Regular Museum admission applies.



Entries on view November 30 - December 14
Auburn Community & Event Center

GINGERBREAD HOUSE CONTEST

This contest is free to enter and free to view. Application deadline is November 4th. Any structure, real or imaginary is eligible for entry. Let's see what Auburn can build! Entry information at auburnwa.gov/events



SAVE THE DATE! Saturday, November 7

**55TH ANNUAL VETERANS
PARADE & OBSERVANCE**

Whether hosting a parade in person or celebrated in some other spectacular fashion – Auburn is committed to celebrating our Veterans, Active Military, Veterans Service Organizations and so many others. Eligible groups can register for the parade at auburnwa.gov/vetsday and spectators are encouraged to check back frequently to see how the event will unfold in November.

253-931-3043 | auburnwa.gov/vetsday



Programming is subject to change based on Washington State phased-opening guidance for King County as it relates to COVID-19.

take a look

at virtual recreation!

Announcing virtual recreation options with Auburn Parks, Arts & Recreation

While Auburn Parks, Arts & Recreation has a handful of in-person classes for youth and teens, we're also offering virtual recreation options for you to stay active and engaged until we can return to in-person activities.

Check out our Virtual Recreation website at auburnwa.gov/virtualrec. It's jam-packed full of great workouts, creative craft projects, community engagement options and more!

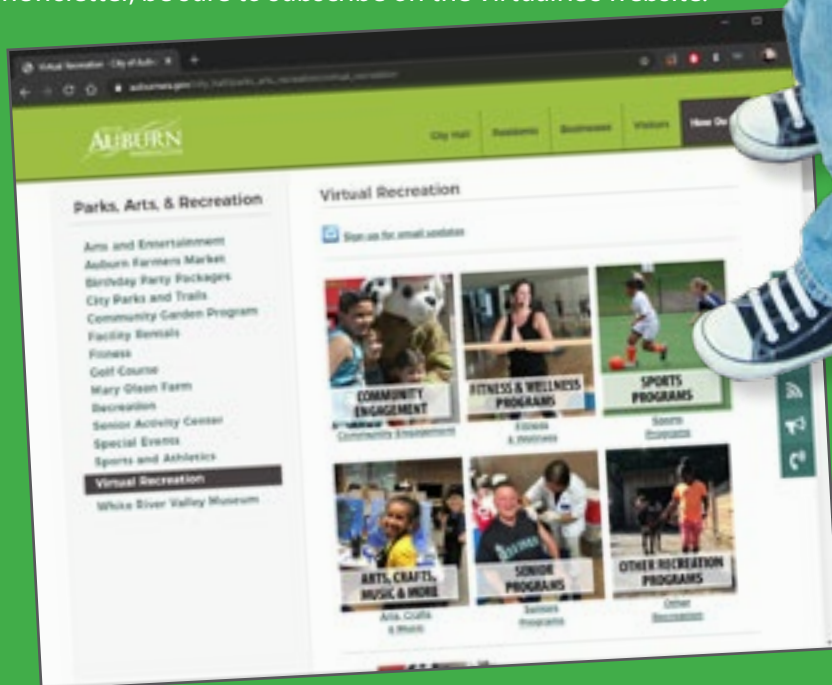
The website is continually updated with new workout options, fun craft ideas and exciting programs!

In addition to the new website, Auburn Parks, Arts & Recreation is sending a weekly e-newsletter to highlight some of these exciting virtual offerings.

The e-newsletter features direct links to workouts, children's activities, current community engagement options, senior programs and more. If you aren't already receiving the e-newsletter, be sure to subscribe on the VirtualRec website.

virtual

auburnwa.gov/VirtualRec



Don't miss out!



Follow Auburn Parks, Arts & Recreation on Facebook! Keep up with the current times, catch the great videos (Chicken Dance anyone?), park tips, hands-on craft ideas, and so much more.

@AuburnParksArtsRecreation

For a full list of activities, check us out!

Don't forget to subscribe to the e-newsletter and follow Auburn Parks, Arts & Recreation on Facebook and Instagram.

auburnwa.gov/VirtualRec