

Auburn

MAGAZINE · FALL 2023

Ashes to Ashes:
A tattoo shop's
revival...again

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National Night Out
Thank You Auburn!
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Auburn

MAGAZINE • FALL 2023

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

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Postmark Center for the Arts

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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

Office of Equity

1 E Main St, 2nd floor
253-876-1924

Parks, Arts & Recreation

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

Police

340 E Main St, Suite 201
253-931-3080
Emergency: 911
Non-emergency:
253-288-2121

Public Works

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

Records Clerk

253-931-3007

Utilities (Billing)

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

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

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 (HeadQs)
253-288-5800
Call 911 in case of emergency
vrfa.org

White River Valley Museum

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

Auburn Mayor & City Council



Nancy Backus
Mayor

nbackus@auburnwa.gov
253-931-3041



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Deputy Mayor

jjeyaraj@auburnwa.gov



Bob Baggett
Councilmember

bbaggett@auburnwa.gov



Kate Baldwin
Councilmember

kbaldwin@auburnwa.gov



Larry Brown
Councilmember

lbrown@auburnwa.gov



Robyn Mulenga
Councilmember

rmulenga@auburnwa.gov



Cheryl Rakes
Councilmember

crakes@auburnwa.gov



Yolanda Trout-Manuel
Councilmember

ytrout@auburnwa.gov

Official City Council MEETING SCHEDULE

City Council Meetings are held on the first and third Monday of each month at 7 p.m.

Council Study Sessions are held on the second and fourth Monday each month at 5:30 p.m.

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

Hello Auburn!

As we embrace the arrival of fall, we are reminded of the importance of looking out for one another and celebrating the rich tapestry of our community.

September is National Suicide Awareness Prevention Month, and I encourage each of you to check in on the well-being of your family, friends, and neighbors. Sometimes a heartfelt message goes a long way. That could be as simple as a phone call, a warm handshake, or a loving embrace.

September is also a time to honor National Hispanic Heritage Month, celebrated from September 15 to October 15. During this month, we pay tribute to the histories, cultures, and invaluable contributions of our fellow American citizens whose roots trace back to Spain, Mexico, the Caribbean, and Central and South America. This observance, established in 1968 and expanded in 1988, includes the significant dates of independence for Latin American countries such as Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua on September 15, as well as Mexico and Chile celebrating their independence days on September 16 and September 18, respectively. Furthermore, October 12 marks el Día de la Raza, falling within this 30-day period.

As you flip through this edition of the Auburn Magazine, I hope you take a moment to read through the cover story highlighting a wonderful local tattoo shop that has – literally – risen from the ashes. Twice! I hope you also read about the incredible new Postmark Center for the Arts downtown, which has undergone an amazing journey from post office to King County Public Health facility, to sitting empty for many years and now today, a thriving arts and culture center.

As you probably know, fall also means gearing up toward the Veterans Parade in November, one of the largest events of the year for our city. This issue we talked to a local veteran who helps organize the parade with the Auburn VFW. He's going to be celebrating loud and strong on November 11 – will you?

And let's not forget the true spirit of Auburn—our sense of community and compassion. As we move towards the colder months, I urge each of you to extend a hand of kindness to your neighbors. Together, we can make a difference and ensure that everyone in our community experiences the true warmth this city has to offer.

As your mayor, I am continually inspired by the resilience and spirit of Auburn residents. Let's embrace this fall season with open hearts, grateful for the beauty of our city and the bonds that tie us together!

With warm regards,

Nancy Backus



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

Get Ready to **ShakeOut!**

An earthquake could strike at any time. Are you ready?

It's a rainy Thursday in October. At 10:19 a.m. the day is in full swing in Auburn. Workers are contemplating another cup of coffee. In school, kids are settling in for a lesson or splashing in puddles at recess, while students at Green River College head to the library to study. Stay-at-home parents are running errands while their younger kids beg for treats from their perch in the shopping cart. The Quilt Club just sat down to meet at the Senior Center, while others are playing volleyball in the gym. Nobody knows yet, but everything is about to change.

Without warning, the ground begins to rumble and shake. People fall as the floor literally drops from beneath their feet. Drivers grip the steering wheel, trying to keep their vehicles under control as they watch the road in front of them rise and fall like ocean waves, cracks forming in the asphalt. Classrooms of students dive under their desks, just like they've practiced. Bottles, boxes, and cans on grocery shelves suddenly become projectiles, flung into the aisles where people are trying to shield themselves. As the earthquake rips down the Washington coast, the west side of the state shakes for almost five full minutes, but to the people riding the seismic waves it feels much longer. And if this is the first time they're thinking about what to do in an earthquake, it's already far too late.

That scene might seem like something out of a disaster movie, but it's an honest glimpse into what a large earthquake could look like not only in Auburn, but in seismically active areas all over the world. The good news is that getting prepared now can make a big difference when an earthquake actually hits. That's why you're invited to join ShakeOut, the world's largest earthquake drill! On October 19th at 10:19 a.m., millions of people around the world will practice Drop, Cover, and Hold On and learn how to stay safe before, during, and after an earthquake.

Before an Earthquake

Practice **DROP, COVER, HOLD ON.**

The Auburn School District hosts earthquake drills to teach students how to stay safe, but adults are less likely to practice.

Build a Kit. After an earthquake it may be difficult to get food, water, or other necessities, so the time to gather those supplies is *before* disaster strikes. Not sure where to start? Gather enough shelf-stable food and water to last for several days, a fire extinguisher, a flashlight, and a whistle and store them in a backpack or container that's easy to grab if you need to leave your house quickly.

Make a Plan. Create a household communications plan with an out-of-state contact. Decide on a place to meet if you're not together when an earthquake hits. Take first aid training or Auburn's Community Emergency Response Team (CERT) class so you know how to respond.

Protect Your Home. Storing your bowling ball collection right above your bed? Water heater tank not strapped to the wall? Tall bookshelf towering over the dining table? When people picture earthquake damage, they might think of a collapsed building, but it's actually the stuff in the building that might fall, fly, or break during strong shaking that presents the biggest risk to people inside. Walk through your living space and ask yourself, what could fall over? What could block an escape route? Is that something that can be fixed or moved before an earthquake?

During an Earthquake

DROP where you are, onto your hands and knees. This position protects you from being knocked over and reduces your chances of being hit by falling or flying objects.

COVER your head with one arm and hand. If you're near a sturdy table or desk, crawl underneath it for an additional layer of protection. If no

shelter is nearby, try to crawl next to an interior wall. Stay on your knees and bent over to protect your head and stomach.

HOLD ON until shaking stops. If you're underneath shelter, hold on to a table or desk leg and be prepared to move with your shelter if it shifts. If you're not under shelter, protect your head and neck with both arms and stay down until the shaking stops.

You might have to adapt to the situation. If you can't get down to the ground or can't get back up without help, these recommendations can help.

For people who use a cane, DROP, COVER, and HOLD ON or sit on a chair, bed, etc., and cover your head and neck with both hands. Keep your cane nearby so you have it after the shaking stops.

For wheelchair users, LOCK your wheels, COVER, HOLD ON. For walker users, try to get as low as possible.

Wherever you are, protect yourself. Protect your head and vital organs, and hold on until shaking stops before you try to move around.

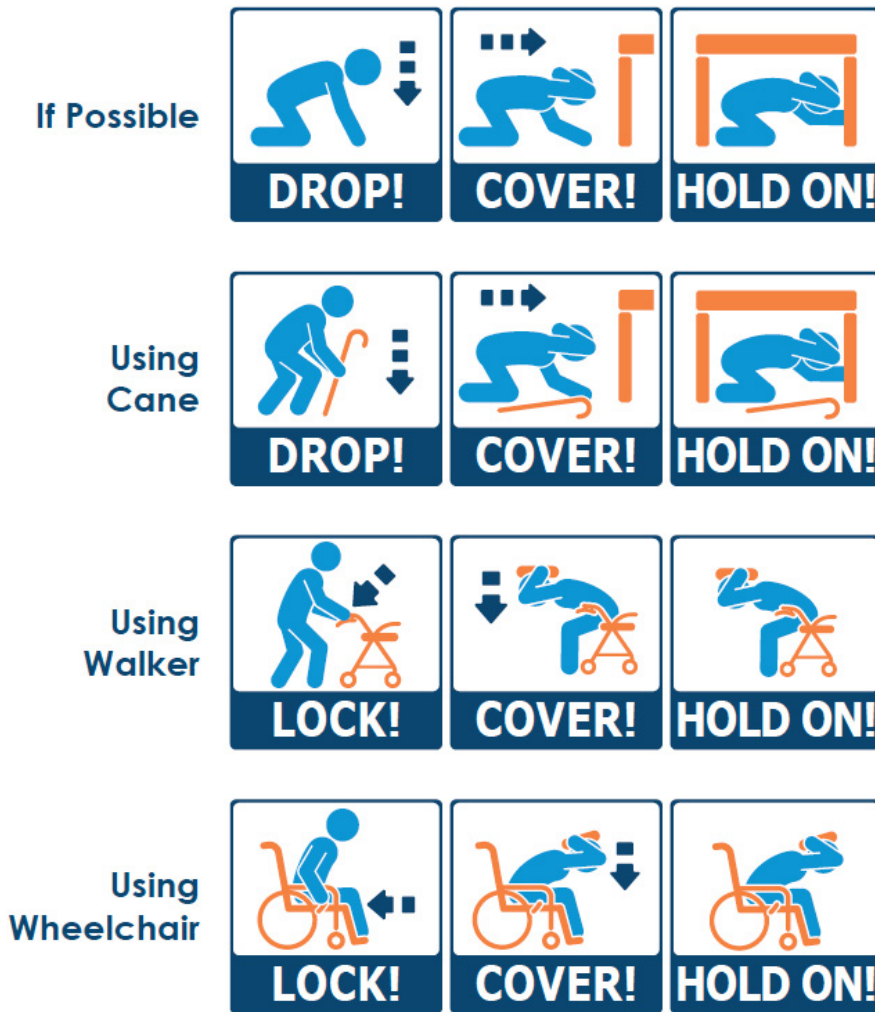
What Not To Do

DO NOT get in a doorway. We know now that doorways don't offer any additional structural protection during an earthquake, and in fact a door swinging during shaking might be even more dangerous to people standing in the way!

DO NOT run outside. Trying to run while the ground is shaking and moving is dangerous, you're more likely to fall and get hurt or stuck without protection if you try to move.

DO NOT believe in the Triangle of Life. This idea comes from a widely discredited chain email that recommends potentially dangerous actions that don't offer protection from falling or flying items. DROP, COVER, HOLD ON, is the best way to keep yourself safe.

If you feel shaking...



shakeout.org/dropcoverholdon

ShakeOut. Don't Freak Out.

Earthquake Preparedness Class

Date: Wednesday, October 18

Time: 6 – 7 p.m.

Location:

White River Valley Museum in
Les Gove Park, 918 H St SE

Price: Free!

Registration:

www.shakeout2023.eventbrite.com

Join Auburn Emergency Management for the world's largest earthquake drill!

Come learn about earthquake risk and local geology in Auburn, actions you can take to keep yourself safe when the ground starts to shake, and debunk some common earthquake myths.

This free class is taught by Karissa Smith, the City's Emergency Manager and self-proclaimed earthquake nerd.

After an Earthquake

The impacts of an earthquake aren't over when the shaking stops. We know that people may be hurt, our infrastructure might be damaged, and it may take considerable time and effort to get the community up and running again. After a large-scale earthquake, the City and first responders will start assessing damage and trying to help as many people as possible, but we can't do it alone.

- Expect aftershocks after the main quake. If you feel the ground shake again, be ready to DROP, COVER, and HOLD ON.
- If you are in a damaged building and can see signs of damage, go outside and move away from the building.

Do not enter damaged buildings.

- Know how to turn off utilities, including natural gas and water. Only turn off utilities if you suspect a leak.
- If you are trapped, try to send a text for help. If you can, try to bang or tap on a pipe or a wall to make noise. Yelling for help may tire you out quickly, try to use a whistle instead.
- Help people around you. People may need medical aid or need help if they're trapped. Learn how to help until help arrives. The City's Community Emergency Response Team (CERT) training teaches you these skills and more, visit auburnwa.gov/cert to learn more.

What's Next?

It may take a long time for our community to recover from an earthquake, and some things might never be the same. But the City is ready to help, and wants to help you get ready as well.

Imagine it's 10:24 a.m. on a rainy October Thursday. The earth just stopped shaking. Around you, people are hurt, roads are damaged, the power is out, and things aren't going back to normal anytime soon. Are you ready?

‘A Big Deal:’ This Vietnam War veteran will be loud and proud this Veterans Parade. Will you?



Tim Bailey remembers it well. The mornings spent counting helicopters returning from missions – it was his job to track how many had been lost.

The nights of sitting on his helmet, watching a movie with his unit, some of them to the backdrop of sight and sound from a nearby ammo depot exploding for days on end. The smell and slippery residue of mosquito repellent. The feeling of turning 21, 7,000 miles from home in Vietnam.

“As you can tell, despite it all, I enjoyed it,” says Tim. Today, he’s in his living room, reminiscing about his time serving in the U.S. Army. He’s no longer a flight operation specialist and a combat door gunner on assault helicopters. That part of his life is well behind him. But it’s not something someone just forgets – especially so when each year in November, you join thousands of veterans for what’s described as their participation in one of the largest veterans parade west of the Mississippi.

“it’s a big deal,” Tim says of the parades. He gets a lot of out each year – like honoring the 12 in his company who

died. He calls them warriors and he remembers each of their names. “I enjoy it every time.”

Growing up in North Dakota, serving in the Army wasn’t necessarily the plan. Then one day in college, a friend suggested they enlist, and they did just that – in the height of the Vietnam War, no less. He did a quick tour from 1967 to 1968 and while many throughout the country look back on the war as a waste of time, resources and most importantly, human lives, Tim just can’t bring himself to fully regret it.

Maybe it’s lifelong bonds he forged with his comrades. Maybe it’s the lessons he learned, or the legacy he fulfilled – his father served in WW2. Or maybe it’s the life that came after, working as a treasury agent, a U.S. sky marshal and eventually, an air traffic controller. His career ensuring planes remained safe while flying domestically eventually brought him to Auburn in the mid-1980s, where he

lived while directing flights at Seattle-Tacoma International Airport’s Ramp Tower. He’s since retired.

It’s in Auburn that Tim joined Auburn’s VFW Post 1741, an organization known nationally for supporting veterans in a variety of ways, whether through education or medical benefits, or simply helping connect members with new lifelong friends. Auburn’s post is about 150 members strong, and one of the highlights each year is the planning and preparation for the Auburn Veterans Parade.

Featuring thousands of participants marching from Auburn High School west past City Hall, the parade is a remarkable display of patriotism and gratitude, highlighted by the scores of veterans like Tim who march alongside politicians, student bands and community members.

“I love walking and waving at everybody,” Tim says. “And shaking people’s hands.”

**Bailey Stationed
At Fort Rucker**

Feb. 1967



TIMOTHY BAILEY

Timothy G. Bailey, son of Mr. and Mrs. Ernest A. Bailey, 682 9th Ave. West, Dickinson, has completed eight weeks of basic infantry training in Fort Ord, Calif. He is now in the 5th Enlisted Student Co., Fort Rucker, Ala. where he will receive six weeks of special training as a flight operations specialist. He enlisted Nov. 17, 1966.



When not planning the VFWs involvement in the parade or the myriad other events throughout the year, Tim is typically working somewhere – for free. A self-described “volunteer freak,” he likes to keep busy, donating his time at SEA Airport, the Federal Way Police Department and as a security officer at the Regional Justice Center in Kent.

He’s the first to admit his commitment to being a busy body – long after retirement started – drives his wife Julie up the wall. But it’s something to do – chalk it up to a call of duty. The same calling that rings out every November. Why should this year be any different?

“I’ve always looked forward to the parade,” says Tim as he swipes through his phone’s camera roll, pulling up 55-year-old photos taken in Vietnam. “Carrying the flag, being up at the front. It’s a big day.”

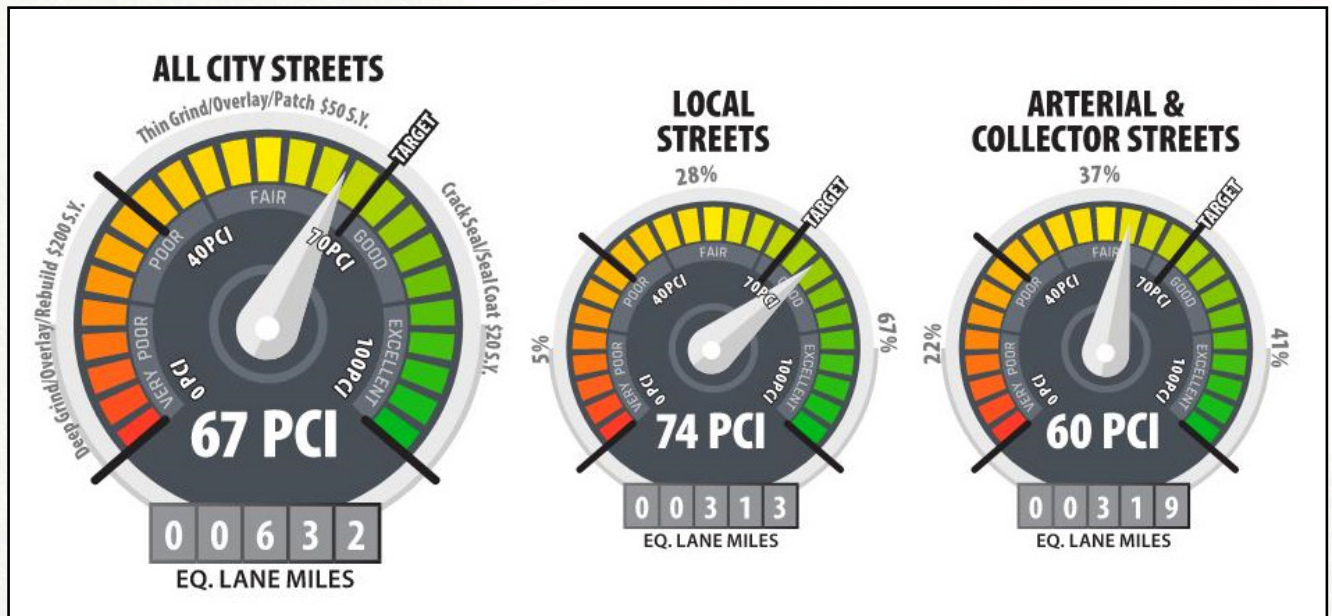
AUBURN'S 58TH ANNUAL
VETERANS PARADE

**SATURDAY,
 NOVEMBER 11
 11AM ★ MAIN STREET**



The State of Our Streets

The 2022 state of our streets report summarizes the condition of pavement throughout the city and the status of preservation programs for local streets, and collector and arterial streets. The report also overviews preservation projects planned or underway, and those recently completed.



A street's pavement condition is evaluated using a Pavement Condition Index (PCI), ranging from 0 to 100, reflecting the surface's state. A PCI of 100 signifies new pavement, while 0 represents fully degraded roads. This index helps guide maintenance decisions, ranging from crack sealing to complete reconstruction. The City's goal is to sustain an average PCI of 70 for all streets. Regular citywide inspections determine the PCI for each maintained roadway.

Arterial and Collector Streets

Arterial and collector streets comprise slightly over half of the City's total equivalent lane miles. An equivalent lane mile denotes a 12-foot wide mile of pavement. These roads facilitate access to commercial areas, industrial areas, and neighboring cities, serving higher vehicle volumes.

Through the end of 2022, collector and arterial streets held an average PCI of 60, falling short of the 70 target. Funding for this program, aided by a 1% utility tax and supplemented by grants (averaging around \$3.3 million annually), ran through 2022. Analysis reveals a yearly requirement of approximately \$5 million for the next 10-15 years to elevate arterial and collector streets to an average PCI of 70 and maintain that standard.

In 2022, the City Council acted to secure necessary funding. In 2023, the 1% utility tax revenue transitioned to local streets preservation, accompanied by a 1.5% City Utilities tax for arterial streets preservation. Additionally, a 0.1% sales tax was instituted through the City's Transportation Benefit District to further support arterial street preservation. Coupled with grants and fund balance, these new revenue sources are expected to approach the required annual \$5 million for the arterial street preservation program.

In 2022, preservation efforts comprised reconstructing 2nd Street SE (from A Street SE to Auburn Way S) and 4th Street SE (from Auburn Way S to L Street SE). These initiatives also received grant funding from the Transportation Improvement Board. Throughout 2023, various ongoing and completed projects continue to enhance pavement across the city.

- 2023 Arterial Preservation Project will replace damaged concrete panels on 8th Street NE near Harvey Road/M Street NE and seal asphalt cracks citywide.
- Riverwalk Drive Non-Motorized Improvements Project (in collaboration with the Muckleshoot Indian Tribe) repaved Riverwalk Drive from Howard Road to Auburn Way South.

- C Street SW Preservation Project, partially grant-funded, will grind and overlay C Street SW between W Main Street and the GSA site driveway traffic signal.
- Lake Tapps Pkwy/Sumner-Tapps Hwy Preservation Project, also partially grant-funded, will grind and overlay Lake Tapps Pkwy (Lakeland Hills Way to Thomas Ave SE) and Sumner-Tapps Hwy (Lake Tapps Pkwy to 16th Street E).

Local Streets

The City encompasses around 315 equivalent lane miles of local streets, with an average PCI of 74, surpassing the 70 target. Nevertheless, preservation and reconstruction are essential as approximately 28% of local roads are in fair condition and 5% are poor/very poor condition, requiring rebuilding. Since 2015, local streets' average PCI improved from 69 due to preservation, rebuilding projects, and new road additions from private development.

Between 2013 and 2019, the local streets program relied on new construction sales tax. From 2019, Real Estate Excise Tax (REET) funds supported the program. In 2022, the budget was \$1.65 million, and funding was uncertain post-2022. About \$2 million annually is necessary to sustain the 70 PCI target; in 2023, the City Council reallocated the existing 1% utility tax from arterial to local street preservation, to sustainably fund the required \$2 million yearly budget.

In 2022, local street preservation included projects on G Street SE (E Main Street to 4th Street SE), the Forest Ridge Neighborhood, and various grind & overlay locations tied to water utility projects. For 2023, the D Street SE & 23rd Street SE Storm Improvements Project is set for construction, encompassing D Street SE (25th St SE to 27th St SE) reconstruction alongside utility-related pavement restoration.

Next Steps

We'll continue planning for 2024-2026 projects, with a focus on securing grants for eligible arterial and collector street improvements. The full report and more details about ongoing and upcoming pavement projects can be found on the City's Street Preservation website.



For more information about street preservation:

Scan QR Code or visit:
www.auburnwa.gov/city_hall/public_works/transportation/street_preservation

SCHOOL SPEED ZONE CAMERAS



SLOW DOWN, PUT KIDS FIRST!

To help bring awareness and improve student safety, the City of Auburn has installed 12 school speed zone cameras within 8 school zones throughout the City that will be in operation during the school year.

Remember to slow down and respect the 20 MPH speed limit during the times the school zone flashers are on and look out for children.



More information about the program and locations:

Scan QR Code, or visit:
auburnwa.gov/photoenforcement

WHEN TO STOP FOR A SCHOOL BUS

WHEN THE STOP BAR IS OUT, AND LIGHTS ARE FLASHING

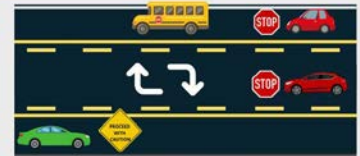
TWO (2) LANE ROAD

Both directions stop



TURNING LANE

Stop if traveling the same direction as the bus



THREE or MORE (3+) LANE ROAD

Stop if traveling in the same direction as the bus



ROAD WITH MEDIAN

Stop if traveling in the same direction as the bus





Fall Leaves and Street Sweeping 101

Popquiz! What do you do once summer is over and all those pretty leaves hit the ground?

- A. Rake them into a big pile, jump in, take a picture and update your social media page
- B. Blow them into the street for the street sweeper to pick up
- C. Wait for a wind storm so they blow into your neighbor's yard
- D. Collect and add to your compost pile or put in your yard waste bin

The correct answer is D – although A then D works too.

Fall is a busy time of year for our storm drainage maintenance programs – leaves and debris removal become a focal point and you can help!

- Collect leaves from your yard and place them in your compost pile or put them in your yard waste container. If you hire a landscaper, be sure to remind them to keep fallen leaves on your property and never rake or blow leaves into the streets. Once leaves are in the street, they become hazardous waste due to the pollutants in the roadway and are no longer compostable.
- Clogged storm drains can cause flooding and other hazardous issues. Use a rake to clear leaves and debris from storm drains near your home or

business so that rainwater can drain easily.

- Trim your trees and bushes that stick out over sidewalks and streets .
- Never attempt to remove a storm drain grate. If you cannot safely clean a storm drain without removing the storm drain grate, or if the water doesn't drain after you have cleared the grate of leaves and other debris, please call our Maintenance and Operations staff at (253) 931-3048 or report it through our See Click Fix app.

- Add calendar reminders of the dates your street will be cleaned by the street sweepers and don't park in the street on those days.



For more information about the City's street sweeping schedule, scan QR Code or visit the City's website www.auburnwa.gov, and type "sweeper" in the Search box . The link to the 'Street Sweeping Information & Schedule' will take you to an interactive map, where, you can type in your address and see when we will be in your neighborhood next!

Keep in mind that from October 1 through March 1, the street sweepers are not on a set schedule due to Fall/ Winter weather conditions, which includes heavy leaf accumulations. During this time period, street sweepers will be sweeping as often as the weather will allow.

Need to submit a Service Request?



Scan QR Code, or visit: www.auburnwa.gov.

Click on "Report An Issue"



Auburndale park improvements made possible by a big ‘ol Bobcat (grant)

The City of Auburn recently received a National Recreation and Park Association (NRPA) grant through the Bobcat Company, a global compact equipment, innovation and worksite solutions brand. Bobcat has partnered with NRPA to advance the shared goal of building vibrant and resilient communities through the power of parks and recreation.

Across 11 million acres of parkland in the United States, park and recreation professionals are hard at work building, preserving and protecting climate-ready parks. Through this park improvement grant program offered by Bobcat, NRPA has distributed \$250,000 to communities in Auburn along with Georgia, North Carolina, New York, and Texas in support of park improvements and environmental resilience work.

Auburn received its grant for improvements at Auburndale Park. With this grant award, the City of Auburn is planning to resurface the trail that winds through the forested area of the park – removing clunky asphalt and replacing it with crushed gravel. The gravel will be more responsive to the natural environment, not disrupting and more responsive

to tree roots, and it will be accessible for people with physical disabilities. In surveys conducted by the city, 90% of residents identified more pathways/trails/sidewalks as a priority. The newly resurfaced trail will respond to that need and expand the pool of users who can comfortably enjoy the park. Auburndale Park recently installed a new playground structure, and between that and the new trails, it's safe to say the new and improved version of the park will be well-attended.

“The City is honored to have received one of the only five grants from a nationwide pool and is excited to partner with Auburn based Peak Machinery to accomplish this project,” said Parks, Arts & Recreation Director Daryl Faber. “By leveraging this \$50,000 award with the amazing resources

of Peak Machinery we will be able to continue our pursuit of improved walking paths as well as a healthier tree canopy in our Auburn Parks System.”

In addition to the park improvement funding, the City will work with Bobcat to utilize their equipment such as excavators and skid-steer loaders and rely on Auburn's local Bobcat dealer, Peak Machinery of Auburn, for their expertise and hands-on experience on the project as well as other needed equipment rentals. Brandon Pugh is the Executive Vice President-Construction at Peak Machinery.

Beyond the grant, Bobcat will donate a new Bobcat zero-turn mower to help the Auburn Parks Maintenance team with more resources to maintain community spaces.





A community stamp of approval for the new Postmark Center for the Arts

In September, the City of Auburn joyously opened the doors to a new downtown arts and culture center, Postmark Center for the Arts!

The red brick building was once home to the Auburn Post Office, a historical 1937 landmark building. Programming for this new space aims to empower diverse communities by providing the opportunity to unite within the shared language of the arts. The center will provide programming such as rotating art exhibitions, arts and cultural education classes, workshop series, arts and cultural

events, and artist talks. The building will also be available for rentals for celebrations, parties, and events. The goal is to make the economic, educational, cultural, and civic benefits of the arts available to all communities by broadening public access to the arts. The building's main floor now features a beautiful art gallery and gathering space, complete with rehabilitated original hardwood and terrazzo

floors. The first gallery exhibition "RENEWAL: Historic Roots and Artistic Growth," on display September 2023 – January 2024, is featuring artworks by 24 talented Washington State artists. Also on display this fall is an interactive "Wishing Tree" exhibit in which hundreds of leaves created by the community to represent hopes, dreams, and wishes will be displayed on sculptural trees created by local



artists Greg Bartol and Steve Nagode. The original post office vault has been transformed into an inspiring and unique art installation space that stands alone from the main gallery. The Vault Gallery is currently displaying an exhibition about the 1937 Post Office building's history, telling the story of the site's historic past and the creation of the Postmark Center for the Arts.

The rooms to either side of the gallery space are focused on providing programming to the public. One being a multi-use studio space for arts education of all ages, and the other a classroom/meeting space for workshops and seminars.

The Postmark's gift shop is stocked with goods from local artists, giving them the opportunity to promote and sell their work. A catering kitchen complements a community event space and supports venue rentals. Additional project components include newly required fire and life-safety systems, HVAC improvements and modifications, restroom improvements, new lighting systems,

as well as roof replacement and cupola repairs. Phase Two of the project will focus on the basement renovations and additional exterior finishes. Bryan Sutton from American West Construction has led the construction efforts over the past eighteen months to ensure the vision designed by Johnston Architects with the City came to life successfully.

Specific grant funding from 4Culture was secured to rehabilitate the windows, the distinctive original cupola, the terrazzo and wood flooring, the roof, and other building elements. MultiCare generously supported the project through its Community Partnership Fund. Additionally, direct appropriation of funds from the State of Washington Department of Commerce were secured thanks to efforts by former Representative Pat Sullivan, who championed the application. It is with immense thanks to these funders, and the unwavering support of the Auburn community and City of Auburn, that Postmark Center for the Arts has been given a community stamp of approval.



Postmark Center for the Arts 20 Auburn Avenue

Gallery and Gift Shop Open Hours:

Wednesday and Fridays noon-4 p.m.
Thursdays noon-6 p.m.

Building will be open additional hours for scheduled events, classes & workshops

Fall Gallery Exhibitions

- **“RENEWAL: Historic Roots and Artistic Growth”** | Main Gallery
- **Wishing Tree – Interactive Exhibit**
Main Gallery
- **Auburn Post Office 1937 Landmark**
The Vault Gallery

Music & Performing Arts

- **Sunrust** | Friday, Oct. 27 | 7:30 p.m.
- **Maiah Wayne** | Friday, Nov. 17 | 7:30 p.m.

Arts & Crafts Workshops

- **Introduction to Chinese Gongbi Painting**
Thursday, Sept. 28
5:30-7:30 p.m.
- **Native American Style Hand Drum**
Thursdays, Oct. 12 & 19
5:30-7:30 p.m.
- **Plush Keychain Blanket Stitch**
Thursday, Oct. 26 | 5:30-7:30 p.m.
- **Introduction to Embroidery**
Thursday, Nov. 2 | 5:30-7:30 p.m.
- **Introduction to Tapestry Weaving**
Thursdays, Nov. 9 & 16
5-8 p.m.
- **Block Print Holiday Cards**
Thursday, Nov. 16 | 5:30-7:30 p.m.

Professional Development Workshops by Artist Trust

- **Grant Writing for Artists**
Thursday, Sept. 21 | 5:30-7 p.m.
- **Networking and Elevator Speeches for Artists** | Thursday, Oct. 5 | 5:30-7 p.m.
- **Writing and Artist Statement**
Thursday, Nov. 9 | 5:30-7 p.m.
- **Marketing for Artists** | Thursday, Dec. 7
5:30-7 p.m.

Rentals

The Postmark Center for the Arts is available as a venue for your next gala, work conference, reception, or event. Visit auburnwa.gov/postmark for rental rates and information.

Full schedule of programming is available at auburnwa.gov/postmark.



Ashes to ashes, dust to dust: how a downtown Auburn tattoo shop refuses to go up in flames

Editor's note: The author of this story has received tattoo work from Savage Kat Tattoo.

As the mythology goes, a phoenix is immortal, ending and beginning until time is trivial. It dies in a show of force and flames and combustion and is born again. Don't worry if the spectacle is alarming. It's supposed to be that way.

For downtown Auburn's Savage Kat Tattoo shop – which sits prominently along A Street, its giant windows offering a peek into creativity – being likened to a phoenix wasn't anyone's choice. But when you've burned down not once, but twice, each time rebuilding mere feet from where the last iteration fell, it's a tough metaphor to shake.

"I lost my entire shop, my entire crew," says Savage Kat's owner Travis Popp. **"In one fell swoop. Twice."**

It's a sore spot, but it's a story he's willing to tell. He doesn't hold back, doesn't spare the details, and doesn't wince when he's asked to remember a feeling most never endure. What was it like when you got the phone call in

December 2017? When someone told you your shop – your livelihood – is on fire? And how about the second time four years later?

At each break in the story, each sentence waiting for a period, he dips the tattoo machine back into the ink, wipes goop on the patch of arm in front of him and sets needle to skin. He doesn't have time to recount in leisure – having everything you own go up in flames can be expensive. So he works. On weekends, on weeknights, in the morning and every time in-between. He's working now and he'll be working in a few months – if you want his work on you, better get in line.

A few yards away, the rest of the shop is bustling. Speakers overhead are blaring grunge, and an apprentice is asking where to set a new shipment of ink without contaminating the bottom of the box. Everything in a tattoo shop can be seen as a biohazard, especially the floor. A group of young women have entered, asking about walk-in appointments, and a few artists

are drawing on tablets, readying an illustration that in a few hours will be immortalized.

Compared to what's happening outside – cars line up for the afternoon traffic, and residents at Merrill Gardens assisted living facility take long walks accompanied by pets – the energy inside Savage Kat feels distinct. Different. Full of youth and exuberance and expressiveness and individuality. It feels cool.

None of that is by accident. After fire went back for seconds on July 24, 2021, Travis and his small but loyal crew had an opportunity. They could try again – same name, same decor, same vibe. They could stay small, move to Tacoma or Kent or Federal Way. They could embrace "it's always been this way." Or they could throw caution to the wind and make something spectacular in the heart of Auburn. Something that can't be ignored.

"If I'm doing it, I'm going hard," Travis says. "It's going to be a lot more like me."



By the time Hidden Entity had burned down again, two up-and-coming apprentices Camilo Mendoza and Paige Gray were finally about to start tattooing. In the tattoo world, it's normal to spend a year or two training before you ever touch a tattoo machine, let alone a fresh canvas of skin. You learn everything – how to properly answer the phone, the steps required to thoroughly clean a workstation, and of course, how to ensure the ink you're packing into the epidermis matches the client's dreams.

Camilo and Paige remember the night of the fire well – they had finished cleaning early for the day and decided to celebrate with drinks and appetizers at Applebee's at the Outlet Collection. Upon returning later that night around 11 p.m. or midnight, Camilo remembers seeing what looked like lights from a UFO emanating from the roof of the shop. The closer they got, the more it became apparent – that's not an unidentified object at all. That's a fire.

"We literally were like, a month away from tattooing," says Camilo.

"And then," interrupts Paige.

"And then it all burned down," Camilo finishes.

Travis offered them a deal – stay on at the shop, help build it out to the latest and greatest, and in the meantime, learn more about tattoo theory and tradecraft. Once that's done, it's time for the real deal. So the work started immediately. First order of business was calling hundreds of clients and explaining that the appointment that's

been on the books for months won't be happening anytime soon. Or at all.

Then it was finding a new spot. On the night of the fire, Mayor Nancy Backus visited the businesses owners, standing behind the lines, watching alongside them as their life turned to smoke. Over the next few days, the dialogue continued, and the attention was turned the property at A Street – a massive, two-story building owned by developer Jeff Oliphant that once housed a bank. It had been sitting vacant for many years, and Jeff was willing to rent it within budget.

"Travis and I chatted for a few days and then I was talking with Jeff and thought the building might be a good location," said Mayor Backus. "So I called Travis to connect the two of them."

It was a deal. The only problem? The inside looked nothing like a tattoo shop. And Travis didn't have any money to hire contractors. He did what anyone whose life has altered between fabrication and carpentry and art would do – he did it all himself. With help, of course.

"The only way I could make it work was to get weird," Travis says. "Get artistic with it."

From about October 2021 to March 2022, Travis, Paige and Camilo – the latter two having exactly zero construction experience – went to work. And the results are jaw dropping. Gone were the beige and the white and boring, replaced with clashing colors, checkerboard patterns and a functioning tiki bar. Furniture was

made from scratch, a welcome area forged from wood and aluminum, and an employee lounge crafted from a vault – literally.

On a recent Friday afternoon, Paige and Camilo took a tour through the space, at each nook and cranny stopping to reminisce. *Remember when I painted this skylight? Remember when I messed up the flooring and we had to redo the entire thing? Remember when we ate meals off the unfinished counter, and cried together at night when things felt so overwhelming?*

The words they use to describe the ordeal – distressing, upsetting, scarring – aren't what you'd typically ascribe to something that looks and feels this realized. As if the space had always been this way. The artists forever a part of the lore. And yet, if you ask the three of them, they'll be the first to admit their shop is bound together by a sense of family. And a bond melting with trauma.

Because like the phoenix, new sometimes requires spectacle and noise and abrasion. What's there when the ash settles, and the dust dissipates, is inevitability. A love for art and a passion for creativity. An entity no more. A savage cat, no longer hidden.

"This is our home," says Camilo while standing in the upstairs tiki lounge molded from pieces lifted wholesale from Travis' home. "There's no way we're ever leaving this place. We care too much."

Chat GPT vs OG: Fact checking an AI article about Auburn's beloved museum



Artificial Intelligence (really, it's not) is all the rage these days, so we asked Chat GPT to write an article in the Auburn magazine. The result is...well, you'll see.

JG

Hey ChatGPT – do you know much about Auburn, Washington?



Yes, Auburn is a city located in King County and Pierce County in the state of Washington, United States. It is situated approximately 28 miles south of Seattle and 9 miles northeast of Tacoma. Auburn has a population of around 83,000 people as of 2020 and covers an area of 29.89 square miles.

Auburn is known for its rich history in agriculture, railroads, and industry. The city was originally a farming community, and the first strawberry festival was held there in 1920. Auburn is also home to the White River Valley Museum, which showcases the history and culture of the area.

In addition, Auburn hosts several annual events and festivals, including the Auburn Farmers Market, AuburnFest, and the Veterans Day Parade. The city is also home to the Muckleshoot Casino and the Emerald Downs horse racing track.

Overall, Auburn is a diverse and growing city with a mix of residential, commercial, and industrial areas.

JG

I want you to write a magazine story for the Auburn magazine, about 600 words in total. Pick the most interesting topic you can think of.



One of the most interesting and unique aspects of Auburn is its role in the development of American railroads. In the late 1800s and early 1900s, Auburn was a major hub for train travel, connecting Seattle to other parts of the country. Today, the city's rich railroad history is celebrated at the White River Valley Museum, which showcases artifacts, exhibits, and programs that tell the story of Auburn's railroad past.

As visitors enter the museum, they are transported back in time to the early days of rail travel. The museum's collection includes a wide range of artifacts, from antique train cars to vintage photographs and documents. One of the most impressive displays is a full-sized steam locomotive, which dominates the museum's main exhibition hall. The locomotive, built in 1906, was once used to transport passengers and freight across the Pacific Northwest.

But the museum is not just a collection of old trains and memorabilia. It also tells the story of the people who worked on the railroad and helped shape Auburn's history. Visitors can learn about the challenges and triumphs of the men and women who built and operated the trains, as well as the impact that rail travel had on the city and the region as a whole.

One of the museum's most fascinating exhibits is a recreation of a train station waiting room from the early 1900s. The room is complete with vintage furniture, lighting, and even a ticket counter, giving visitors a sense of what it was like to travel by train during that time period. The exhibit also includes a collection of antique suitcases and luggage, as well as photographs and stories of real passengers who passed through Auburn's train station.

Another highlight of the museum is the collection of vintage photographs and documents that help bring the railroad era to life. Visitors can see images of early train engines and rail yards, as well as portraits of the people who worked on the trains. The museum also houses a collection of maps, timetables, and other documents that give a sense of the logistics and infrastructure of the railroad industry in Auburn and beyond.

For those interested in more hands-on experiences, the museum offers a variety of programs and activities. Visitors can take a guided tour of the museum, participate in hands-on activities like train-themed crafts and games, or attend one of the museum's special events, like the annual Model Train Show or Railroad Days festival.

Send a message





Hilary Pittenger

Historian | Curator of Collections
White River Valley Museum



Industry? That's a bit vague, ChatGPT – most towns and cities have some kind of industry they specialize in. In Auburn's case, we became an aerospace and automotive hub in the 1950s and 1960s.

'Originally' is **not** a very useful term – prior to the colonizing of the Valley in the 1850s by folks from the eastern United States, Auburn was home to the ancestors of the modern Muckleshoot Tribe, who had several winter villages in the Auburn region. Also, we **do not** have a historic strawberry festival in Auburn – while strawberries were an important crop here, especially for farmers of Japanese ancestry, you might be getting us confused with other agricultural towns in the Puget Sound who also had large Japanese immigrant populations in the early 20th century who farmed a lot of strawberries, like Vashon or Bainbridge.

ChatGPT, every town and city is a mix of residential, commercial, and industrial, surely we can come up with some information that is a little more specific than that.



While Auburn certainly has a long railroading history, that history is mostly about the building of local rail infrastructure and the lives of the blue-collar laborers who made the railroad industry run, **not** the development of rail technology or industry practices. Auburn was **not** a major hub for rail traffic until the completion of the Auburn Yard in 1913, and then it was a major hub for freight traffic, **not** passenger travel. The first intercontinental rail service to Seattle began in 1893, and it went north through Everett, **not** south through Auburn. We talk about a lot more than the railroads – Auburn has a rich history filled with many different stories!

Actually, they are just transported to our lobby, which is filled with our friendly front desk staff and volunteers who will introduce you to the Museum and let you know what our current exhibits are. And better than rail travel – the Museum has free admission for everyone, *no ticket required*. We do **not** have any antique train cars in our collection, but you can climb aboard a full-size replica of a Northern Pacific caboose! We definitely **do not** have a whole steam locomotive inside the museum, though Auburn's Veterans Memorial Park – previously named City Park - was once home to Northern Pacific steam engine 2152. Installed in the park in 1958 after it was retired from rail service, it lived there until 2006 when it was transferred to the Northern Pacific Railway Museum in Toppenish.

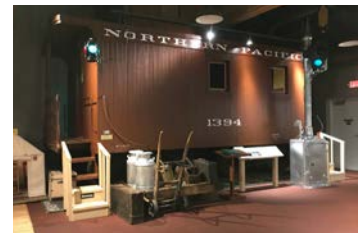
I'd like to think they are all pretty fascinating – my personal favorite is our 1920s Japanese farmer's house with a statue of Kisa Iseri outside, inviting you to come sit on the porch and chat for a bit.

We do have a large railroad archival collection – schedule a free research appointment with the curator to see the documents in person, or browse our collection virtually through the Museum's website.

We **have not** hosted a Model Train Show here since the second Bush administration, but we have lots of other fun programs and events going on year-round, including our Hops & Crops Beer & Music Festival, Boo-seum!, and the Festival of Trees.



Find out more on the White River Valley Museum website: wrvmuseum.org



Select Safer Cleaning Products For Your Family

Do you know what's getting tracked from shoes and bare feet into your home – onto your floors and carpets? Little children, dog or cat noses are never far from the floor, so keeping these areas clean of germs, harmful cleaners, pesticides and herbicides is important.

Keeping the floors clean is very important for health. The best way to reduce your family's exposure to potentially harmful materials is to choose home and garden products that do not contain toxic chemicals. When shopping for household products, it is important to read the label and choose the least hazardous products available. Look for the EPA Safer Choice label to find products made with safer ingredients for you, your family, and your pet!

Safer Choice is a voluntary EPA program that certifies cleaning and other products made with ingredients that are safer for people, pets and the planet without sacrificing performance. Only products that meet EPA's stringent criteria receive the Safer Choice label. When you see the Safer Choice label on a product, it means that EPA's scientific review team has evaluated every single ingredient for potential health and environmental effects.

Besides selecting Safer Cleaning products for your home and yard, help reduce germs and unhealthy chemicals from entering your home by taking off your shoes and cleaning bare feet before entering your home. This is common practice for many cultures around the world – and a great idea!

Set up a shoe cubby area just outside the main entry door and a washable rug for feet wiping. Maybe even add some disinfectant wipes for those bare feet. The shoe rack shown is a "do it yourself" (DIY) example of "reusing" cardboard rolls.

Having a "guest basket of socks" is also nice for those friends and family who may have worn sandals when coming to visit. Socks can be easily washed and reused.

Keeping your floors and carpets clean for little feet, hands, and noses, in addition to using yard and garden products that have the EPA Safer Cleaning approval is the best way to help keep your family healthy.

For more information about Safer Choice, visit: www.epa.gov/saferchoice



ENGLISH



SPANISH

Illegal Dumping & Litter Collection Report

The City of Auburn Waste Management Litter Crew, Community Services Crew, Real Estate Litter Crew, and Maintenance & Operations Litter Crew have been hard at work cleaning up Auburn!



The crews collected
222,520 pounds

of litter and illegal dumping during the
first and second quarters of 2023.

4,064

City Public &
Downtown Cans

2,345

Road Litter Bags

**11.93
Tons**

Bulk Items

102

Sanitary Clean
Ups Performed

**111.26
Tons**

Total Weight

Need to report litter or illegal dumping?

Please submit a Service Request to report litter and illegal dumping at www.auburnwa.gov.

Click on **"Report An Issue"** or you use the mobile app **"SeeClickFix"** (download on the Service Request webpage).



VRFA proposition on November ballot seeks to address significant emergency needs



On Nov. 7, 2023, voters in the VRFA service area will decide on Proposition 1, unanimously approved by the VRFA Board of Governance on July 11. Prop 1 aligns with the VRFA's Capital Facilities Plan, analyzing 911 calls, population growth, and station conditions.



Prop 1 aims to enhance services by placing new fire stations strategically, replacing aging structures, and boosting resource distribution, response times, and reliability. Funded projects will improve VRFA's service level, addressing the consistent rise in call volume and population.

Specifically, the measure will authorize the VRFA to construct a new fire station in the northern part of VRFA's service area, relocate and rebuild Station 38 in Pacific just south of the Algona border, and rebuild VRFA's Headquarters Station 31 in Auburn. Prop 1 will also provide funds for the VRFA to build a training facility and will fund improvements to VRFA's Support Services and maintenance facilities.

The projects funded by Proposition 1 will improve the VRFA's level of service. When formed in 2007, the VRFA served a population of 75,000 and responded to 8,700 incidents. In 2022, the VRFA served a population of 97,000 and responded to nearly 16,000 calls for service.

Proposition 1 also will alleviate stretched resources and benefit homeowners in three ways:

- 1. Improved Resource Distribution:** New fire stations in strategic locations will enhance response unit coverage and proximity, keeping units within the area.
- 2. Improved Response Times:** Increasing call volumes have lengthened response times, with a difference of a few seconds being crucial in life-threatening situations.
- 3. Improved Reliability:** Modern stations built to seismic and safety codes and standards will ensure timely and effective emergency response, alongside proper training, support, and maintenance facilities. The current Stations 31 and 38, for example, were built in 1985 and 1979, respectively, and both have exceeded their projected lifespans and are not compliant with modern building codes for fire stations. Finally,

improved training, support, and maintenance facilities will help ensure that our firefighters and their equipment are properly trained, outfitted, and maintained.

The VRFA Board approved this Proposition to seek voter approval for the issuance of no more than \$96.5 million of general obligation bonds maturing within 20 years and levy annual property taxes to pay and retire such bonds. It is estimated the cost will be \$12 to \$13 per month for the owner of a \$450,000 home.

Information on Proposition No. 1 is available by calling the VRFA at 253-288-5800, visiting our website at www.vrfa.org, sending us an email at AskTheVRFA@vrfa.org and following us on Facebook, Twitter, Nextdoor, and Instagram.

This information is provided by the Valley Regional Fire Authority and is for educational purposes only.

The Auburn Police Department is committed to supporting active and former military members

Service to the nation, service to the community of Auburn – two sides of the same coin when you're a former member of the military in the Auburn Police Department. APD currently has veterans serving in every division within the department.

It's important as an organization that APD hires and recruits veterans, and for multiple reasons. Veterans are goal oriented, trained leaders, take responsibility seriously, are innovative thinkers and have a strong work ethic. The Auburn Police Department actively attends yearly recruiting events at Joint Base Lewis-McChord and has been successful in the recruitment of many military veterans.

To make sure we are doing right by our veterans, Commander Shaun Feero with APD has been appointed as our Military Liaison. The Military Liaison position is strictly voluntary, but the position holds important responsibilities.

Such as:

- Establishing communication with an active/guardsman who receives orders for deployment.
- Communicating with current military reserve/guard members within the department with issues arising from veterans and their benefits.

- Being a subject matter expert for the department in military obligations and responsibilities.
- Providing the department administration with quarterly reports involving military members and long-term orders.
- Conducting military exit/return interviews for deployment or long-term orders.
- Helping to establish future department policies regarding the evolving duties of the Military Liaison Officer.

"As an Air Force reservist and police officer at APD, I take pride in serving others," said Commander Feero. "As the department military liaison, I wanted to establish better communication amongst the administration and the officers who provide service in the guard/reserve and also be a resource to those needing assistance balancing both their career at APD and their military service."

It's important to note that working with veterans is nationally recognized

as well. APD's police chief, in fact, has been awarded the Employer Support of the Guard and Reserve (ESGR) Patriot Award on more than one occasion.

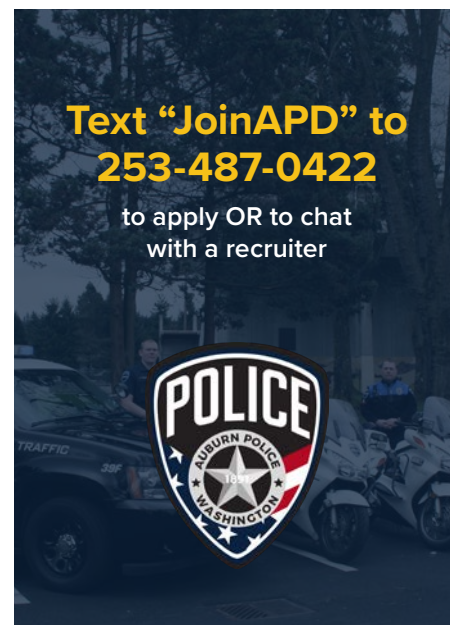
"The members of our agency that serve in the National Guard and Reserve Force have dedicated themselves to serving our nation and the local Auburn community," said Chief Mark Caillier. Due to the sacrifices, they make, it is the least we can do as an agency to provide them with as much support as possible and ensure they are capable, both mentally and physically, to continue to provide that service."

The Patriot Award reflects the efforts made to support citizen warriors through a wide range of measures including flexible schedules, time off prior to and after deployment, caring for families, and granting leaves of absence if needed.

The Auburn Police Department currently has 27 personnel who are veterans or active guard/reserve.



Commander Feero on Deployment in Kirkuk, Iraq in 2008. At the time of this picture, he was a Security Forces Staff Sergeant.





"A great experience, staff were very helpful and enthusiastic."

- Dianne B.

"Excellent [experience] can't wait until next year."

- Deborah G.

★ **Thank you Auburn** for a Successful and ★ Community Building-Focused National Night Out!

by Chris Lovings, Neighborhood Programs Coordinator

Good food, great conversations, and even a chili cook-off! All of this and more was present at Auburn's 2023 National Night Out. We want to give a heartfelt thank you for the community of Auburn for supporting National Night Out! On Tuesday, Aug. 1 we had 44 community events scattered throughout the city coupled with 77 City representatives comprised of staff and elected officials, and even a mascot from APD.

National Night Out is an annual community-building campaign that promotes community partnerships and neighborhood camaraderie and makes our City a more caring place to live. A special word of thanks is due to our amazing event coordinators, who supported their communities by hosting individual NNO neighborhood events.

For the second year in a row, the city held a special gathering in the city hall plaza for the downtown community. There was a food vendor, inflatable axe throwing (hosted by SeaAxe), s'mores, lawn games, a scavenger hunt, a beer garden, a root beer garden, live music, and the chance for everyone to meet their neighbors.

Thank you to our vendors PNW Coffee, the Downtown Auburn Cooperative, Gosanko's, Crave Box & Board, Soul Fusion Food Truck, Rail Hop'n and musician Shawn Wilford for participating in our special event.

Thank you to King County Metro, Puget Sound Energy, Puget Sound Clean Air Agency, and Sound Transit for attending this event and visiting others communities around the City.

Thank you to Fred Meyer, Haggen, Lowes, Saar's Market Place, and Safeway for sponsoring the event.

A very special thank you to the Valley Regional Fire Authority for your continuous support of this event – it's always a treat when the fire engine comes for non-emergency situations!

If you couldn't join year, please connect with Chris Lovings, Neighborhood Programs Coordinator, at 253-876-1988 or clovings@auburnwa.gov.

Save the date for next year's event, on Tuesday August 6, 2024!

Auburn Respite Program

by Pam Goulet, Director, Auburn Respite Program

A hidden gem until you need us. Located inside the Senior Activity Center, 808 9th Street SE, Auburn, WA 98002.

Imagine you and your spouse are retired and spending your golden years traveling together and watching the grandkids grow. Then you notice something different about your spouse. They seem stiff when walking, and you've seen them fall for no apparent reason. Maybe they keep asking the same question repeatedly or have started having severe mood swings. Visits to the doctor decide a diagnosis of Dementia caused by a progressive brain disease with no cure.

And just like that, the future the two of you had planned and dreamed of changes. You enter a new tomorrow; one filled with specialists, medications, and caregiving. The new routine is busy and stressful, leaving you physically and emotionally drained. You've got caregiver burnout. It's time for a break.

The adverse effects of caregiver burnout are like those of depression. You can feel irritable, hopeless, and helpless. Your sleep patterns and appetite may change, and you may have feelings of wanting to hurt yourself or the person you are caring for.



Welcome to the Auburn Respite Program, also known as adult day care for seniors. We help to keep dependent seniors in their family homes for as long as possible, delaying or ending the need for an assisted living facility.

Leaving their dependent in our safe and supervised facility gives the caregiver a few hours for self-care that will recharge their spirit and mind and allow them to continue their caregiver role. Meanwhile, the dependent who was hesitant to join a respite group gets a fresh outlook on the day through socializing and participation in fun and stimulating activities.

Luckily, we received unexpected donations and grants from several gracious funders allowing us to continue helping our community. I want to give a big shout-out thanking the Auburn Soroptimist Club, the City of Auburn, and the Muckleshoot Indian Tribe for their support.

We are a social respite group and do not perform any medical procedures. We are all about having fun, laughing, and giving our participants a quality experience. We are also all about great volunteers. Our volunteers are the public face and compassionate heart of our program.

Our shortage of volunteers means that someone's mom, dad, or neighbor's wife can't be a part of the Auburn Respite Program. Our respite program is open on Fridays from 10 am to 3 pm. Many lives can be touched with a gift of five hours a month. "Volunteering is love in motion." written by a person whose name is forgotten but whose words live on forever.

If you are interested in becoming a volunteer or would like more information about the Auburn Respite Program, contact Pam Goulet at 253-326-3198 or email us at info@auburnrespiteprogram.org

Sound Transit update

Sounder survey. As we wrote in the last issue, Sound Transit is taking the opportunity to re-evaluate future plans for the Sounder South train, considering work-from-home schedules that have led to lower commuter ridership. We will have a survey open late September through late October at soundersouth.participate.online. Let us know if you think we should consider adding trips midday, evenings, or on weekends (contingent on BNSF approval), or should continue our focus on providing enough capacity for commuter trips.

How to ride Sound Transit services

- Not sure how to take Sounder, ST Express buses, or Link light rail? Check out our "how to ride" guide here: soundtransit.org/how-to-ride
- Remember that youth under age 19 ride free! Learn more at www.FreeYouthTransitPass.com.
- Are you 65 and older? Want to sign up for a senior ORCA card, and pay only \$1.00 one-way anywhere on our system? Learn more and sign up online: Info.MyOrca.com/senior.



Health Benefits from Volunteering

Did you know people who volunteer report better physical health than non-volunteers?

Research shows that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. According to the Mayo Clinic, volunteering also reduces stress and increases positive, relaxed feelings by releasing dopamine.

The Auburn Senior Activity Center is looking for volunteers, with several opportunities available! Shifts range from one to five hours, once a week, twice a week, or once monthly. There is something to fit all schedules, Mondays through Fridays.

The Senior Activity Center is a busy place and we are currently recruiting for several open positions. Whether you are interested in becoming a new volunteer or are returning, we'd

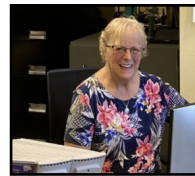
love to have you. All interested need to apply either electronically or by paper application (can be picked up at the Senior Center). For questions or additional details, call 253-931-3016 or contact Rocky Kirwin at rkirwin@auburnwa.gov.

Where might your time and talents fit?

- **Respite/Adult Day Care:** Openings, Fridays, 10am – 3pm. Assists staff in providing companionship, activity support and assistance to participants and families.
- **Coffee Barista:** Openings, M, T, W, and F, 12 – 3pm Assist in running the Coffee Bar including preparing/selling drinks and snacks; refilling supplies; and

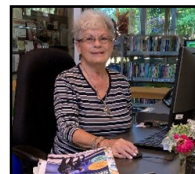
maintaining a clean workspace and lobby area. Welcome newcomers, provide a listening ear, etc. Must be social and outgoing.

- **Lunch Program/Kitchen:** Openings, Monday – Friday, Shifts available between 10am – 1:30pm. Assist staff with food prep (approx. 40-60 meals a day), serving, set-up, dishwashing, and clean-up. Positions require a food handler's permit and ability to be on feet and lifting/bending. Volunteer commitment can be 1-5 days a week/shifts ranging from 1-4 hours per day.



"I love to Volunteer at the Senior Center. It gives me the opportunity to help people and best of all make new friends!"

- Sharon Schooley, Office Volunteer



"Volunteering gives me the opportunity to help people when they need assistance, it makes me feel worthwhile!"

- Edna Pelletier, Welcome Desk



"I really love serving people, visiting with them and building friendships!"

- Dee Taylor, Barista

"What does volunteering at the Auburn Senior Center mean to me? It gives me purpose, happiness, and friends. I enjoy the people and helping them. I admire the staff and hope my assistance is beneficial to them as they support the senior community. Thank you for letting me be a volunteer!"

-Valerie Burton, Office Volunteer



Want to Volunteer?

Scan QR Code, or visit:
<https://qr.page/g/4FyBRv3uBxf>

National Senior Center Month - We invite you to 'Discover Yours'

Celebrated every year in September, National Senior Center Month is a time to shine a light on our local senior center, showing people how vital we are to the health and well-being of our community.

The Senior Center provides countless hours of support and encouragement to older adults and has become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to older adults. We offer a place for those aged 50 plus to discover their unique interests, talents, and aspirations.

Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in

the community that connects people to the programs, services, and opportunities they need to age well.

We join senior centers across the nation and celebrate how to Discover Yours.

Senior centers, recognized by the Older Americans Act (OAA) as a community focal point, are one of the most widely used services among America's older adults. Today, more than 11,000 senior centers serve more than 1 million older adults every day in their communities and neighborhoods. Senior centers work in partnership with other community agencies

and organizations and businesses to provide access to an array of opportunities for older adults to stay safe, active, and healthy. Seventy-five percent of participants who visit their center 1 to 3 times per week and spend an average of 3.3 hours per visit.

Older adults who participate in senior center programs experience better psychological well-being across several measures compared to non-participants, including:

- Perceived social and health benefits
- Lower levels of depression
- Supportive friendships
- Lower stress levels



Senior centers offer a wide variety of programs and services, including:

- Meal and nutrition programs
- Information and assistance
- Health, fitness, and wellness programs
- Transportation services
- Public benefits counseling
- Employment assistance
- Volunteer and civic engagement opportunities
- Social and recreational activities
- Educational and arts programs
- Intergenerational programs

Auburn Senior Activity Center

808 9th ST SE
253-931-3016
M-F, 8 a.m. – 5 p.m.

How to Stretch Your Food Budget?

The Senior Center has the Best Lunch Deal in Town!

The Auburn Senior Activity Center hosts a weekday lunch program on site that is operated and managed by Catholic Community Services. Enjoy a delicious, cooked from scratch, balanced meal in a welcoming dining room setting. All meals meet one-third recommended daily allowance for persons 60 years of age and older.

Lunch is held Monday through Friday. Menu is available at auburnwa.gov/seniors or at the Senior Center!

- 11:30 a.m. – Dining room opens
- Noon – Lunch is served!

\$4.50 suggested contribution age 60 or over \$6.50 fee under age 60.



Coffee for the lunch program is provided by Z Street Coffee.



AUBURN SENIOR ACTIVITY CENTER

Upcoming Special Events



Harvest Bazaar

Join us for our first Bazaar in 20 years. We will have a variety of vendors such as crafts, home décor, art, homemade jams and cheese and much more.

On Saturday, the Bazaar is part of a much larger event in the park; the Halloween Harvest Festival. Crowds are expected to be in the thousands. If you are concerned about parking and shopping in large crowds, we recommend coming to the Bazaar on Friday. If you'd like to bring the grandkids for shopping, trunk-or-treat, food trucks, and more then come on Saturday. Admission is free, Bazaar items are not. Happy Shopping! **Note: Senior Center regular lunch will not be provided on Friday. A grab go lunch needs to be ordered by October 15th, no seating will be available.*

DAY	DATES	TIME
Friday	October 27	1-7pm
Saturday	October 28	1-5pm



Halloween Dance & Lunch

Join us for a Halloween dance with our favorite DJ, costume contest, and delicious lunch. We encourage all to dress-up. Prizes will be awarded for the top 3 costumes. The children from Kaleidoscope Daycare down the street will come trick or treat and share their costumes with us. Sponsored by: Village Concepts - Brannan Park

\$ \$4.50 suggested contribution; \$6.50 for those under 60

DAY	DATES	TIME
Tuesday	October 31	11:30am-1pm

auburnwa.gov/seniors

AUBURN SENIOR ACTIVITY CENTER
808 9TH ST SE | 253-931-3016



Veterans Day Lunch & Celebration

Come celebrate our local Veterans. The Auburn Senior Activity Center always makes a special effort to host a memorable meal and tribute to our Veterans. Whether you served in the Military are not,

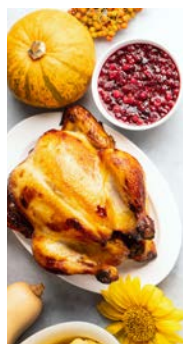
we would love for you to join us. We will be serving lasagna, french bread, salad, and desert. There will be special door prizes for the Veterans.

\$ \$4.50 suggested contribution; \$6.50 for those under 60

Please purchase tickets by 11/3

DAY	DATES	TIME
Thursday	November 9	11:30am-1pm

Pre-Thanksgiving Lunch



Enjoy a lovely turkey dinner with all the trimmings served by the best of the best City of Auburn employees and Service Clubs. The smell of roasting turkeys will grace the Senior Center as we will be sticking to our holiday tradition and will roast the birds on site.

\$ \$4.50 suggested contribution; \$6.50 for those under 60 | Please purchase tickets by 11/7

DAY	DATES	TIME
Tuesday	November 21	11am
		1pm

Holiday Lunch

It is time for our annual Holiday Dinner. Who knows, St. Nick may even stop by for a visit. Come join us for a ham feast. Sponsored by: Village Concepts - Brannan Park

\$ \$4.50 suggested contribution; \$6.50 for those under 60

Please purchase tickets by 12/1

DAY	DATES	TIME
Tuesday	December 19	11am
		1pm



Upcoming Events

October 13, 14, 20 & 21 | 7:30 p.m.

October 14, 15, 21 & 22 | 2 p.m.

AUBURN COMMUNITY PLAYERS:

LITTLE SHOP OF HORRORS

GRCC | Tickets:

Pre-Sale Regular: \$20, Student/Senior: \$17

Door Sale Regular: \$25, Student/Senior: \$22

auburnwa.gov/theater



A deviously delicious Broadway and Hollywood sci-fi smash musical, Little Shop Of Horrors has devoured the hearts of theatre-goers for over 30 years. Howard Ashman and Alan Menken (Disney's The

Little Mermaid, Beauty And The Beast, and Aladdin) are the creative geniuses behind what has become one of the most popular shows in the world. The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it, BLOOD. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination!

Friday, Oct. 27 | 7:30 p.m.

SUNRUST

PCA | Tickets: Regular: \$20, Student/Senior: \$17

auburnwa.gov/theater



SunRust is the magical collaboration of two singer songwriters Russ Mazion and Sunny Loudin. Both have performed throughout the United States, and Europe, now joining forces, creating a new haunting vibe, surrounded by ambiance, Reaching into the soul of the listeners. Originals and well loved favorites.

Friday, Nov. 3 | 7:30 p.m. &

Friday, Nov. 10 | 7:30 p.m.

SEATTLE INTERNATIONAL COMEDY COMPETITION

GRCC | Tickets: Regular: \$23, Student/Senior: \$20

auburnwa.gov/theater



The Seattle International Comedy Competition is an annual event that welcomes comedians from around the world to the Pacific Northwest for an entire month of extraordinary comedy shows...and a winner is crowned at the end of it all. 2022 is the 42nd Annual Seattle International Comedy Competition. The City of Auburn will host preliminary rounds, with 1 show from each preliminary week as a horde of comedians compete to become Seattle's newest champion!

Saturday, Nov. 4 | 7:30 p.m.

THE JEWEL TONES

GRCC | Tickets: Regular: \$25, Student/Senior: \$22

auburnwa.gov/theater



The Jewel Tones show has the classic look of 1960s girl groups like The Supremes, The Shirelles, Martha & The Vandellas, The Marvelettes, and The Ronnettes but their repertoire covers all of the famous Motown groups.

EVENT LOCATIONS

APAC Auburn Performing Arts Center, 702 4th St NE

GRCC Green River College - Student Affairs Building (Cascade Hall) 12401 SE 320th St.

LG GYM Les Gove Gymnasium, 910 9th St SE

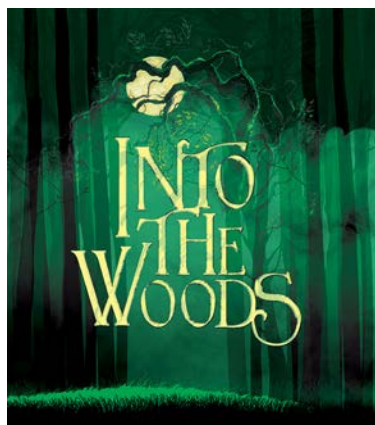
PCA Postmark Center for the Arts, 20 Auburn Avenue



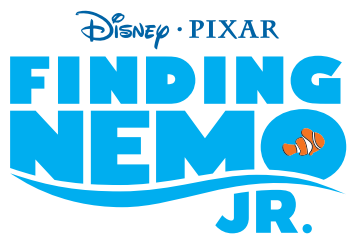
UPCOMING THEATRICAL PRODUCTIONS



October 13, 14, 15, 20, 21, & 22, 2023



March 1, 2, 3, 8, 9, & 10



July 2024

Saturday, Nov. 11

58TH ANNUAL VETERANS PARADE AND OBSERVANCE

Parade at 11 a.m. | Main Street in downtown Auburn

Full details at auburnwa.gov/vets

One of the largest parades of its kind in the Country! The parade proceeds west on Main Street from E Street SE to A Street NW in Auburn. It includes a fly-over, marching bands, honor guards, military marching units and vehicles, veterans units, drill teams, community and scouting groups, as well as floats, antique cars and more. The day kicks off with a breakfast, sponsored by the American Legion. The Auburn Noon Lions Luncheon and an Open House follow the parade. The day is complete after the state's largest Marching Band and Field Competition awards its winners at Auburn High School Stadium.

Friday, Nov. 17 | 7:30 p.m.

MAIAH WAYNE

PCA | Tickets: \$20, Student/Senior: \$17 | auburnwa.gov/theater



Maiah Wynne is an American singer-songwriter, musician, and actress based in Gresham, Oregon. She is currently the lead singer in Envy of None, a project including former Rush guitarist Alex Lifeson. Maiah plays several instruments and even one with her feet! She will team up with Cellist Heidi Dubose for this wonderful evening of music.

Saturday, Nov. 18 | 2 p.m.

BRAVO KIDS: GOLDOCKS

LG GYM | Tickets: \$12 | auburnwa.gov/theater

Golden curls and mood swings do not necessarily mix with an over-pampered, but adorable, baby bear. Can a famished little girl put her spoiled behavior on the back shelf and learn how to be a friend to a lonely baby bear who hungers for a playfellow? Through listening and taking turns, these two misfits discover the power of having fun and being a friend.

Saturday, Dec. 2 | Noon-2 p.m.

SALMON FEST WITH THE ENVIRONMENTAL SCIENCE CENTER

MOF | Free

See Salmon spawning in Olson Creek, make salmon crafts, be a citizen scientist! All ages welcome.

AUBURN PARKS, ARTS & RECREATION

Holiday Happenings

in CITY OF AUBURN WASHINGTON



For more details:
Scan QR Code or visit
auburnwa.gov/events

HALLOWEEN HARVEST FESTIVAL

& LES GOVE PARK TRUNK-OR-TREAT



Saturday, October 28 | 1-5pm

Auburn Community Event Center

Les Gove Park | 910 9th St SE

FREE!
AGES 2 & UP

**GAMES,
CRAFTS,
RIDES,
PHOTO BOOTHS
ARE MORE!**



**HALLOWEEN
SWEETS**

**Don't forget to
check out the
Boo-seum!**



**And the
Senior Center
Harvest
Bazaar!**



**Lots of fun for
Auburn's little
Trick-or-Treaters!**

HOST A TRUNK!

Welcome all organizations and business,
contact 253-931-3043 for more information.

CITY OF
AUBURN
WASHINGTON