KEEP IT LOCAL

Prepare for Winter Storms
Housing and Human Services
Peter Western Bridge

MEET BURIEN'S INTERIM POLICE CHIEF
PROUDLY SERVING THE BURIEN COMMUNITY

Puget Sound View Home
2828 SW 171ST ST  BURIEN, WA 98166
$1,395,000

Puget Sound Waterfront
2155 SW 173RD PLACE  BURIEN, WA 98166
$3,100,000

Puget Sound Waterfront
12073 30TH AVE SW  BURIEN, WA 98166
$2,950,000

CALL US TODAY AND LET’S GET YOUR HOME SOLD!
EDITOR’S NOTE

WINTER IS A TIME IN MANY CULTURES WHEN PEOPLE GATHER for family celebrations, break bread, and exchange gifts. It’s also when many people open their hearts to those in need and donate time and money to local causes. In this issue, we talk about ways you can shop, eat, and give locally. And why being a “Burien locavore” is so important.

The city manager and City Council discuss the strides we’ve made in addressing human service needs in our community. We also give you an update on the Peter Western bridge, including a little history lesson on the Boulevard Park pioneer.

You will see photos from the #BurienSummer photo contest, bringing a summer sunbreak to your cold winter. We also offer practical tips on being prepared for winter storms and how you can be a composting hero!

The purpose of this magazine is to help you know more about what we are doing here at the City of Burien, as well as what’s going on in your community. Let us know if you have ideas for future issues!

— Emily Inlow-Hood
City of Burien Communications Officer & Executive Editor, Burien Magazine

INSIDE THIS ISSUE

4 CITY HALL
Message from the City Manager
City Hall Directory
Message from the City Council

6 CITY NEWS
Peter Western Bridge
#BurienSummer to Get You Through the Winter
Accepting Nominations for the Next Citizen of the Year
Se aceptan nominaciones para el próximo Ciudadano del Año
Nhận đề cử cho giải thưởng Citizen of the Year (Công Dân Của Năm) tiếp theo
2017 Innovative Steward Award Winners

10 COMMUNITY
Pledge to Buy Local
Be a Burien Locavore
Give Local
Next Generation Health Care Professionals Find Opportunities in Burien
Enroll in a health plan at wahealthplanfinder.org
Inscribase en un plan de salud en wahealthplanfinder.org
Nhận đề cử cho giải thưởng Citizen of the Year (Công Dân Của Năm) tiếp theo

18 ENVIRONMENT
Free Trees for Burien residents!
#CompostLikeBurien
3 Simple Steps Can Get You Prepared for Winter Storm
Tres sencillos pasos pueden prepararlo para las tormentas de invierno
3 Bước Bảo Dưỡng Cố Thạch Quydam Sườn Sáng cho Chac Con Bảo Mưa Đông

22 PARKS & RECREATION
Día de los Muertos: Tradition and Culture Meets Community
Día de los Muertos: La tradición y la cultura se encuentran con la comunidad
Community Center Supports Healthy Aging
El centro comunitario apoya el envejecimiento saludable
Trung Tâm Cộng Đồng Hỗ Trợ Sức Khỏe Người Cao Tuổi
Adopt a Park
Meet your Parks Maintenance Staff

32 POLICE & FIRE
Community Police Academy: Bridging the Gap between Public and Police
Congele los incendios propios de las festividades de invierno
NGÂN CHÁN Các Địa Chấn Trong Kỳ Nghỉ Lễ Mùa Đông
Meet Interim Chief Mark Konoske
Gặp Gỡ Cảnh Sát Trưởng Mark Konoske
In the past few months, we’ve made enormous strides in improving our City’s response to human service issues and community engagement. Burien became a Community Block Grant Joint Agreement city, which increased the funds available for human services. The Council also formed a new Human Services Commission and approved adding a Human Services Manager to our team. We are now managing much more complex processes regarding our human services funding and services. This investment will enhance the coordination, quality, and availability of essential human services within our community.

Increasing civic engagement
We will be piloting a new program next year called Community Connections to support more robust and diverse civic engagement. You will hear more about that program in the coming months. We are also investing more of our current budget into offering interpretation services during public meetings and customer service interactions. We are investing in translation of more written materials, so that critical information is more accessible to people with limited English.

Economy is going strong
Our economy continues to grow. In the last few years, dozens of restaurants and specialty food shops have opened in Burien and we have more new restaurants opening soon. Burien’s reputation as a “foodie paradise” is growing. Construction of new homes and buildings, sales of new cars, and expansion of existing businesses is on the rise. We continue to focus on ways to enhance quality of life, energize our economy, and bring more living wage jobs here to Burien.

The City’s budget is healthy, balanced, and our revenues are exceeding expenditures. This is good news as we take steps and make recommendations to Council to ensure the sustainability of our budget in 2018 and beyond. Revenue has been strong in the areas of car and construction sales, federal and state grants, taxes, and fees. With this revenue, we will continue to fund critical infrastructure projects and services, human services, public safety, and other essential programs that serve our community’s needs.

I enjoy hearing directly from residents about their concerns and ideas for how to make our community stronger. Please feel free to email me at brianw@burienwa.gov.
MESSAGE FROM THE CITY COUNCIL

THIS FALL WE COMPLETED A MID-BIENNIAL BUDGET AMENDMENT PROCESS. This was an opportunity to adjust the two-year budget that was approved in 2016 so that we address issues that emerged in the last year.

We also discussed the needs of the most vulnerable in our community. And this summer, we were able to move a few steps forward on these issues. With the appointment of seven outstanding individuals to our new Human Services Commission, the Council will be advised by people who are experts in the fields of human services. And with the addition of a full-time human services manager, our human services work can be better coordinated.

We also approved a change to the human services funding formula, changing it from 1.25 percent of the General Fund to $6.50 per capita. This new formula will allow our funding to match the needs of a growing population. Community Development Block Grant funding is a new source for human services funding. Both of these changes increase our total human services funding by 15 percent starting in 2019.

Thank you to everyone who has emailed, called, or come to Council meetings. You can find our contact info listed in the City Directory. Or please join one of our Monday night City Council meetings—in person, on Channel 21, or streamed online.

We wish you and your family well this winter and we look forward to all the great things we can accomplish together in the new year.

— Your Burien City Council

NEW CITIZEN ADVISORY BOARD WILL ADVISE COUNCIL ON HUMAN SERVICES ISSUES

The Human Services Commission is a newly-formed advisory body, created by the Burien City Council through Ordinance No. 669, approved on June 5, 2017. The Commission’s purpose is to serve as an advisory body to the City Council, and is responsible for providing advice and recommendations related to human services issues. Council approved a work plan for the Commission on October 7, 2017.

Meetings will be monthly and open to the public. Go to burienwa.gov/humanservicescommission to learn more.

Current members:
- Valerie Allan (Vice-Chair), Position 1, term expires March 31, 2020
- Colleen Brandt-Schluter, Position 2, term expires March 31, 2019
- Megan Gibbard Kline, Position 3, term expires March 31, 2020
- Jennifer Marcum, Position 4, term expires March 31, 2019
- Karen McMichael, Position 5, term expires March 31, 2020
- Julianna Ormsby, Position 6, term expires March 31, 2019
- Brendon Scholtz (Chair), Position 7, term expires March 31, 2020
Our region experienced one of the wettest and coldest winters on record last January. Snow storms followed by rain storms caused landslides and flooding across the city. After weeks of working round the clock to clear streets of snow and handle flooding near stormwater drains, the Public Works team had another crisis to face. On February 9, the bridge on 116th Street, which spans across a steep ravine and small creek, became so unstable it required immediate closure.

The first sign of trouble was spotted by a neighbor who lived next to the bridge and who had a bird’s eye view into the ravine. He heard the sound of trees falling in the steep slope of the ravine (See Landslide Warning Signs). He called the City, and within an hour, two public works staff went to the bridge to inspect the situation. They saw that the normally small creek was wide and gushing. A truck drove across the bridge and staff noticed that the columns seemed to move. They immediately called for the bridge to be closed.

The next morning, staff brought structural and geotechnical engineers to the site to further investigate. After removing vegetation, they discovered that the creek had shifted several feet to the west and had eroded away the soil underneath the bridge footings, leaving a full six feet of air between the footings and the ground.

Over the next several weeks, the rainy weather continued. Public Works staff worked with the engineering experts to assess whether the bridge could be saved. Crews used sandbags to shift the creek away from the failing bridge footings. Meanwhile, the rainy weather continued, further eroding the soil around the footings. After careful consideration of all the options, on April 4, the decision was made to demolish and replace the bridge.

On May 19, the bridge was demolished. By all accounts, the demolition was a success—the creek and stormwater culverts running below the bridge were not significantly impacted by the debris from the bridge. There is a very exciting video you can watch of the bridge coming down at youtube.com/cityofburien.

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From Winter Storm to Bridge Demolition

Photo of wooden bridge that was re-built and re-named the Peter Western Bridge, circa 1932. Photo courtesy of Highline Historical Society.
WHO WAS PETER WESTERN?

Peter H. Western was born in Kent, WA on March 11, 1883, and passed away in 1954. The Peter Western Bridge was named after him in 1950, when he was 67 years old. Peter Western was a farmer, but he was also a small business owner in Boulevard Heights. He married Olive Avenell in 1911 and fathered three children: John Henry Western (1912-1978), Donald Hovel Western (1916-1993), and William Avenell Western (1918-1988). Western lived at 11837 25th Ave S., and his son Donald lived at 2400 S. 118th, which is near the bridge. Gravel Pit School was built around 1898 at what is now the intersection of 120th and Military Road. The land was homesteaded by Henry Western (Peter’s oldest son), who donated the land and built the school, just north of where Hilltop Elementary is now.

When the school closed in 1911, the building was moved to Peter Western’s property, where he used it as a garage to rebuild used car batteries.

We don’t know the precise reason why the bridge was named after Peter Western. But if you have any more information about this Burien pioneer, please share with the Highline Historical Society.

Thank you to the Highline Historical Society for providing information about Peter Western and his family.

WHAT’S NEXT FOR THE PETER WESTERN BRIDGE?

Because the bridge was destabilized during an emergency as proclaimed by the Governor, the City was able to secure significant emergency funding. However, the City will still need to contribute about $560,000 to design and re-build of the bridge. The City is working with the Washington Department of Fish & Wildlife and the US Army Corps of Engineers to secure the proper permits. The City has advertised for an engineering consultant to design the bridge. The goal is to have the bridge completed and open in 2019, however, this is dependent on the speed of the permitting agencies.
ACCEPTING NOMINATIONS FOR THE NEXT CITIZEN OF THE YEAR

Do you know someone who has improved the quality of life in Burien? Do you know of a program or organization that has helped others in the community? Do you know someone who should be recognized for his or her contributions?

Nominate that person or organization for a Citizen of the Year award!

Learn more: burienwa.gov/citizenyear

Submissions for 2017 are due by February 9, 2018.

Past winners have included:
- Larry Cripe
- Wendy Meyers-Wenger
- Cassidy Huff
- Eric Mathison
- Michael Noakes
- Donna DiFiore
- Neighbors of Seahurst Park
- Betty Olson Vaaca
- Maureen Hoffman

NOW THAT THE TEMPERATURES HAVE DROPPED, summer feels like a distant memory. Luckily, Burien residents shared a little sunshine with us that we bottled up just for winter. In July, we asked people to share what makes summertime in Burien so special, including favorite places to keep cool and best outdoor dining. Residents who tagged their social media photos with #BurienSummer were entered into a photo contest with three prizes of $150.

The winning photographs by Todd Yates, Fit4Mom Burien-Des Moines, Momentum Dance really show what makes Burien such a great place to live, work, and play.

#BurienSummer to Get You Through the Winter

SE ACEPTAN NOMINACIONES PARA EL PRÓXIMO CIUDADANO DEL AÑO

¿Sabe de alguien que haya mejorado la calidad de vida en Burien? ¿Sabe de algún programa u organización que haya ayudado a otros en la comunidad? ¿Sabe de alguien que merezca ser reconocido por sus contribuciones?

¡Nomine a esa persona u organización para el premio a Ciudadano del Año!

Para más información: burienwa.gov/citizenyear

Las postulaciones para el 2017 deben presentarse antes del 9 de febrero de 2018.

Entre los ganadores anteriores se encuentran:
- Larry Cripe
- Wendy Meyers-Wenger
- Cassidy Huff
- Eric Mathison
- Michael Noakes
- Donna DiFiore
- Neighbors of Seahurst Park
- Betty Olson Vaaca
- Maureen Hoffman

Nhận đề cử cho Giải thưởng Công dân của năm (Công dân của năm) tiếp theo

Quý vị biết một người giúp cải thiện chất lượng cuộc sống tại Burien? Quý vị biết một chương trình hoặc tổ chức giúp đỡ mọi người trong cộng đồng? Quý vị biết một người nên được vinh danh vì những đóng góp của người đó?

Đề cử cả nhân hoặc tổ chức cho giải thưởng Công dân của năm!

Tim hiểu thêm: burienwa.gov/citizenyear

Hạn cuối nộp đề cử cho năm 2017 là trước ngày 09 tháng 02 năm 2018.

Những người đã nhận chiến thắng trước đây bao gồm:
- Larry Cripe
- Wendy Meyers-Wenger
- Cassidy Huff
- Eric Mathison
- Michael Noakes
- Donna DiFiore
- Neighbors of Seahurst Park
- Betty Olson Vaaca
- Maureen Hoffman
2017 Innovative Stewards Award Winners

The Innovative Stewards Award is one way the City leadership recognize employees and teams that demonstrate hard work, creativity, and excellent public service. The award is presented yearly to staff or teams that best exemplifies outstanding productivity, problem-solving, improved service, significant dollar savings, or other achievements in public service.

2017 Innovative Stewards Award Winners Are:

Chris Craig
Economic Development Specialist

Chris has created one of the best business retention and expansion programs in the area. He works with partners to develop creative solutions. For example, in 2016, Chris brokered a sponsorship deal with the Regional Tourism Authority which resulted in the first marketing campaign that promoted Burien as a visitor destination. In recognition of his efforts, Chris was named the 2017 Public Official of the Year by Discover Burien.

Juan Granizo
Public Works Maintenance Worker

During the big winter storms of 2017, it was clear the City needed extra equipment to handle a high volume of snow removal and de-icing of city streets. The City currently owns five plows, two sanders, and one traditional de-icing unit. A fully equipped de-icing unit on a truck costs between $12,000 and $14,000. For approximately $300 per unit, Juan designed two more de-icing units, using existing water tanks, a $150 pump, and some PVC pipe. His efforts added two de-icing units to our fleet to help City crews keep up with widespread de-icing needs.

Patti Rader • Finance Manager

As project manager for the City’s new financial system implementation, Patti led the project from RFP to implementation. While working on this project, she has still managed to make sure employees and vendors were paid and our financial books were closed on time every month.

The Team Innovation Award was given to Samir Basmeh, Greg Rutkosky, Loreli Taylor, Ben Gummere, Nic Everson, Adam Zapata, Ron Dobson, Luis Mejia, Juan Granizo, Don Kusler, Hayden Fagundes, Rafael Granizo, and Todd Hellene for the Public Works Shop Project. After seven years of operating out of a leased maintenance space, the landlord abruptly terminated the contract during negotiation of an extension. Public Works was notified on February 1 that they had until April 30 to vacate the property. The team worked diligently to locate a similar rental facility and the lease for the new site was executed on April 1. The crew had less than 30 days to establish a new operable maintenance shop. They worked evenings and weekends to set up a new mobile office and four storage containers on the site, constructed new shelving and tool racks, designed security fencing for the yard, moved all equipment and supplies, and thoroughly cleaned the old facility. The team demonstrated coordination, collaboration, patience, and creativity to make the new yard functional and ready to serve them for the coming two years.

Normandy Park Senior Living Presents

Sunday Brunch

$8 Adults, $4 Children 12 and Under.
Free with Touring Parties

A Member of the Artegan Family
Celebrating the Art of Life

16625 1st Ave South | Normandy Park, WA 98148
(206) 539-1629 | www.artegan.com

For reservations please call us at (206) 241-0821 today!
Pledge To

Whether you are buying a car or purchasing flowers, keeping your dollars local is a great way to help your local community and your neighbors.

We are lucky that we have a diverse economy here in Burien. Our downtown shopping district is the envy of many other King County cities and is a big part of our city’s character and charm. We also have a thriving small manufacturing sector and we are home to many creative professionals, including web and graphic designers, photographers, musicians, and artists.

But we can’t take our booming small business sector for granted. Think about your favorite local business. How would you feel if it were to go away? Burien businesses depend on local support.

Shopping Local Supports Community Programs and Services

Sales tax makes up 17 percent of the City’s total revenue. The more sales tax we generate, the more we can devote to maintaining our beautiful parks, improving our local roads, and providing other essential services. Local business owners are often more invested in the community’s future. For this reason, they also tend to support local nonprofits (see Give Local, page 12).

Dozens of studies* have shown that every dollar spent at a locally owned business generates two-to-four times the economic development impact of a dollar spent at an equivalent, non-local business.

Shopping Local Provides Unique, High-Quality Experiences

Customer service is often better at local businesses because they often hire people with more specific product expertise. Owner-operated businesses are highly motivated to provide good customer service. It’s often easier for them to change their inventory and services to meet your needs. So, if they don’t have what you’re looking for, try asking them to order it for you.

Some research suggests entrepreneurs and skilled workers are more likely to invest and settle in communities that preserve their one-of-a-kind businesses and distinctive character. Supporting our unique and diverse business community is another way to encourage community growth.

Get The Word Out!

Even if you can’t afford to spend a lot of money at our local businesses, you can still help them thrive. Think about the last time you looked for a plumber. How did you get the information you needed to make the right choice? You probably relied on the testimonials of friends and neighbors. Word-of-mouth marketing is a powerful way to promote about a business or service. Consider leaving a positive review online about a local business. Recommend a business to friends and family. We all can contribute to building our local economy.

WHY SHOULD YOU CONSIDER SHOPPING AND EATING LOCAL?

**Good for the local economy.**
Most of the local business owners not only live here in Burien, but also shop here. Buying locally helps grow other businesses. It also helps raise revenue for public programs like roads and public safety.

**Good for the environment.**
Buying from local sources means less fossil fuels are used to transport the food or products, generating fewer greenhouse gas emissions.

**Supports and celebrates our local diverse cultures.**
Strike up a conversation with fellow restaurant or shop patrons the next time you go out. Everyone has a story to tell. It’s a great way to meet your neighbors and participate in the community.

**Support your neighbors.**
Many local restaurants and shops are family-owned and the owners live right here in Burien.

**If you don’t eat or shop local, businesses won’t survive.**
It’s a basic economic fact. If a business can’t be supported by its local community, it won’t last long. In order to keep our economy growing, we need to support our local businesses.

**High-quality, authentic food and products.**
At the end of the day, we all just want good food to eat or good service or product to buy. We are lucky to have many high quality, authentic food and other business experiences from which to choose.

---

BE A BURIEN LOCAVORE

The winter holidays is when home cooks show off their best recipes. This holiday season, consider sourcing your ingredients right here in Burien!

Explore some of the grocery and specialty food markets that line 152nd, 153rd and Ambaum Blvd. From tamales from Mexico to teff from Ethiopia, you never know what you will find. We can boast of not just one, but two chocolatiers. And how many towns have an oilierie! Burien is the place you can find that special ingredient to make your holiday meal one your relatives will be talking about for years.

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**LOCAVORE:**
A person interested in eating food that is locally produced.

**BURIEN IS A “FOODIE PARADISE”**
After you’ve done your holiday shopping at one of the retail shops in downtown Burien, take a break and eat at one of the 13 restaurants that have opened in the last two years in the downtown area. In just four blocks, you can sample cuisine from around the globe.

Burien’s retail rental rates are still relatively inexpensive compared to surrounding areas, which makes Burien a great place for new restaurants to open. Many first-time business owners are choosing Burien to get started in a proven market, and more experienced restaurateurs are opening second or third locations. Keep an eye out for more new restaurants opening next year.

CONTINUED ON PAGE 12
Give Local

The short days and cold temperatures of winter is a natural time to hunker down, get cozy, and focus on activities that celebrate family and friends. It’s also the time to take stock and see how we can give back to our local community. With the cold weather and winter holidays, this is the time of year that people’s needs are most acute. Here in Burien, there are many ways to give to your neighbors who may need a little extra help this season.

How do I make sure my donation will help someone in need?

Most charities will tell you that money is the best way to help their cause. If you want to donate money, how do you know which groups are best to give to?

Try using a website like Charity Navigator or Better Business Bureau. They will help you evaluate which charities and

PCC, a food cooperative based in Seattle, will be opening a Burien location early next year. As long-time supporters of the locavore movement, they will fit right into the local food culture here in Burien.

Eating Local Year-Round

There are also several Community Supported Agriculture (CSA) programs that have partnered with local businesses to distribute fresh fruits and vegetables straight from the farm to your table. And starting in May, you can buy straight from producers at the Burien Farmers’ Market.

Grow Your Own Food

Even though the weather is cold, this is a good time to start dreaming about putting in a vegetable garden next year. Growing your own vegetable garden can do more than provide delicious produce. The exercise of gardening can improve your health, save money, and even boost your mood. You don’t have to have a lot of land to enjoy growing your own food. If you only have a deck, or even just a kitchen window, you can grow fresh herbs in a pot.

You can also be part of a community of gardeners at our local B-Patch. The New Start Community Garden is also accepting applications. Sign up for a community garden plot at burienwa.gov/communitygarden.

Whether you buy or grow your own food, consider keeping it local!
nonprofits are effectively meeting their goals. Smaller nonprofits, however, may not be listed on these websites. It doesn’t mean you shouldn’t give to them. Instead, do your own research before you give.

And, be wary of telephone solicitors. The Washington Secretary of State has a website with more tips on how to “give smart” and avoid charity scams: https://www.sos.wa.gov/charities/GiveSmart.aspx.

**Why should I donate to local charities?**

There are many worthy charities and causes that serve people in need all across the globe. But some people want to see their dollars go directly to helping their local community.

You can find a list of all the registered nonprofits in Burien here on the Secretary of State’s website sos.wa.gov/search-app.aspx#/search. You can also look at the nonprofits that the City funds through its human services funding here: burienwa.gov/DocumentCenter/View/7231. If you want to learn more about the selection process for how the City chooses human service agencies to fund, consider attending the next Human Services Commission, or reading more at: burienwa.gov/humanservices.

**How else can I give back?**

Many of us don’t have money to give but we do have time. There are many ways you can donate your time for a good cause.

- Volunteer with one of the many nonprofits in our city.
- Volunteer with the City of Burien (burienwa.gov/volunteer).
- Go to Discover Burien and find volunteer opportunities.
- Join a local Buy Nothing group. Hyper-local giving is a great way to give locally, and meet your neighbors!
- Donate used goods to local charities that accept them.

However you choose to connect with your local community, you will feel the rewards come back to you tenfold. Giving time or money will help you feel connected to something bigger than yourself. If you have children, it will show them you care about others and want to make the world a better place. In the end, it will also help you feel grateful for what you do have, however little or much that is. ■
Next Generation of Health Care Professionals Find Opportunities in Burien

HOW MANY NEW HIGH SCHOOL BUILDINGS have a working dental lab, a hospital ward with eight beds, and a medical laboratory with a centrifuge and cell incubators? There is one, right here in Burien.

On September 6, the new Puget Sound Skills Center Health Sciences Building opened. The high-tech facility is set to launch high school juniors and seniors into careers in dentistry and medicine and related health and sciences fields.

The new space doubles the number of students who can be certified as nursing assistants or start the path to becoming dental assistants.

Sea Mar Community Health Center has a working dental clinic on site, where students can observe dental work in action. A new biomedical research program, in partnership with the Seattle Children’s Research Institute, will allow students the opportunity to learn how biological and physiological sciences apply to clinical medicine. Students will get hands-on experience using professional lab equipment such as carbon-dioxide incubators to grow cultured cells, a minus-20-degrees-Celsius freezer for storing enzymes and chemicals, an incubator for bacterial plates, and a refrigerated centrifuge to separate fluids, solids and gases.

Health care and biomedical professionals are in high demand. Highline Public Schools Superintendent Susan Enfield says about the new facility, “This is about community and our economy. These are professionals who are going to come out of here serving our community. That’s huge.”

Workforce development builds a strong economy

PSSC provides a pathway for many students to explore their interests or get a jumpstart on pursuing their career passion. PSSC programs connect juniors and seniors in Highline and four other districts with job-ready skills, certifications, and college credits.

In 2016, students taking classes at PSSC earned more than 2,000 college credits and almost 1,700 industry certifications in 18 different programs including aerospace manufacturing, animation, automotive technology, information technology, culinary arts, firefighting and more.

PSSC is the oldest skills center in the state, and has served as the model for the 18 other skills centers across the state.

“Medical services are a big and important part of Burien’s economy—and those businesses are hiring,” says City of Burien Economic Development Manager Andrea Snyder. “We are fortunate to have the PSSC to teach such in-demand job skills to the next generation of workers.”
Regardless of what's happening in Washington DC related to changing health coverage options, any health coverage purchased for 2017 will be good for the rest of the year as long as monthly premiums are paid on time each month. There are no changes to 2017 health insurance available in Washington state.

Washington Apple Health (Medicaid) enrollment is year-round. You can still enroll in or change plans if you have a life-changing event.

Open enrollment for plans purchased through the Washington Healthplanfinder runs November 1 through December 15. Find or renew your plan at wahealthplanfinder.org. Make sure to finalize your coverage by December 15 for a Qualified Health Plan that starts January 1!
HOUSING REPAIR PROGRAMS

King County provides funding for housing repair services to low-income homeowners and special needs renters in most parts of King County.

You can find funding for repairs such as replacing your roof, installing a new septic system, repairs addressing emergency conditions, health and safety repairs or major building preservation issues within the single family owner occupied home. For renters with a disability, King County provides funding to make your unit more accessible.

Call Housing Repair at 206-263-9095 to learn more about the process, how to access services, and eligibility criteria.

Or visit online at kingcounty.gov/depts/community-human-services/housing/services/housing-repair.aspx.

PROGRAMAS DE REPARACIÓN DE VIVIENDAS

El condado de King proporciona financiamiento para servicios de reparación de viviendas a propietarios de bajos ingresos e inquilinos con necesidades especiales en la mayor parte del condado.

Puede encontrar financiamiento para reparaciones, tales como la sustitución de techo, la instalación de un nuevo sistema séptico, reparaciones relacionadas con condiciones de emergencia, reparaciones por salud y seguridad o problemas importantes de preservación de edificios dentro de la vivienda familiar ocupada por el propietario. Para los inquilinos con discapacidad, el condado de King ofrece financiamiento para que su unidad habitacional sea más accesible.

Llame a Reparación de Viviendas al 206-263-9095 para conocer más acerca del proceso, cómo obtener acceso a los servicios y los criterios de elegibilidad.


CÁC CHƯƠNG TRÌNH SỬA CHỮA NHÀ Ở

Quận King cấp kinh phí cho các dịch vụ sửa chữa nhà ở dành cho những chủ nhà có thu nhập thấp và những người thuê nhà có nhu cầu đặc biệt tại hầu hết các khu vực của Quận King.

Quý vị có thể tìm kiếm tài trợ cho việc sửa chữa như thay mái nhà, lắp đặt hệ thống tưới hoa mặt, sửa chữa các tình trạng khẩn cấp, sửa chữa liên quan đến vấn đề sức khỏe và an toàn hoặc các vấn đề bảo dưỡng tòa nhà trong phạm vi nhà ở là của một chủ sở hữu gia đình duy nhất. Đối với những người thuê nhà bị khuyết tật, Quận King cấp kinh phí để giúp cải nhân hóa cuộc sống của quý vị để dễ dàng hơn.

Hãy gọi Dịch Vụ Sửa Chữa Nhà Ở theo số 206-263-9095 để tìm hiểu thêm về quy trình, cách thức tiếp cận dịch vụ, và các tiêu chí về điều kiện hỗ trợ.

PROTECTING PERSONAL INFORMATION

IN SEPTEMBER, EQUIFAX, one of the world’s largest credit monitoring companies, experienced a breach that compromised millions of people’s personal data. What can you do to make sure your personal information and data is safe? The information below is courtesy of U.S. Representative Pramila Jayapal’s office.

Was my information compromised? 143 million American consumers had their information exposed in a data breach at Equifax, so there is a good chance that you may be affected. To see if your information was compromised, visit the Federal Trade Commission’s (FTC) Consumer Information page at: https://www.consumer.ftc.gov/blog/2017/09/equifax-data-breach-what-do. Make sure you are on a secure computer and an encrypted network connection when entering sensitive information.

My information was compromised—now what? Review your account statements and credit reports. If there is any unauthorized or unusual activity, immediately report it to your financial institution. In addition, consider placing a credit freeze or fraud alert on your files. Visit identitytheft.gov and consumerfinance.gov for more information on protecting yourself after a data breach.

I got a call from someone asking to verify my account information—is it legitimate or a scam? If someone claiming to be from Equifax calls asking for you to verify your account information, do NOT tell them anything. This could be a scam. For further information on phone scams, visit https://www.consumer.ftc.gov/blog/2017/09/equifax-isnt-calling.

I received a call and believe it to be a scam—how do I report this? Report the scam to the FTC, which oversees business compliance with laws.

What is the US government doing about the breach? The FTC has opened an investigation into the breach. In addition, members of Congress have requested further information and called for legislation to protect consumers.

What can I do in the future to protect myself from identity theft? You can lower your risk of being a victim of identity theft by following the steps at https://www.usa.gov/identity-theft#item-206114.

MANTENGA SEGURA SU INFORMACIÓN PERSONAL

En septiembre, Equifax, una de las compañías de supervisión de créditos más grandes del mundo, experimentó un fallo de seguridad que comprometió los datos personales de millones de personas. ¿Qué puede hacer usted para corroborar que su información y datos personales estén seguros? La información a continuación es cortesía de la oficina representante de Pramila Jayapal en Estados Unidos.


Mi información estuvo comprometida: ¿ahora qué? Revise sus estados de cuenta e informes de créditos. Si hay alguna actividad no autorizada o inusual, informe inmediatamente a su institución financiera. Además, considere colocar una restricción de crédito o alerta de fraude en sus archivos. Visite identitytheft.gov y consumerfinance.gov para más información acerca de cómo protegerse de fallas de seguridad en las bases de datos.

Recibi una llamada de alguien solicitando que verificara la información de mi cuenta, ¿es legítima o es una estafa? Si alguien que dice pertenecer a Equifax llama pidiéndole que verifique la información de su cuenta, NO le diga nada. Podría ser una estafa. Para mayor información acerca de las estafas telefónicas visite https://www.consumer.ftc.gov/blog/2017/09/equifax-isnt-calling.

Recibi una llamada y creo que es una estafa: ¿cómo puedo notificarlo? Notifique la estafa a la FTC, que supervisa el cumplimiento comercial con las leyes.

¿Qué está haciendo el gobierno de los Estados Unidos en relación con la falla de seguridad? La FTC abrió una investigación al respecto. Además, miembros del Congreso solicitaron mayor información y exhortaron a una legislación que proteja a los consumidores.

¿Qué puedo hacer en el futuro para protegerme de un robo de identidad? Puede reducir el riesgo de ser víctima de robo de identidad al seguir los pasos que se señalan en https://www.usa.gov/identity-theft#item-206114.
FREE TREES FOR BURIEN RESIDENTS!

February 24th, 2018
Where: Town Square Park, next to the Burien Library
When: 10 a.m. to 2 p.m.
Spanish bilingual staff will be present. Se Habla Español.

Trees improve air quality, and add beauty and habitat to our neighborhoods.
Free Trees for Burien homes and businesses! Fruit Trees, Evergreens, Broadleaf and Ornamental species are available.

The DIRT Corps program staff will be on hand to help residents select the right trees for their yard, and assist them with planting and tree care information.

Learn more about the DIRT Corps program here: www.thedirtcorps.com or email Andrew: duwamishcanopy@gmail.com. Para más información: duwamishcanopy@gmail.com

COMMUNITY | PROTECTING PERSONAL INFORMATION

GIỮ AN TOÀN THÔNG TIN CÁ NHÂN CỦA QUÝ VỊ


Thông tin của tôi đã bị ảnh hưởng - bây giờ tôi cần làm gì? Xem xét các bản sao kê tài khoản và báo cáo tin dung của quý vị. Nếu có bất kỳ hoạt động trái phép hoặc bất thường nào, hãy báo cáo cho tổ chức tài chính của quý vị. Ngoài ra, hãy căn nhắc dòng đăng tin dung hoặc dữ liệu bảo vệ không cho các tập tin

được quyền. Truy cập identitytheft.gov và consumerfinance.gov để có thêm thông tin về cách bảo vệ quý vị.


Tôi đã nhận được một cuộc gọi và tôi cho rằng đó là hành vi lừa đảo - tôi có thể báo cáo hành vi đó như thế nào? Báo cáo hành vi lừa đảo cho FTC, đơn vị giám sát việc tuân thủ pháp luật của doanh nghiệp.

Chính phủ Hoa Kỳ đang làm gì để xử lý vi phạm này? FTC đã mở một cuộc điều tra về vi phạm này. Ngoài ra, các thành viên của Quốc hội đã yêu cầu thềm thông tin và kế hoạch pháp để bảo vệ người tiêu dùng.

Trong tương lai, tôi có thể làm gì để bảo vệ bản thân khỏi hành vi trộm danh tính? Quy vị có thể làm giảm nguy cơ trở thành nạn nhân của hành vi trộm danh tính bằng cách làm theo các bước tại https://www.usa.gov/identity-theft#item-206114.
WHY IS COMPOST SO IMPORTANT?

**Composting fights climate change**

Because composting is the controlled decomposition of organic material such as leaves, twigs, grass clippings, and food waste, composting helps reduce the amount of trash that gets put into our landfills, reducing the amount of methane gas that is released into the atmosphere. When compost is re-used for gardening, it helps build healthy soil by increasing the soil’s ability to hold water, building soil structure, reducing demand for pesticides and fertilizers, and storing carbon in the soil. Storing carbon and reducing methane are vital to fighting climate change.

**Compost is key to food stability**

“Compost is important to building topsoil, which is how we will help ensure we feed ourselves in the future,” says Mason Giem, Waste Zero Specialist with Recology.

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**Tell Us About It on Social Media Using Hashtag #CompostLikeBurien.**

Can you correctly guess the number one item that contaminates compost in King County?

Post your answer on Facebook, Twitter, or Instagram and use the hashtag #CompostLikeBurien. The first person to answer correctly will win a free box of kitchen compost bags.

**Bonus:** We’ll feature you and your compost bin in all its glory in our next issue of Burien Magazine.

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**URBSIDE COMPOSTING**—the practice of separating food and yard waste from recycling and trash—is on the rise in Burien. In 2016, Burien residents composted 7,284 tons of food and yard waste, an impressive increase from 4,085 tons in 2014. Yet, in the same year, 35 percent of garbage sent to King County landfills could have been composted. This is because some residents don’t know curbside composting is an option, but also because there is still some confusion around what you can put in your compost bin.

**When in doubt, throw it out!**

Compost contamination is any item put in the compost bin that won’t break down naturally into compost. These items must be manually removed from the waste stream and are a serious threat to compost production. If you’re unsure if something can be composted, it is better to just throw it out.

**There are a few items I just can’t figure out!**

We know it can be confusing about what items can be thrown in the compost bin. A 2016 King County study on composting in Burien showed participating households with low rates of food scraps diversion (composts just a little) were equally likely to have high levels of contamination as households with high rates of food scraps diversion (composts A LOT). That means your super-composting neighbor also needs to brush up on their compost sorting habits.

Impress your friends at the next neighborhood BBQ by learning about the compost bin’s most notorious tricksters below:

<table>
<thead>
<tr>
<th>COMPOST</th>
<th>NOT COMPOST</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tea bag without a staple</td>
<td>• To-go food containers with a shiny liner</td>
</tr>
<tr>
<td>• Wet and soiled paper towels</td>
<td>• Painted and/or treated wood</td>
</tr>
<tr>
<td>• Shredded paper</td>
<td>• Plastic bags</td>
</tr>
<tr>
<td>• Pizza boxes</td>
<td>• Dog poop</td>
</tr>
<tr>
<td>• Egg shells</td>
<td>• Glass</td>
</tr>
<tr>
<td>• Bones</td>
<td>• Label stickers on fruit</td>
</tr>
<tr>
<td>• To-go without shiny, plastic lining</td>
<td></td>
</tr>
<tr>
<td>• Food scraps</td>
<td>• Cardboard food containers</td>
</tr>
<tr>
<td>• Containers and utensils labeled “compostable”</td>
<td></td>
</tr>
<tr>
<td>• Egg cartons</td>
<td>• Cardboard milk containers</td>
</tr>
<tr>
<td></td>
<td>• Foam food containers</td>
</tr>
</tbody>
</table>

**#CompostLikeBurien**
ARE YOU READY?
3 SIMPLE STEPS CAN GET YOU PREPARED FOR WINTER STORMS

It’s not a question of ‘if’ but ‘when’ the next storm hits, will you and your loved ones be ready? And what do you need to do to better prepare at home, work, school, and on the road?

Winter weather preparedness consists of THREE SIMPLE STEPS:

BUILD A KIT. Create an emergency preparedness kit with at least a three-day supply of non-perishable food and water for your home and office. Kits prepared for vehicle road travel and winter weather evacuation go-kits are also advised. Use the TakeWinterByStorm.org/Checklist to build your own kit, including a radio, flashlight, extra batteries, a first-aid kit, emergency contact information, water, and non-perishable food.

MAKE A PLAN and practice the plan with your family and those who depend on you. Keep cold weather clothing and extra blankets handy at home, work, and in your vehicle to use in an emergency to minimize heat loss. Keep portable heaters away from furniture, draperies and other flammable materials.

STAY INFORMED and know the weather approaching so you are prepared for whatever Mother Nature throws our way. Knowing winter weather hazards and where to find resources to prepare is vital to protecting your property and those you love.

It’s smart to be prepared for winter weather events. Find detailed checklists and information in multiple languages at takewinterbystorm.org.

Ask us how you can receive 5 FREE units of Dysport!

Get Holiday Ready With Us! $50 off a full set of lashes!
¿ESTÁ LISTO? TRES SENCILLOS PASOS PUEDEN PREPARARLO PARA LAS TORMENTAS DE INVIERNO

No se trata de "si", sino de "cuándo" llegará la próxima tormenta, ¿estarán listos usted y sus seres queridos? ¿Qué debe hacer para prepararse mejor en el hogar, el trabajo, la escuela y en la vía? La preparación para el clima de invierno consiste en TRES SENCILLOS PASOS:

ARME UN KIT. Cree un kit de preparación para emergencias con suministro para al menos tres días de alimentos no perecederos y agua para su hogar y oficina. También se recomiendan los kits preparados para viajes por carretera en vehículo y los kits listos para llevar en caso de evacuación durante el invierno. Utilice la lista en TakeWinterByStorm.org/Checklist para preparar un kit que incluye un radio, una linterna, baterías adicionales, un equipo de primeros auxilios, información de contactos de emergencia, agua y alimentos no perecederos.

HAGA UN PLAN y practiquelo con su familia y los que dependen de usted. Mantenga la ropa para el clima frío y las mantas adicionales a la mano en el hogar, el trabajo y en su vehículo para usar en una emergencia y así minimizar la pérdida de calor. Mantenga los calentadores portátiles alejados de los muebles, cortinas y otro material inflamable.

MANTÉNGASE INFORMADO y conozca el clima que se aproxima, de manera que esté preparado para lo que sea que la Madre Naturaleza nos disponga. Conocer los riesgos del clima de invierno y dónde encontrar los recursos para prepararse es vital para proteger su propiedad y a sus seres queridos.

Es acertado estar preparado para los eventos climáticos de invierno. Encuentre listas detalladas de verificación e información en varios idiomas en takewinterbystorm.org.

Rediscover yourself. 360º

Utilizing medication assisted therapies such as Suboxone and addressing each person’s basic need to feel a sense of connection, Marina Medical’s Opioid Wellness & Lifestyle Support (OWLS) program helps people reclaim their capacity to feel and be well.

Lend a hand to someone with opioid addiction

Learn more at www.marinamd.com/owls or call (206) 878-8600

Located in Normandy Park Towne Center
19901 1st Ave S, Suite 409 Normandy Park, WA 98148
DÍA DE LOS MUERTOS: Tradition and Culture Meets Community

The Día de los Muertos celebration in Burien is an example of a community and city partnership at its best. Nancy Salguero McKay, curator for the Highline Historical Society, had been advocating for Día de los Muertos events for many years. In 2008, McKay worked with volunteers from local organizations, to create the first altars with ofrendas (offerings) in the old Burien Community Center. She went on to help coordinate altars at more celebrations, including the Burien Interim Art Space (BIAS) event Night of 1,000 Pumpkins and Parks Night of the Pumpkin.

In 2015, City staff brought together a committee of Latino community members and organizations so that they could voice their vision for the future of the event. The committee recommended that the City create an authentic Día de los Muertos event in Burien. The first standalone event included traditional performers and food, arts and crafts for the kids, community altars, lotería (bingo), storytelling, and more. More than 900 people attended.

Each year, the event draws more people. McKay says, “It’s a beautiful celebration of the diversity and sense of community that exists in Burien.”

At this year’s celebration, community members were invited to build their own altars at the Burien Community Center. The Burien celebration generally follows traditions from Mexico, but it also includes ofrendas that are considered “freestyle” instead of traditional ofrendas. Volunteers offered storytelling and other children’s activities that taught the meaning and history of the celebration. People also enjoyed traditional face painting, music, and dance.

Gabbi Gonzales, City of Burien Recreation Coordinator, who helped organize the event says, “We want this event to be something that the Burien community feels that they own. It’s important that we continue to celebrate all the diverse traditions of the residents of the city. Everyone is welcome to attend.”

DÍA DE LOS MUERTOS: La tradición y la cultura se encuentran con la comunidad

La celebración del Día de los Muertos en Burien es un ejemplo de asociación entre la comunidad y la ciudad en su máxima expresión. Nancy Salguero McKay, curadora de la Sociedad Histórica de Highline, estuvo abogando por los eventos del Día de los Muertos durante muchos años. En 2008, McKay trabajó con voluntarios de organizaciones locales para crear los primeros altares con ofrendas en el antiguo Centro Comunitario de Burien. Continuó para ayudar a coordinar los altares en más celebraciones, incluido el evento del Espacio Interino de Arte de Burien (Burien Interim Art Space, BIAS) Noche de 1,000 Calabazas y los parques Noche de la Calabaza.

En 2015, el personal de la ciudad reunió a un comité de miembros y organizaciones de la comunidad latina para que pudieran expresar su visión del futuro del evento. El comité recomendó que la ciudad creara un auténtico evento del Día de los Muertos en Burien. El primer evento independiente incluyó artistas tradicionales y comida, artes y artesanías para los niños, altares comunitarios, lotería (bingo), narración de cuentos y más. Más de 900 personas asistieron.

Cada año, el evento atrae a más personas. “Es una hermosa celebración de la diversidad y del sentido de comunidad que existe en Burien”, comenta McKay.

En la celebración de este año, los miembros de la comunidad fueron invitados a construir sus propios altares en el Centro Comunitario Burien. La celebración de Burien generalmente sigue las tradiciones de México, pero también incluye ofrendas que se consideran de "estilo libre", en lugar de las ofrendas tradicionales. Los voluntarios ofrecieron narraciones de cuentos y otras actividades para niños que enseñaron el significado y la historia de la celebración. La gente también disfrutó de la pintura facial tradicional, la música y el baile.

Gabbi Gonzales, Coordinadora de Recreación de la Ciudad de Burien, quien ayudó a organizar el evento señala: “Queremos que este evento sea algo que la comunidad de Burien sienta que es suyo. Es importante que sigamos celebrando todas las diversas tradiciones de los residentes de la ciudad. Todos son bienvenidos a asistir.”
TAX SEASON IS ALMOST HERE.

Your locally owned and operated H&R Block of Burien is here to help you get the best refund possible.

• EXPERTISE
  Our staff has in excess of 200 years of experience in tax preparation.

• CONVENIENCE
  If qualified, you can pay-by-refund for your tax return. From January 5, 2018 through February 28, 2018 you could qualify for an interest free refund advance up to $3000.

• COMPASSION
  We will prepare your 2017 1040EZ for free on Tuesday and Thursday nights and all day Sunday through February 28, 2018 at the Burien location only. For every 1040EZ we prepare, we’ll contribute $2 to a local non-profit. Last year we donated over $2600.

• LAPTOP COMPUTER GIVEAWAY
  Complete your 2017 refund with us or donate 5 nonperishable food items to enter for a chance to win a laptop computer. Drawings held February 28, 2018, March 30, 2018 and April 30, 2018.

CALL TO SCHEDULE YOUR APPOINTMENT

BURIEN
160 SW 152nd St.
Burien, WA
206-246-4592

BOULEVARD PARK
12003 Des Moines Mem. Dr.
Seattle, WA
206-267-1975

SEATAC
16256 Military Road S.
Seatac, WA
206-431-5137

Burien’s Custom Fine Jeweler
Since 1991

Westside Jewelers
Located in downtown Burien
147 S.W. 152nd Street
(206)241-6620
family fun & events
with Burien Parks & Recreation

Burien Parks & Recreation offers a variety of recreation, art, and education classes for all ages; from preschool sports skills through senior trips to the theater and everything in between. Browse the Recreation Guide or register online.

Register.BurienParks.net

YOUTH SPRING BREAK CAMPS
APRIL 9–13

Camp CRAZ: Spring Break Escape
GRADES 1–6
Join Camp CRAZ for fun with arts & crafts, group games, camp songs, field trips and much, much more!

Youth Baking Camp  AGES 8–12
All the best pastries in four days! Join us as we spend the week baking cookies, cupcakes, and other yummy treats. Our instructor has had experience baking for Grand Central Station and 909.

LEGO Camp  AGES 6–14
Whether your child is new to LEGO or on their way to becoming a Master Builder, our LEGO Adventure Camp will help them take their skills to the next level.

SEW Camp: Make Your Own Quilt  AGES 9–15
Create your own small quilt using a sewing machine and hand stitching while learning to sew or add to your sewing skills. Learn how to cut fabric, sew straight seams, follow sewing directions and use your creativity.
ADULT ART
FOR AGES 15 AND UP

Acrylic Painting Studio: Beginning to Advanced
A range of acrylic techniques, tools and additives with creative assignments will get the juices flowing.

Adult Painting Open Studio
An open studio for Acrylic Painting students. Students must be signed up for Acrylic Painting Studio. Students must bring in their own painting supplies.

Printmaking: No Printing Press Needed
Learn, experiment and refine ways to print on paper with monoprinting, relief, stencils, collage and other printmaking techniques. Students will create a variety of prints along the way.

SENIOR TRIPS
FOR AGES 50+
Trips include escort and transportation. Pre-registration required.

DEC 28 Skagit River Bald Eagle Interpretive Center

JAN 18 Bainbridge Organic Distillers Tour

JAN 23 Bellevue’s Dine-In Theatre

JAN 24 Paint the Town

JAN 31 Angel of the Winds Casino

FEB 4 TMP: My Way: A Musical Tribute to Frank Sinatra

FEB 17 ManeStage Theatre: Oliver!

FEB 21 Veteran’s Memorial Museum

FEB 27 Tulalip Casino & Seattle Premium Outlets

MAR 7 Foss Waterway Seaport

MAR 15 Living Computers: Museum + Labs

MAR 20 Salish Lodge Breakfast & North Bend Outlets

MAR 28 The Smith Tower Observatory

Register.BurienParks.net
Community Center Supports Healthy Aging

The Falls Prevention event, held on September 21st at the Burien Community Center, is one of the many programs offered at the Burien Community Center for senior citizens. Studies show that falls are the leading cause of injury for older Americans. The all-day falls prevention event brought together service providers from across the community to help seniors improve their balance and prevent falls. More than 50 people attended the event.

Approximately 12 percent of Burien residents are over the age of 65. Trends show that percentage will likely grow as the baby boomer generation ages. The City’s PaRCS department is helping Burien’s senior citizens thrive through healthy fun and fitness programs.

Kristy Dunn, who manages the senior programs for the City of Burien, says it’s important to provide these services so that “we promote a healthy, livable community.”

Healthy aging through social connection
Play and social connection are vital to keeping older adults healthy and thriving. The Burien Community Center offers recreational classes and programs, like drop-in ping pong or knitting classes, to help build community connections. Senior Trips is a very popular program that takes older adults on fun trips around the Puget Sound region. The next big trip planned is to La Conner, Washington.

Programs and services provide support
The Burien Community Center offers a number of services for older adults. Health care services, like a weekly foot care clinic and free hearing checks, provide access to preventive health care at an affordable price. Seniors can also get assistance with navigating the health care and legal systems through the SHIBA program and attorney consultations. You can even borrow durable medical equipment, like canes and walkers, through the free medical lending program!

EnhanceWellness brings proven program to Burien residents
The EnhanceWellness program is a three-step program that helps you move further along your journey to better health. An EnhanceWellness counselor screens the individual and identifies personal strengths and risks. This is followed by an action plan, which can be shared with your physician. And finally, with the support of the counselor, together they provide the support needed for you to reach your goals.

Stay healthy through fun fitness
The Community Center offers a number of fitness classes tailored to older adults, including: gentle chair yoga, Tai Chi, fitness classes that focus on stretching, balance, strength, and coordination, and the very popular Silver Sneakers class which combines movements aimed at improving muscular strength to upbeat music.

There is lots to do through our award-winning senior programs. Call 206-988-3700, or stop by the Community Center, Monday-Thursday, 8:30 a.m. – 8 p.m., and Fridays 8:30 a.m. – 5 p.m. to learn more.

This story is the first in a series of stories about the types of programs offered by our Parks, Recreation and Cultural Services Department. In the spring, we’ll feature programs for preschool aged children.

The Burien Community Center is an eligible site for Silver and Fit insurance benefit. This gives adults 65+ on Medicare with certain supplemental insurances associated with American Specialty Health free fitness class enrollment. There are also scholarships available. Applications may be obtained at the front desk or by contacting any of the senior program staff at 206.988.3700.

Community members sign up for free foot care at the 2017 Falls Prevention event.

PHOTO CREDIT: CITY OF BURIEN/AMANDA SNYDER.
Sự kiện Ngăn Ngừa Trượt Ngã (xem ảnh), tổ chức vào ngày 21 tháng 09 tại Trung Tâm Cộng Đồng Burien, là một trong nhiều chương trình được cung cấp tại Trung Tâm Cộng Đồng Burien dành cho người cao tuổi. Các nghiên cứu chỉ ra rằng trượt ngã là nguyên nhân hàng đầu gây thương tích cho người cao tuổi tại Hoa Kỳ.* Các sự kiện ngăn ngừa trượt ngã diễn ra cả ngày đã tập hợp các nhà cung cấp dịch vụ từ khắp cộng đồng để giúp người cao tuổi cải thiện khả năng thăng bằng của họ và ngăn ngừa trượt ngã. Hơn 50 người đã tham gia sự kiện.

Khỏng 12 phần trăm cư dân tại Burien trên 65 tuổi. Xu hướng cho thấy rằng tỷ lệ phân trăm này có thể sẽ tăng lên khi những người thuộc thế hệ bùng nổ dân số già đi. Phòng PaRCS của Thành Phố đang giúp đỡ những người cao tuổi tại Burien sống khỏe mạnh thông qua các chương trình thể dục vui vẻ, lành mạnh.

Kristy Dunn, người quản lý các chương trình dành cho người cao tuổi của Thành Phố Burien, cho biết việc cung cấp các dịch vụ này là rất quan trọng để “chúng ta thúc đẩy một cộng đồng lành mạnh, đầy sức sống.”

Người cao tuổi khỏe mạnh thông qua kết nối cộng đồng


Các chương trình và dịch vụ cung cấp hỗ trợ

Chương Trình Dành Cho Người Cao Tuổi Burien cung cấp nhiều dịch vụ cho người lớn tuổi tại Trung Tâm Cộng Đồng Burien. Các dịch vụ chăm sóc sức khỏe, như phòng khám chăm sóc bàn chân, hàng tuần và khám tại miền phi, cung cấp việc chăm sóc sức khỏe phòng ngừa với giai phẩm chủng. Người cao tuổi cũng có thể nhận hỗ trợ trong việc định hướng việc chăm sóc sức khỏe và các hệ thống pháp lý thông qua chương trình SHIBA và tư vấn với luật sư. Quy vị thậm chí có thể mượn các trang thiết bị y tế lâu dài, như nạng và xe di bộ, thông qua chương trình mượn trang thiết bị y tế miễn phí!

EnhanceWellness mang chương trình đã được thử nghiệm tới cho cư dân tại Burien

Chương trình EnhanceWellness là một chương trình ba bước giúp quý vị tiến xa hơn trong hành trình đạt được sức khỏe tốt hơn. Một tư vấn viên EnhanceWellness tiến hành sàng lọc từng cá nhân và xác định các điểm mạnh và nguy cơ cá nhân. Sau đó là một kế hoạch hành động, có thể được
El centro comunitario apoya el envejecimiento saludable

La actividad de Prevención de Caídas (ver fotos), que se llevó a cabo el 21 de septiembre en el Centro Comunitario Burien, es uno de los muchos programas que se ofrecen en el Centro Comunitario Burien para las personas de la tercera edad. Los estudios demuestran que las caídas son la principal causa de las lesiones entre los adultos mayores estadounidenses.* La jornada de prevención de caídas reunió a proveedores de servicios de toda la comunidad para ayudar a las personas de tercera edad a mejorar su equilibrio y prevenir caídas. Más de 50 personas asistieron al evento.

Aproximadamente el 12 por ciento de los residentes de Burien tiene más de 65 años. Las tendencias muestran que el porcentaje probablemente crecerá a medida que la generación baby boomer envejezca. El Departamento de Parques, Recreación y Servicios Culturales (Parks, Recreation, and Cultural Service

CONTINUED FROM PAGE 27

chía sẻ với bác sĩ của quý vị. Cuối cùng, cũng với sự hỗ trợ của tư vấn viên, quý vị sẽ được cung cấp hỗ trợ cần thiết để đạt được các mục tiêu của mình.

Nghiên cứu đã chỉ ra rằng những người tham gia vào chương trình có thể giảm thời gian nằm viện, kiểm soát các bệnh mà tình tốt hơn, giảm việc sử dụng các loại thuốc tác động đến trí tuệ, loại bỏ các triệu chứng rối loạn tâm trạng, và phát triển ý thức về sự tự tin hơn.

Sống khỏe mạnh thông qua các hoạt động thể dục thú vị

Trung Tâm Cộng Đồng cung cấp một số lớp tập thể dục được thiết kế dành riêng cho người lớn tuổi, bao gồm: yoga với ghế nhẹ nhàng, Tai Chi, các lớp tập thể dục trung vào việc giảm cân, trạng báng và phổ hợp, và lớp Silver Sneakers phổ biến kết hợp các yêu động nhằm cải thiện sức mạnh cơ bắp với âm nhạc vui tươi.

Có rất nhiều hoạt động có thể làm tốt qua các chương trình dành cho người cao tuổi đã được đánh giá thuận từ của chúng tôi. Hãy gọi 206-988-3700, hoặc ghé qua Trung Tâm Cộng Đồng, Thứ Hai- Thứ Sáu 8 giờ 30 phút sáng – 8 giờ tối, và Thứ Sáu 8 giờ 30 phút sáng – 5 giờ chiều để tìm hiểu thêm thông tin.

Câu chuyện này là câu chuyện đầu tiên trong một chuỗi các câu chuyện về các loại chương trình do Parks, Recreation and Cultural Services Department (Phòng Dịch Vụ Văn Hóa, Giải Trí và Công Viên) của chúng tôi cung cấp. Vào mùa xuân, chúng tôi sẽ giới thiệu các chương trình dành cho trẻ em ở lứa tuổi mẫu giáo.

Department, PaRCS) de la ciudad ayuda a las personas de la tercera edad de Burien a prosperar a través de programas de bienestar físico divertidos y saludables.

Kristy Dunn, quien administra los programas para las personas de la tercera edad de la ciudad de Burien, comenta lo importante que es brindar estos servicios. De esta manera, “promovemos una comunidad sana y habitable”, señala.

Envejecimiento saludable a través de la conexión social

El juego y la conexión social son vitales para mantener a los adultos mayores saludables y radiantes. El Centro Comunitario Burien ofrece clases y programas recreativos, como clases de tenis de mesa o de tejer, sin necesidad de concertar una cita, para ayudar a construir conexiones con la comunidad. Viajes para las personas de la tercera edad es un programa muy popular que lleva a los adultos mayores a divertidos viajes alrededor de la región de Puget Sound. El próximo gran viaje se ha planificado para La Conner, Washington.

Los programas y servicios brindan apoyo

El programa para las personas de la tercera edad de Burien ofrece una serie de servicios para adultos mayores en el Centro Comunitario Burien. Los servicios de atención médica, como una clínica semanal de cuidado de pies y revisiones gratuitas de la audición, brindan acceso a la atención médica preventiva a un precio asequible. Las personas de la tercera edad también pueden obtener ayuda para navegar por los sistemas legales y de cuidados de la salud a través del programa de Asistencia con Beneficios de Seguro de Salud para Personas de la Tercera Edad (Senior Health Insurance Benefits Assistance, SHIBA) y las consultas de abogados. ¡Incluso puede pedir prestado equipo médico duradero, como bastones y andaderas, a través del programa gratuito de préstamos médicos!

EnhanceWellness trae un programa comprobado a los residentes de Burien

El programa EnhanceWellness es un programa de tres pasos que lo ayuda a avanzar en su viaje hacia una mejor salud. Un asesor de EnhanceWellness examina a la persona e identifica sus fortalezas y riesgos personales. Esto es seguido por un plan de acción, que puede compartirse con su médico. Y finalmente, con el apoyo del asesor, juntos brindan el respaldo necesario para que usted alcance sus metas.

Una investigación demostró que los participantes en el programa pueden disminuir la duración de las estadías en el hospital, manejar mejor sus afecciones crónicas, disminuir el uso de drogas psicoactivas, aliviar los síntomas de los trastornos emocionales y desarrollar una mayor sensación de autoeficacia.

Manténgase saludable con actividades divertidas de bienestar físico

El Centro Comunitario ofrece una serie de clases de bienestar físico que se adaptan a los adultos mayores. Estas comprenden: yoga suave con silla, Tai Chi, clases de gimnasia centradas en estiramiento, equilibrio, fuerza y coordinación, además de la muy popular clase Silver Sneakers que combina movimientos destinados a fortalecer la musculatura con música animada.

Hay mucho por hacer a través de nuestros galardonados programas para las personas de la tercera edad. Llame al 206-988-3700, o visite el Centro Comunitario, de lunes a jueves, de 8:30 a.m. a 8:00 p.m., y los viernes de 8:30 a.m. a 5:00 p.m. para más información.

Este relato es el primero de una serie sobre los tipos de programas que ofrece nuestro Departamento de Parques, Recreación y Servicios Culturales. En la primavera, presentaremos programas para niños en edad preescolar.
WANT TO KNOW HOW YOU CAN BE A STEWARD FOR YOUR FAVORITE PARK? The Adopt-A-Park program works with individuals, groups and organizations to provide restoration services in Burien’s parks and open spaces.

Starting in 1994, the program has helped groups of volunteers complete dozens of stewardship projects over the years, including: native habitat restoration, adding chips under our play structures for safety, cleaning up litter, five community playground installations, unplugging park drainage culverts, and improving trails. The City relies on community volunteers to help with park stewardship. We are grateful for the support and collaboration with other community organizations like the Environmental Science Center, Burien Law Enforcement Academy cadets, Weed Warriors Nature Stewards, B-Town Dog and the Highline School District.

For more information or to volunteer you can contact Lisa Aumann at 206-988-3702 or lisaa@burienwa.gov.

LISA AUMANN, Adopt-A-Park Coordinator

Lisa Aumann provides administrative support and customer service for the Parks, Recreation and Cultural Services (PaRCS) department. She also manages the City's Adopt-A-Park program. Lisa started working for the City of Burien in 1996.

Why did you apply for a job within the PaRCS department? What drew you to the position?

"I had worked for community colleges in the continuing education area was able to transfer the skills acquired there to the PaRCS position in Burien. Also working part-time has allowed me a good balance with my family. When I came to work for Burien I felt like I was already familiar with the community. My aunt has lived in Burien for 43 years, and she and my dad grew up in White Center, so I have been coming to the Burien area since I was child. It is a pleasure working as a public servant for this community."

What are your biggest challenges?

"Working only part-time can make it difficult to devote the right number of hours to program coordination. It’s definitely hard to enhance our programs. Since I also serve as a department assistant supporting our programs and staff as well as spending time out of the office as the Adopt-A-Park coordinator, leading and supporting our community volunteers, I get pulled in a few different directions. Luckily, the Adopt-A-Park program has some knowledgeable volunteers that help lead and coordinate the volunteer activities. It would be difficult to maintain this program without the help of volunteers and other partner organizations."

How would you like to see the Adopt-A-Park program expand or evolve?

"Right now I think the Adopt-A-Park Program is functioning well with the limited amount of resources we have. I think it would be hard to try to expand the efforts without allocating additional coordination time. In the past five years the program has averaged 262 volunteers donating 1,450 service hours each year in our parks. Some of the projects we have completed during this time include: habitat restoration at Mathison, Shorewood, Seahurst, Eagle Landing and Salmon Creek Ravine Parks; improving trails at Seahurst, Salmon Creek and Mathison Parks; building the off-leash dog park and adding the dog agility course; and creating a covered outdoor education space under the Environmental Science Center building. Additionally, the hours donated by volunteers can also be leveraged and matched for grant funding opportunities for additional resources and improvements in our community parks."

Put a FREEZE on Winter Holiday Fires

It’s fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

Read Manufacturer’s Instructions for the number of light strands to connect.

2 out of 5 home decoration fires are started by candles.

The top 4 days for home candle fires are Christmas Eve, Christmas Day, New Year’s Eve, and New Year’s Day.

Keep candles at least 12 inches away from anything that burns.

A heat source too close to the Christmas tree causes 1 in every 4 of the fires.

Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles, or heat vents. Also, make sure your tree does not block exits.

Although live Christmas tree fires are not common, when they do occur, they are dangerous.

On average, 1 of every 34 reported home Christmas tree fires resulted in death.

Get rid of your tree after Christmas or when it is dry.

December 26

For more information on how to prevent winter fires, visit: usafa.fema.gov and nfpa.org
CONGELE los incendios propios de las festividades de invierno

Es divertido decorar para las fiestas de invierno, pero las decoraciones festivas pueden aumentar el riesgo de incendio en el hogar. Cuando decore los pasillos esta temporada, sea consciente con el fuego.

- Lea las instrucciones del fabricante en relación con la cantidad de cordones de luz a conectar.
- Las velas son la causa de dos de cada cinco incendios de decoraciones en los hogares.
- Los cuatro días pico para incendios en los hogares ocasionados por velas son Nochebuena, Navidad, viernes de año nuevo y el día de año nuevo.
- Mantenga las velas al menos a 12 pulgadas de distancia de cualquier objeto inflamable.
- Aunque los incendios de árboles de navidad no son comunes, cuando ocurren, son peligrosos. En promedio, uno de cada 34 incendios de árboles de navidad informados termina en muertes.
- Una fuente de calor muy cerca del árbol de navidad causa uno de cada cuatro incendios.
- Asegúrese de que su árbol esté al menos a tres pies de distancia de fuentes de calor, tales como fogatas, radiadores, calentadores ambientales, velas o salidas de calefacción. Además, asegúrese de que su árbol no obstruya ninguna salida.
- Día 26 de diciembre: deshágase de su árbol después de la navidad o cuando esté seco.

Para más información acerca de cómo prevenir incendios en temporada de invierno, visite: usafa.fema.gov y nfpa.org

MEET YOUR PARKS MAINTENANCE STAFF

We may be in the thick of winter, but our Parks Maintenance crew are still busy keeping our parks and facilities clean and safe for everyone to enjoy.

What does the Parks Maintenance team do?
The City has three full-time parks maintenance staff. The City also contracts with LandCare, which provides scheduled landscaping services, restroom maintenance, and park litter and garbage removal. But our staff will heavily supplement or take the lead on:

- Inspecting and maintaining playground equipment
- Emptying garbage cans, cleaning up litter and trash, including needles and encampments left in the parks.
- Building maintenance and repairs.
- Inspecting parks for additional maintenance needs, including hazards and vandalism, drainage systems, roads and trails, signage, etc.
- Tree maintenance in parks.
- Supporting special event set up and clean up, such as the Wild Strawberry Festival.
- Responding to landslides, downed trees and other natural events, in partnership with our Public Works department.
- Monitoring and managing park and facility services contracts, such as landscape maintenance and building custodial.

The City of Burien has 27 parks and five facilities (Community Center, Moshier Art Center, Annex, Dottie Harper House, Carver House, Green House, and the Mathison Park House), as well as park restrooms.

CORY JENKINS, Parks and Facilities Supervisor

Cory Jenkins, Parks and Facilities Supervisor, is the lead supervisor on the City's three-person parks maintenance crew. He started working for the City of Burien in 2010.

Why did you apply for a job with the City of Burien?
“I used to work as a maintenance engineer at the Space Needle and owned an auto shop in the Top Hat area. When I looked for the next opportunity, I wanted to find a job that helped the place where I live and make it better.”

What are your biggest challenges?
“Our biggest challenge is keeping the parks clean and staying on top of vandalism. A situation in a park or at one of our facilities can change overnight. We can clean one area, and then within a day, we'll have to go back out and clean it again. While we have a regular maintenance schedule, we often are pulled away to respond to an urgent or emergency issue. There is always work to do.”

How can the community help you and your crew keep our parks safe and clean?
“The biggest thing our community can do is be an extra set of eyes. Report problems you see by calling us, or if it is criminal activity report it to the Burien Police. We can’t be everywhere all at once, so we rely on residents to help us know what’s going on.”

Want to get more involved with your local park? Consider volunteering through our Adopt-A-Park program.

NEED TO REPORT AN ISSUE IN ONE OF OUR LOCAL PARKS OR FACILITIES?

Call the Parks, Recreation and Cultural Services Department at:
206-988-3700
or e-mail at
parksinfo@burienwa.gov
COMMUNITY POLICE ACADEMY: BRIDGING THE GAP BETWEEN PUBLIC AND POLICE

Every year, Burien and SeaTac police departments work together to host the Community Police Academy, giving residents of both cities a better understanding of law enforcement’s daily activities and inner workings.

The Academy spans 13 weeks, and participants learn about a wide range of topics, including: history of the department, hiring and recruitment, early intervention, laws, major crimes, patrol procedures, k-9 unit, crime prevention, school resource officers, major accident response and reconstruction, firearms training, bomb disposal, sex offender registration, street crimes, use of force, communication center tour, gangs, SCORE jail tour, police explorer program, volunteer opportunities, and reserves.

Classes are free. All it takes is an application and an interest in learning. Sessions are limited to 35 people, so make sure to apply soon to save yourself a spot in the next session in March 2018. Go the City of Burien website to learn more.

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“Warm and happy customers since 1938”
Becoming Burien’s interim police chief is a bit of a homecoming for Chief Mark Konoske. “When I was looking at relocating to the Seattle area, I did my first ride along right here in Burien.”

Even though he came from a family of law enforcement, it wasn’t his first career choice. Right after high school, Konoske entered the U.S. Army, serving three years in the U.S. and at Garlstedt near the North Sea and not far from the border between East and West Germany. After leaving the army, he had to choose what his next move would be.

“I made a list about what I wanted to do. I liked being outdoors, working with people, and having new experiences,” says Konoske. “Law enforcement fit all those criteria.”

After graduation from the Los Angeles County Sheriff’s Academy in 1990, his first assignment was in the Los Angeles County jail system. As his career progressed, he witnessed rapid changes in law enforcement practice. Some of the changes were driven by technology, such as computers and smart phones, and others from reform efforts, such as changes recommended by the Christopher Commission report, formed in the wake of the Rodney King incident.

After three years with the Los Angeles County Sheriff’s Department, Konoske started working for King County Sheriff’s Office (KCSO) in 1993. In his 27 years of service, he has served as a Deputy, including unincorporated areas of the county, Woodinville, Sammamish, Shoreline, Metro Transit, and Sound Transit. He served as a Captain in the City of Shoreline and Metro Transit and as a commander with the KCSO Internal Investigations Unit. Konoske also served as a Patrol Sergeant in Precinct 4, which includes Burien and surrounding areas.

Konoske will be serving as an interim police chief until a permanent police chief is selected by Burien City Manager Brian Wilson. The City will gather community input, which the city manager will take into account when he selects the new police chief.

Konoske says, “I can come in and with fresh eyes to see what’s working and what can be improved. I am only here until a permanent chief is selected. What I hope to do is develop a set of recommendations to give to the new chief about ways to help Burien’s police department best protect and serve the community.”
“Cuando estaba buscando reubicarme en la zona de Seattle, hice mi primer recorrido justo aquí, en Burien”.

A pesar de que provenía de una familia de fuerzas del orden, no fue su primera elección de carrera. Justo después de la escuela secundaria, Konoske ingresó al ejército de los EE. UU., sirvió tres años en los EE. UU. y en Garlstedt, cerca del Mar del Norte, y cerca de la frontera entre Alemania Oriental y Occidental. Al salir del ejército, tuvo que elegir cuál sería su siguiente paso.

“Hice a una lista de lo que quería hacer. Me gustaba estar al aire libre, trabajar con personas y tener nuevas experiencias”, señala Konoske. “Las fuerzas policiales se ajustan a todos estos criterios”.

Al graduarse de la Academia de Alguaciles del Condado de Los Ángeles en 1990, su primera asignación fue en el sistema penitenciario del condado de Los Ángeles. A medida que avanzaba su carrera, fue testigo de rápidos cambios en el ejercicio de la aplicación de la ley. Algunos de los cambios fueron impulsados por la tecnología, como computadoras y teléfonos inteligentes, y otros de los esfuerzos de reforma, como los cambios recomendados por el informe de la Comisión Christopher, que se suscitaron a raíz del incidente de Rodney King.

Después de tres años con el Departamento de Alguaciles del Condado de Los Ángeles, Konoske comenzó a trabajar para la Oficina del Alguacil del Condado de King (King County Sheriff’s Office, KCSO) en 1993. En sus 27 años de servicio, se ha desempeñado como delegado, sargento y capitán en diversas áreas, para incluir áreas desincorporadas del condado, Woodinville, Sammamish, Shoreline, Metro Transit y Sound Transit. Fue capitán en la ciudad de Shoreline y Metro Transit, y fungió de comandante en la Unidad de Investigaciones Internas de la KCSO. Konoske también se desempeñó como sargento de patrulla en el Distrito 4, que incluye Burien y las áreas circundantes.

Koneske se desempeñará como comisionado interino de policía hasta tanto el administrador de la ciudad de Burien, Brian Wilson, designe al oficial que ocupará ese cargo de manera permanente. La ciudad reunirá las aportaciones de la comunidad, que el Administrador de la Ciudad tomará en cuenta cuando seleccione al nuevo comisionado de policía.

Como lo indica Konoske: “Puedo entrar y con una mirada fresca ver qué funciona y qué se puede mejorar. Solo estoy aquí hasta que se seleccione a un comisionado permanente. Lo que espero hacer es desarrollar un conjunto de recomendaciones para darle al nuevo comisionado las formas de ayudar al departamento de policía de Burien a proteger y servir mejor a la comunidad”.

“Cuando estaba buscando reubicarme en la zona de Seattle, hice mi primer recorrido justo aquí, en Burien”.

GÃ©P GÕ CÃNH SÃT TRƯỞNG MARK KONOSKE

Trở thành cảnh sát trưởng tạm thời của Burien là một phần trong sự kiện hồi hương của Cảnh Sát Trưởng Mark Konoske.

“Khi tôi đang cần echt đến việc đi đến khu vực Seattle, tôi đã thấy hiện chuyến đi đầu tiên của mình đến ngày tái ở Burien.”

Mạc dù ông đến từ một gia đình có truyền thống thực thi pháp luật, đó không phải là lựa chọn nghề nghiệp đầu tiên của ông. Ngày sau trung hoc phổ thông, Konoske gia nhập Quân đội Hoa Kỳ, phục vụ ba năm tại Hoa Kỳ và Garlstedt gần Biển Bắc và không xa biên giới giữa Đông Đức và Tây Đức. Sau khi giải ngũ, ông đã phải lựa chọn bước tiếp theo của mình.

“Tôi đã lập một danh sách những điều tôi muốn làm. Tôi thích hoạt động ngoài trời, làm việc với mọi người, và có các trải nghiệm mới,” Konoske cho biết. “Nhân viên thực thi pháp luật đáp ứng tất cả các tiêu chí đó.”

Sau khi tốt nghiệp Học Viên Cảnh Sát Trưởng Quận Los Angeles năm 1990, nhiệm vụ đầu tiên của ông là làm việc trong hệ thống nhà tù tại Quận Los Angeles. Khi sự nghiệp của ông tiến triển, ông đã chủ động sự đã nhanh chóng trong thực thi thực thi pháp luật. Một số thay đổi diễn ra do công nghệ, như máy tính và điện thoại thông minh, và một số khác từ nỗ lực cải cách, như những thay đổi được đề xuất bởi báo cáo của Ủy Ban Christopher, được hình thành sau việc Rodney King.

Sau ba năm làm việc tại Phòng Cảnh Sát Trưởng Quận Los Angeles, Konoske bắt đầu làm việc cho King County Sheriff’s Office (KCSO, Văn Phòng Cảnh Sát Trưởng Quận King) vào năm 1993. Trong 27 năm phục vụ của mình, ông đã từng làm Phò Cảnh Sát Trưởng, Hà Sĩ Cảnh Sát và Chỉ Huy tại nhiều khu vực khác nhau, bao gồm các khu vực chưa được sát nhập của quận, Woodinville, Sammamish, Shoreline, Metro Transit và Sound Transit. Ông là một Chi Huy tại thành phố Shoreline và Metro Transit, và là sĩ quan của huy của KCSO Internal Investigations Unit (Don Vi Điều Tra Nội Bộ KCSO). Konoske cũng từng là Cảnh Sát Tuần Tra ở Khu vực 4, bao gồm Burien và các khu vực xung quanh.

Koneske sẽ là cảnh sát trưởng tạm thời khi Cảnh Bố Quản Lý Thành Phố Burien, Brian Wilson lựa chọn được cảnh sát trưởng có định. Thành Phố sẽ thay thế y kiến đồng góp của công động, và Cảnh Bố Quản Lý Thành Phố sẽ sử dụng các y kiến đó để cân nhắc khi ông chọn cảnh sát trưởng mới.

Koneske cho biết, “Với cách nhìn mới mẻ, tôi có thể tham gia làm việc và xem xét những việc đang diễn ra và những điều có thể được cải thiện. Tôi chỉ ở đây cho đến khi lựa chọn được cảnh sát trưởng có định. Điều tôi hy vọng có thể làm là phát triển các kỹ năng để có thể làm việc với các chuyên gia cảnh sát Burien bảo vệ và phục vụ công động tốt nhất.”
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