

Accent

On Coastal Living

The Ocean Observer

September 2025

On Your Marks, Get Set, GO CORGIS!



Corgi photos by Gavin Miller

Corgi Beach Party was a big success for the low-rider dogs. Organizer Bruce Howard said 111 corgis participated in the first ever Ocean Shores corgi beach event. He added that about 300 humans were in attendance.

The dogs came from all over Washington competing with corgis from Yakima, Burien, Seattle, Snoqualmie and Chehalis, and other communities. Corgis even crossed state lines from Grants Pass and Gold Beach, Oregon. Above, this is what a corgi race looks like! Below, an exhausted corgi gets an Uber ride from a helpful human.



Seahawks Make Some Noise!



Photo by Steve Hill (the Eagle/Osprey Whisperer)

Have you heard a bunch of yapping in the parking lot at the Ocean Shores IGA when buying your s'mores supplies? Look up! You'll see a shaggy nest atop that metal tower behind the store belonging to a family of osprey. Ospreys are, of course, also known as seahawks because of their amazing football handling skills. Also, according to the National Audubon Society's website, these birds are fish-hawks and coastal Washington is included in their breeding range. (Is this particular bird from the IGA? It could be! But there are a couple of nests around town.)

Cloud Appreciation Day



Oh, to see a fluffy cloud in Ocean Shores! Or anywhere! Appreciate clouds this Friday on International Cloud Appreciation Day. I mean, if it's not overcast and the marine layer hasn't settled in for a lil nap. Above, altocumulus clouds hover over the Butter Clam beach path in Ocean Shores in mid-August. (Photo by Stephanie Morton)

Mushroom Festival!

Embark on a magical mushroom journey Saturday, October 4, at the Quinault Rainforest Mushroom Festival! It's an entire day dedicated to the wonders of mushrooms! Visit www.qrmushfest.com for schedule, registration and more!

Registration is open for workshops and guided forays for the Quinault Rainforest Mushroom Festival.

Fun Activities include:

- Grow your own shiitake log
- Cook & taste delicious mushroom dishes
- Create natural mushroom-dyed art
- Explore the Quinault Rainforest on a guided foray
- Mushroom Tincture Workshop
- Forest Bathing Experience

Festival admission is FREE!



Announcements and Meetings

Send your announcements, community events and whatnot to the Ocean Observer!
Email oceanobserver@coastaccess.com or call (360) 289-2433.

Tune In For Local Info

KOSW-FM—88.9FM

Official emergency information station. Plus news, weather, sports and music. Listen to city council and other meetings.

North Beach TV (Coast Channel 68)

News, weather, activities, celebrations and events. Watch city council and other meetings.

N. B. Senior Resource Center

The North Beach Senior Resource Center (557 Pt. Brown Ave., NW in the United Methodist Church) provides information to local seniors and their caregivers regarding services, programs and opportunities available in the community. For more information, call (360) 289-3352.

Genealogical Society

North Beach Genealogy Society meets the third Tuesday of every month, 1 p.m., at the Ocean Shores Public Library. All levels of researchers — beginners to experienced — are invited. For more information, call (206) 276-7889 or email northbeachgenealogy@gmail.com.

ACA Meetings

Adult Children of Alcoholics and Dysfunctional Families meets Tuesday nights at 5 p.m. and Friday mornings at 9 a.m., at the North Beach Alano Club. The Alano Club is located at 873 Pt. Brown Ave. NW. For more information, visit adultchildren.org.

Narcotics Anonymous

Narcotics Anonymous hybrid meeting Sunday 5:30 p.m., in person at the North Beach Alano Club (873 Point Brown Ave NW) or on Zoom. Zoom ID:5658126531, password 302872. For more information, call (360) 289-1212.

TOPS

TOPS (Take Off Pounds Sensibly) is a weight loss support-group which meets every Thursday, 9:45 a.m. to 11 a.m., at the library. For more info, contact Mary Mitchell at (360) 580-3092.

Al-Anon

Al-Anon meets every Sunday at the OS Public Library, from 7 p.m. to 8 p.m.

Food Bank Info

The Ocean Shores Food Bank is open every Thursday afternoon from 1 p.m. to 5 p.m. Emergency food is available on Tuesday and Saturday, from 10 a.m. to noon. The food bank is located at 848 Anchor Ave. NE.

Free Lunch for Seniors

The North Beach Senior Center offers a free lunch to seniors, 55 and older, every Thursday from 11:30 a.m. to 12:30 p.m. at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW). Soup, sandwiches, dessert, coffee and water. Visit with friends, meet new people and have a nice meal!

Veterans Breakfast

Veterans are served a yummy, hot breakfast every last Monday of the month at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW). Gold Star families are welcome. Breakfast is served from 8 a.m. to 10 a.m.

Coffee for Veterans

Fresh, hot coffee is served 8 a.m. to 10 a.m. every Monday morning to veterans and Gold Star families at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW).

Friends O' Library Book Sale

The Friends of the Library (FOL) sponsor library events throughout the year with their book sales. Programs include teen game nights, summer reading events, adult book club and storytime for children.

You can pop into the library during open hours to purchase books or come to one of the big sales. Suggested donations for most books, games, and puzzles are 2 for \$1. DVDs are \$1 each. Some items are specially priced.

2025 Book Sale Schedule

Friday, Nov. 28 noon to 4 p.m.
Saturday, Nov. 29 10 a.m. to 3 p.m.
Friday's first sale hour is for FOL members only.

Drive-Up Dinner

Shores Fellowship Church offers free, hot drive-up meals on the first and third Wednesday of the month, 6 p.m. to 7 p.m. Everyone is welcome. The church is located at 694 Weatherwax Loop NE in Ocean Shores. For more information, call (360) 289-2693.

SasChat Returns

SasChat is back, baby! Community forum to discuss summer activity and print analysis. Human and nonhuman plaster casts on site. Bring your stories, theories and your friends on Saturday, Sept. 20 at 9:30 a.m. Coffee provided by Ocean Beach Roasters.

The Table @ Ocean Shores

The Table offers a free weekly community dinner every Tuesday evening at the Ocean Shores Lions Club (832 Ocean Shores Blvd. NW). A meal is served at 5 p.m. followed by a brief gospel message for those who choose to stay.

Suicide Prevention Training

A suicide prevention training will be held, Saturday, Oct. 18, noon to 2 p.m., at the at the Ocean Shores Lions Club. The club is located at 832 Ocean Shores Blvd. NW.

The training includes a facilitator and a video with discussion, question and answers. A light lunch is also included.

Although this is listed as a program for veterans and presented by the Washington State Dept. of Veterans Affairs, it is open to the public.

Dementia Care

Ocean Shores Friends meets every Tuesday, 10 a.m. to 2 p.m., at the United Methodist Church (located at 557 Pt. Brown Ave NW). This is a 4-hour program for seniors with cognitive disabilities such as Alzheimer's or dementia. The Friends participate in activities such as trivia, music bingo, gentle chair exercises, art projects and games. Lunch is included.

Caregivers can make an appointment to drop off their loved one and take four hours to do something for themselves. Recommended donation is \$40; however, no one will be turned away.

Call Carla (206-817-1803) or Janice (843-303-2590) to make an appointment. You may also email oceanshoresfriends@gmail.com.

Bingo at St. Jerome

The Knights of Columbus and St. Bridget Guild are co-hosting an evening of family-friendly bingo, fun, food and prizes Saturday, Sept. 13, 4:30 p.m. to 7 p.m. Ten different bingo games, a silent auction and a 50/50 cash drawing. Hot dogs, bottled water and popcorn available for purchase. Cards are \$10 and daubers are \$2. Doors open at 4. St. Jerome Catholic Church is located at 15 Patrick Way in Hogans Corner.

North Beach Artists Guild
The Gallery of Ocean Shores
849 Point Brown Ave. NW, Ocean Shores, WA 98569 (360) 289-0734
BRINGING ART & ART EDUCATION TO COMMUNITY

Scratchboard Club
Last Thursday of the Month - 10 to 1



Scrathboard "Drop In" Class is Free

THE GALLERY OF OCEAN SHORES
OPEN DAILY 10 - 5

VISIT: thegalleryofoceanshores.com
FOR ART CLASSES SCHEDULE

The North Beach Artists Guild has been determined by the IRS to be a Public Charity under section 501(C3) of the IRS Code. Donations to NBAG are deductible to the extent provided by law. Employers Identification Number (EIN) 45-2502994

JESSIE ELLIS
Managing Broker
360-581-3996
jvellis41@gmail.com



A local, trusted real estate professional helping you attain your beach dreams.
Call today!



John L. Scott
REAL ESTATE
711 Point Brown Avenue NW • Ocean Shores, WA 98569

LOLLI & POP POP COLLECTIONS

FINE ART & COLLECTIBLES

877 Point Brown Avenue, Unit 3
Ocean Shores, WA 98569

360-975-4925
loliandpoppop@gmx.com

Conifer Construction, LLC
Licensed General Contractor
Interior • Exterior
Maintenance • Repair
Remodel • Build

*Family-owned and operated in Grays Harbor.
We offer quality work and reliable service.*

How can we help you with your home improvement needs? Call Sam today!

No Job Too Small!

We refer plumbing & electrical work.

385.349.3225

Licensed • Bonded • Insured
WA UBI #605026844

Let us turn your "for rent" property... to "RENTED"!

We offer a professional & courteous solution to renting your area home, condo, apartment complex, or commercial space.



COLDWELL BANKER
OCEAN SHORES BROKERS
360-289-1227
Each Office is Independently Owned and Operated

Miles Longenbaugh
Financial Advisor

Edward Jones
MAKING SENSE OF INVESTING



873 Point Brown Ave NW #5
PO Box 1683
Ocean Shores, WA 98569
Bus. 360-289-0703 Fax 877-214-3982
TF. 866-289-0703
miles.longenbaugh@edwardjones.com
www.edwardjones.com

Upcoming Events

Send your event information to the Ocean Observer!
Email oceanobserver@coastaccess.com or call (360) 289-2433.

SEPTEMBER

September 17
Ocean Shores Food Bank Mini Golf Tournament
Fun fundraiser for the food bank. For more information, contact Sophia Meyzen (360) 591-6640.

September 20-21
Freaks at the Beach
Market of the odd and unusual. For more information, email urbanunglued@gmail.com.

September 27
North Beach PAWS Dinner and Auction
Annual fundraiser for the local animal shelter. For more information, visit northbeachpaws.org

OCTOBER

October 4
Celtic Music Feis
Galway Bay's Irish music festival features an eclectic mix of bands, choirs and dancers. For more information, visit celticmusicfeis.com.

October 14-19
Celtic Music Feis
Galway Bay's Irish music festival features an eclectic mix of bands, choirs and dancers. For more information, visit celticmusicfeis.com.

October 31
Halloween Party
Halloween party courtesy of local firefighters' association. Visit www.oceanshoresfire-medical.org for more information.

October 31
Trick or Treat in Ocean Shores
Load the littles into the car and trick-or-treat at pre-registered homes! For more information, visit Ocean Shores Trick-or-Treating on Facebook.

NOVEMBER

November 9
OSCC Holiday Bazaar
Holiday bazaar at the Ocean Shores Community Club. For more information, visit www.oceanshorescc.com

November 28-30
Winter Fanta-Sea
Holiday bazaar at the Ocean Shores Convention Center. For more information, visit tourism-oceanshores.com.

Party for the Pets

SUBMITTED BY JENEFAR DELEON
NORTH BEACH PAWS

North Beach PAWS, a no-kill animal nonprofit shelter, is excited to announce its Annual Dinner & Auction taking place on Saturday, Sept. 27at the Ocean Shores Convention Center located at 120 West Chance a La Mer NW.

Funds raised from the Annual Dinner & Auction support North Beach PAWS’ mission to save the lives of homeless dogs and cats by providing shelter or foster care and finding them permanent, loving homes.

In addition, North Beach PAWS actively promotes the spaying and neutering of dogs and cats to reduce overpopulation and is dedicated to educating the community to create responsible pet guardianship.

Guests will enjoy an evening of great food, community, and more, all while helping animals in need.

Doors open at 4:30 p.m. with specialty drinks and socializing. A delicious buffet dinner will be served at 6 p.m., followed by the live auction beginning at 7 p.m.

This year, attendees will also have the chance to win incredible getaways, including a Disney

family vacation package raffle or bid to win a photo safari tour for two! Raffle tickets are just \$25 each. Raffle ticket holders do not need to be present to win.

"We look forward to our Dinner & Auction every year. It’s an evening where the community comes together to support the homeless animals in our area," said Carol Jamroz, president of North Beach PAWS. "Every ticket sold, every auction paddle raised, and every raffle entered directly helps us provide care, shelter, and hope for the animals that need us most."

Take advantage of the early bird discount ticket price of \$65 by Sept. 7th. After that, dinner tickets are \$75 per person. Tickets can be purchased at the Ocean Shores Convention Center, Ocean Sunset Drug, or by calling North Beach PAWS at (360) 660-4660. Please note, the \$25 raffle tickets are only available for purchase at the North Beach PAWS Campus located at 2222 SR 109 (just outside Ocean Shores in Hogans Corner).

Learn more by visiting northbeachpaws.org/auction.



It is hard to believe it, but autumn is coming upon us with cooler, longer nights. Saturn enters its brightest time of the year, the Draconid Meteor Shower may give us a few shooting stars, and our constellational cast shifts toward the autumnal actors.

Saturn at Opposition
On the nights of Sept. 20 and 21, Saturn will be directly opposite the sun in the sky. Rising at sunset, shining brightest around midnight, and setting at sunrise. Saturn will be shining at its brightest and a conveniently timed new moon should help ensure the dark night skies for viewing. With binoculars or a small telescope, you should be able to see Saturn’s rings and maybe even its largest moon Titan.

Draconid Meteor Shower
Oct. 8 and 9, the Draconids will reach their peak, radiating from the constellation Draco in the north. The shower is best seen early in the evening and is known for sudden bursts or unexpected fireballs. The Harvest Moon on October 6th will wash out the fainter meteors, but the brighter streaks will still shoot across the skies.

Constellations
Autumn’s skies will be bringing with it the water constellations. Pisces in the east stretches a long, faint string of stars. Saturn’s bright golden glow can be used to help find Pisces as it will be within its bounds. To the south, the bright star Fomalhaut in Piscis Austrinus, the Southern Fish, glimmers close to the horizon. Just above Fomalhaut, Aquarius, the water-bearer, sprawls across the southeastern skies. Cetus the Sea Monster rises behind Aquarius and transits across the southern skies before resting below the southwestern skies every night. Its brightest star, Deneb Kaitos, marks the monster’s tail and can be used as an anchor for tracking the creature.

★★★★★

As summer’s glow fades away for another year, we will begin the fall season with the brilliance on Saturn welcoming us, the Draconids rare shooting stars, and our autumnal actors filling the night skies for the next act of the year. Bundle up, find somewhere dark, and enjoy the show that plays out overhead nightly.

Information compiled using Stellarium
Mobile-Star Map app.

OSFD Open House

The Ocean Shores Fire Department will host an open house at the fire station.

Friday, Sept. 26
6 p.m. to 9 p.m.

585 Pt. Brown Ave.
(look for the big, red trucks)



www.HomesOfOceanShores.com
SERVING BUYERS & SELLERS IN OCEAN SHORES SINCE 2018



133 Burrows Rd. Hoquiam WA / MLS 2352840 4bed 4bath
3,495 of pure ‘rustic luxury’ on approx 5 acres. Boat dock to bay!
Zoned multi-use. **Huge income potential** as B&B? Weddings/Events?
Hunt/Fish Guide biz? Opportunity awaits. **Price reduced to \$1.5M**

Joe Newnam, Broker



ph. 800-974-2142



LOCAL BROKER IN OCEAN SHORES

Dependable Glass & Screens

Your local, neighborhood glass shop!

Call 360-335-5772 for a quote today!

www.dependableglassandscreens.com

New Windows • Glass Repair • Screens • Mirrors • Shower Doors • Pet Doors

Licensed, insured and bonded. Contractor #DEPENGS806L4

Reeley Construction



We have the tools.
We have the talent.
#CC REELECI886CS

Quality Home
Improvement & Repairs
Interiors • Exteriors

Chris Reeley
206-530-0203

chris@reeleyconstruction.com

Ten Reasons European Garden Spiders Own Autumn

CONTRIBUTED BY ED MITCHELL
BEACON PEST CONTROL

So, you thought fall was about cozy vibes and pumpkin spice? Think again. It's all about spiders. Specifically, the European garden spider—nature's eight-legged goth web influencer. They own this season and you're just a side character in their web drama.

1. **They're the Original Interior Designers**

Forget Pinterest boards. These spiders are out here weaving silk cathedrals overnight while you can't even fold a fitted sheet.
2. **They Don't Pay Rent, But They Own the Property**

Your garden? Their kingdom. Your porch? Their throne room. You? Just a clumsy giant who keeps ruining their art installations.
3. **They're Basically Gothic Supermodels**

Chunky bodies, bold patterns, and a cross on their back like they're starring in a medieval revenge fantasy. Eat your heart out, Vogue.
4. **They Weaponize Your Fear for Fun**

They hang webs at face level because they know that when you walk into them you'll scream like a horror movie extra. They just live for the drama.
5. **They're Harmless... But Emotionally Devastating**

Sure, they can't hurt you physically. But mentally? One surprise web encounter and suddenly your doing interpretive dance like you're fighting off invisible ninjas.
6. **They're the Ultimate Minimalists**

They eat bugs, recycle their webs, and live rent-free. Meanwhile, you're drowning in Amazon boxes and existential dread.
7. **They're Seasonal Icons**

Pumpkin spice? Overrated. The real sign of fall is a spider the size of your anxiety dangling in your doorway.
8. **They're Low-Key Serial Killers**

They don't just trap flies—they mummify them. Hannibal Lecter could never.
9. **They Die Like Tragic Poets**

After laying eggs, they just... perish. Because nothing says "autumn aesthetic" like a Shakespearean death scene in your backyard.
10. **They're Already Planning Spring**

Those egg sacs? Yeah, like a scene out of "Alien" these little spider time bombs are just waiting for spring. Try hard not to think about next year's nightmare incubating in your yard right now.



Summer Surfrider Donations to Food Bank



Grays Harbor Surfrider shared donations we received this summer with the Ocean Shores Food Bank and presented them with a check for \$300. To donate to the Ocean Shores Food Bank, visit oceanshoresfoodbank.org. To donate to the Grays Harbor Chapter of Surfrider, visit graysharbor.surfrider.org. (Photo courtesy Ocean Shores Food Bank)

Who Said That?

WASHINGTON DEPT. OF FISH AND WILDLIFE

Late summer may belong to the yellowjackets and the sugar ants, but fall is all about the spiders and owls. Anywho...

According to the Washington Department of Fish and Wildlife's "Living with Wildlife," the following are the common calls given by each owl species:

Great horned owl — a series of four or five deep, resonant hoots given in various rhythms hoo-hoo-hoo; hoo-hoo.

Barred owl — a clear-voiced series: hoo-hoo-hoo, hoo, hoo-hoo-hoo-hoo-a-aw. Some say it sounds like the words, “who-cooks-for-you, who-cooksfor-you-a-all,” ending with a descending note.

Western screech owl — a slow but accelerating series of short mellow whistles, pwep pwep pwep pwep pwepwepwepepepep, that is slightly lower at the end. Also a two-part trill, with the second part longer. Other calls infrequently heard include a soft bark and a short chuckle.

Northern saw-whet owl — low, whistled toots (about two per second): toit toit toit... or poo poo poo. Also a wheezy, rising, catlike screech: shweeee.

Northern Pygmy-owl — a soft, hollow toot (one note every two seconds). Also a high rattle or rapid trill: tsisisisisisi.

Barn owl — a long hissing or raspy scream, cssssshhH which sounds similar to a canvas being ripped. The call is similar to, but usually longer and more raspy, than the call for food made by juvenile great horned owls.



Finding creative solutions tailored to your unique landscape challenges.

Coastal Yard Designs

253.310.3038

BrieKappert@gmail.com

Ocean Shores Property Pros

\$329,950

3 Bedroom Townhome
768 Point Brown Ave SE #A

\$399,950

Beach Living in Style
1145 Maplewood Ct SW

\$399,950

Brand New Home!
219 S Oar Loop SW

\$449,950

Newly Completed & Ultra-Modern
370 S Butterclam St SW

\$454,500

Stylish New Home!
360 Lake View Loop NE

\$464,950

\$5,000 Fence Credit!
998 Cascade Ave SW

We have builders looking for premium lots to build on. Call us today if you own a lot in Ocean Shores and would like to sell it!

Jack & Kim Emmons
Proudly serving Ocean Shores

206 459-3821
kimemmons@comcast.net

www.oceanshorespropertypros.com



John L. Scott
REAL ESTATE



Some offices are independently owned and operated.

Waterfront Wellness: Time to Pump You Up! Weight Training

CONTRIBUTED BY CORINNE SALAMEH

Not just for self-proclaimed “gym rats” or aspiring bodybuilders anymore, training with dumbbells, resistance machines, or your own body weight, strength training has earned a weighty place in mainstream fitness culture and is now a foundational part of a healthy lifestyle with physical, mental and emotional benefits.

The most obvious benefit of weight training is increased muscle strength and enhanced physical stability as it strengthens the muscles that support your spine, hips, and core. This can improve posture and balance, allowing us to perform everyday tasks—like carrying groceries or climbing stairs—with greater ease. Stronger muscles also mean fewer falls, better alignment, and reduced risk of chronic back or joint pain.

But the results of routine training go even deeper than muscle. Research cited in health.harvard.edu shows that strength training and resistance workouts — particularly those that include moves emphasizing power and balance — have bone benefits even beyond those offered by aerobic weight-bearing exercise.

As another integral part of an overall fitness routine, training with weights or resistance improves bone density, which is especially important in preventing osteoporosis and reducing the risk of fractures later in life as it targets bones of the hips, spine and wrists, which are the sites most likely to fracture.

It can also play a role in slowing bone loss and can even build bone tissue by putting stress on bones; nudging bone-forming cells into action. That stress comes from the tugging and pushing on bone that occur during strength training (as well as weight-bearing aerobic exercises like walking or running). The result is stronger, denser bones, that can reduce fractures.

Regular weight and strength training also boosts metabolism and supports weight management. Muscle tissue burns more calories than fat, even at rest. That means the more muscle you build, the higher your resting metabolic rate becomes. This helps your body use energy more efficiently and can assist with long-term weight management.

And unlike cardio alone, strength training can boost metabolism by as much as 15 percent which means you continue to burn calories even after you've left the gym—a phenomenon known as the “afterburn effect,” clearly one of the most positive burns you can get!

Studies linked to medicalnewstoday.com have found that regular and intentional resistance training can also help reduce the risk of developing and/or improve the symptoms of chronic illnesses like arthritis heart disease, type 2 diabetes, and metabolic syndrome by the regulation of blood pressure, improved insulin sensitivity, and lower LDL ("bad") cholesterol.

Strength training can also have a major positive effect on a person's mental and emotional health and has been linked to lower levels of stress, anxiety and depression, improved self-esteem, increased mental focus, and reduced stress. As

a regular part of an overall health and fitness program, strength training can help make you feel strong and energized and give you a better night's sleep; studies have shown that people who exercise regularly sleep better; they sleep

"What we face may look insurmountable. But I learned something from all those years of training and competing. I learned something from all those sets and reps when I didn't think I could lift another ounce of weight. What I learned is that we are always stronger than we know."

Arnold Schwarzenegger

more deeply and longer and awaken less often.

Ready to get started? No need to buy weights or take a trip to the gym; one of the greatest advantages of strength training is that you can start at home without any special equipment. All you need for effective strength training is to create some resistance so your muscles work a bit harder than usual. In fact, the best way to begin is a strength training routine that uses your own body weight and develops a style and intensity tailored to fit your personal fitness level or age group. (Be sure to consult your physician and make your weight training is a suitable exercise for your individual health conditions and needs.)

For a great example on beginning a simple home routine, check out the Strength Training 101 video link on the University of Texas' cancer center website: <https://www.mdanderson.org/publications/focused-on-health/easy-strength-training-you-can-do-at-home-no-weights-required>. This series walks you through six simple body weight exercises including a plank,

glute bridges, push-ups, squats and lunges. Try to do two or three sets of each exercise and try to complete the routine at least twice a week. The video demonstrates modified versions of some of the exercises.

If you'd like a slightly more challenging and equally effective routine, resistance bands (giant flat loop rubber bands with or without interchangeable handles), originally used as a way for nursing home residents to build strength, allow you to create varying degrees of oppositional resistance simply by shortening or lengthening the band so your muscles work a bit harder and in different ways. There are numerous free online videos on resistance band training videos and a good set of resistance bands costs about \$25.

If you prefer going to a gym with various fitness equipment for both aerobic and strength training, our own Ocean Shores Community Club has a large and popular fitness room that not only offers one of the best views around for working out, but also various strength training equipment including free weights (dumbbells, barbells), weight machines, squat racks and cable machines as well as treadmills, ellipticals, stationary bikes and rowing machines for your cardio workout.

Like many things, muscles function within the “use it or lose it” part of our lives and it's never too late to start. Because strength training is not just about how you look, it's about how long and how well you live. And there's definitely something empowering about seeing your own progress, whether it's lifting heavier weights or doing more repetitions. And like your growing muscles, that sense of accomplishment can ripple through other areas of life.

What are you “weighting” for? Whether you’re aiming to age more gracefully, improve your athletic performance, or simply feel stronger in your day-to-day life, strength training is another smart and rewarding investment you can make in yourself. ■

TRUST YOUR LOCAL REALTOR & LENDER!

SANDRA HEART
Realtor

(206) 755-2926
Sandra@HeartToHomes.com
www.hearttohomes.com



Heart to Homes



TIM MONAGHAN
Loan Officer

NMLS 131663, WA- MLO-131663
(253) 301-8167
tim.monaghan@pmrloans.com
pmrloans.com/tmonaghan



PREMIER
MORTGAGE RESOURCES



© 2025 Premier Mortgage Resources, LLC ("PMR") | NMLS #1169 www.nmlsconsumeraccess.org | Equal Housing Opportunity
| Not an offer to extend credit or a commitment to lend. Terms subject to change without notice. For additional disclaimers,
please visit www.pmrloans.com/disclaimers. PMR and Heart to Homes are not affiliated.



Lifeguards Wanted

We are looking for yearround lifeguards.
Lifeguard certification is a plus. Training is
available. Flexible schedules.

(360) 289-2433 • oscommclub@coastaccess.com.

Apply today!

Shore Lock Homes and The Wolf Who Needed Keys Made of Straw, Sticks and Bricks!

Licensed & Bonded Locksmith

360-590-2706

Residential, Commercial,
Hardware Install, 24-Hour
Emergency Lockouts

shorelockhomes.wa@yahoo.com

Ocean Shores Monthly Rainfall by Jeannie M.

	2019	2020	2021	2022	2023	2024	North Jetty	No rain	North OS	No rain	Average
January	8.76	17.43	15.18	13.30	8.12	10.59	3.97	15	5.33	15	4.65
February	5.55	5.45	7.10	4.96	4.58	7.39	6.14	5	9.05	6	7.60
March	2.12	4.17	5.31	5.67	5.74	9.19	7.30	1	9.56	3	8.43
April	4.87	1.71	1.42	7.55	6.10	4.65	3.42	17	4.28	19	3.85
May	1.65	2.39	1.73	6.47	0.71	3.65	2.04	11	2.30	16	2.17
June	0.87	2.31	2.28	3.52	0.25	2.36	0.52	20	0.48	24	0.50
July	1.21	0.39	0.11	0.15	0.76	0.72	0.18	24	0.29	24	0.24
August	1.02	0.95	0.48	0.21	0.56	1.61	1.46	23	2.29	25	1.88
September	5.07	3.50	3.86	0.62	2.44	1.82					
October	5.39	4.09	8.46	4.04	4.98	7.50					
November	3.70	9.90	18.46	7.72	7.44	11.78					
December	9.28	11.68	8.19	8.78	9.36	14.19					
TOTAL/ YR	49.49	63.97	72.58	62.99	51.04	75.45	25.03	116	33.58	132	3.67

Financial Focus

SUBMITTED BY MILES LONGENBAUGH
EDWARD JONES

A retiree's guide for National Financial Security Month



If you're retired, it's easy to let your finances go on autopilot. Since October is National Retirement Security Month, it's a good time to revisit some areas that can impact your long-term financial security and help your money last a lifetime. Consider these suggestions:

Manage your withdrawal rate.

You'll likely need to tap into your retirement accounts — your IRA and 401(k) or similar employer-sponsored plan. But think carefully about how much income you withdraw every year. If you take out too much, especially in the early years of your retirement, you risk outliving your resources. You have the option of withdrawing from these accounts at age 59½. Once you turn 72, you'll be required to take out at least a

certain amount each year based on your age and account balance.

Estimate health care costs.

When you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan, both of which will require premium payments. You'll probably also incur a variety of other unreimbursed expenses for doctor visit copays or deductibles, prescription drugs and vision, hearing and dental care. Additionally, about 70% of adults ages 65 and older will need some form of long-term support, according to the Department of Health and Human Services. This may include a paid home health aide (average cost of \$77,792 per year), an assisted living residence (average cost of \$70,500 per year) or nursing home care (private room average cost of \$127,750 per year). (Cost estimates are from Genworth 2024 Cost of Care Survey.) Over the course of your retirement, these can add up, so be realistic

when budgeting for health care expenses in retirement.

Consider when to take Social Security.

You can start receiving monthly Social Security checks at age 62, but your payments will generally be larger if you wait until your “full” retirement age of 66 or 67. (The size of your payments will “max out” at age 70.) If you believe you have longevity working in your favor, and you can afford to wait, you may well be better off by delaying Social Security as long as possible.

Avoid investing too conservatively.

Once you're retired, you might think you should take as few chances with your investments as possible — after all, you have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to consider keeping a reasonable percentage of growth-oriented investments in your portfolio to help you stay ahead of inflation. Even at a

low rate, inflation can erode your purchasing power over time.

Keep your generosity in check.

If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do what you can to assist them. However, the hard truth is that they have more time than you to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford — but try not to go beyond that. By preserving your financial independence, you'll end up benefiting your family as well.

Retirement is ideally an enjoyable time in your life, especially if you feel financially stable. So, take time to check in periodically to keep that stability on track.■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

OCEAN FRONT AUTO

We fix them all.

★★★★★★★★★★★★★★★★

360.289.3311

Full Service & Repair

30K, 60K, 90K Vehicle Checkups
Tuneups and Tires
Emission Services
RV Repair
Air-conditioning Services
Lube, Oil & Filters

708 Seahorse Avenue in Ocean Shores
Monday to Friday
8 a.m. to 6 p.m.

★ Established 1986 ★

Be a part of something great.

Be an Eagle.

North Beach Eagles #4197 offers activities such as karaoke, Texas hold'em, bingo, pool, darts and more! We have beer, wine, spirits plus a full kitchen. Open daily at noon.

(360) 289-7914
676 Ocean Shores Blvd. NW
aerie4197@northbeacheagles.org

We value diversity. Private club. Membership is open to all.

Rick LaShance
Agent/Broker

643 Quinault Avenue SE — \$539,000
162 FT OF WATERFRONT GRAND CANAL AND BLUE HERON BAYOU VIEWS! 3 BED 2 BATH • OPEN CONCEPT LIVING AREA W/ WALL OF WINDOWS & NATURAL LIGHTING POURING IN • GOURMET KITCHEN W/ GAS STOVE • PRIVATE ENCLOSED PORCH • PRIVATE COVERED DECK • 2 GUEST ROOMS W/FULL BATH • PRIVATE GATED COURTYARD • GREEN HOUSE • DOCK • FIREPIT • ATTACHED GARAGE W/SHOP • RV PARKING~CLOSE TO BEACHES!

I appreciate the opportunity to support your search for your future home! Ocean Shores is a wonderful community to vacation and live!

Windermere
REAL ESTATE
(800) 835-2456
(360) 289-3373
(360) 580-9184 (cell)
email: rlashance@gmail.com

The Sandy Spoon

Open to the Public!

Kids Menu

YOGURT PARFAIT / \$6
Vanilla yogurt with granola and berries.

CHICKEN NUGGETS / \$4.50 / \$5.50 / \$6.50
Four, six or eight pieces served with chips.

GRILLED CHEESE / \$6.55
American cheese on white bread served with chips.

MINI CORNDOGS / \$5.25
Honey crunch battered mini dogs served with chips.

Lady Barber

FOR MEN AND WOMEN

CHING C.
360.310.3419
1416 E. OCEAN SHORES BOULEVARD SW

Ocean Shores Public Library

Regular Hours:
11 a.m. to 5 p.m., Tuesday to Saturday
12 p.m. to 4 p.m., Sunday

573 Point Brown Ave. NW
www.oslibrary.info
360-289-3919

New Service! We have common device chargers for in-library use. Charge while you read. ⚡

Lobby Display Case
Sept.: Daughters of the American Revolution; Oct.: Shores & Spores Society

Art in the Library
Sept.: Paintings by Linda Kaiser; Oct.: Photography by Ed Schroll

Library Quilt Display
A new quilt every month from the SeaPals quilters.

Friends of the Library
Monthly meeting is held second Monday of the month; 2 p.m. to 3 p.m.

Dungeons and Dragons Game Night
Weekly program Fridays 4:30 to 7:30 p.m. Open to those 10 and older. No prior experience is necessary. (No D&D Oct. 3)

Virtual Reality
Call or visit the library to reserve a time to enjoy immersive games.

ADULT PROGRAMS

Book Group
"Hum and the Shiver" by Alex Bledsoe, Monday, Sept. 15, 3 p.m. to 4 p.m.
"Into the Wild" by John Krakauer, Monday, Oct. 20, 3 p.m. to 4 p.m.

BYOBook Group
Bring your own book to discuss. Wednesday, Sept. 17 & Oct. 15, 5 p.m. to 6 p.m.

Computer Class - Register in Advance.
Google Suite: Wednesday, Sept. 17, 9:30 a.m. to 10:30 a.m.
Email Essentials: Wednesday, Oct. 15, 9:30 a.m. to 10:30 a.m.

WorkSource: Job Seeker Services
Offering job search assistance, resume building, interview preparation, career counseling. Wednesdays: Sept. 17, 24; 11 a.m. to 3 p.m.; Oct. 1, 8, 15, 22, 29.

Shores and Spores
Discover the magic of fall mushrooms with Coastal Shores and Spores president, Corinne Srsen. Learn to safely identify, forage and cook your own shrooms. Wednesday, Sept. 17, 2 p.m. to 3 p.m.

Rewilding
Restoring ecosystems and letting nature take the lead. Friday, Sept. 19, 1 p.m. to 3 p.m..

WorkSource Orientation
Learn about job search assistance, career training programs and re-employment support. Wednesday, Sept. 24, 2 p.m. to 3 p.m.

Fall Fungi Bonus
Join author and mushroom hunter, Langdon Cook, on a virtual walk through the autumn woods. Learn about fall fungi as well as plants and berries that share their space. Thursday, Sept. 25, 1:30 p.m. to 3:30 p.m.

Scratchboard and Watercolor with Roy Lowry
Learn the best and easiest steps to draw and paint. Friday, Oct. 3, scratchboard 10 a.m. to noon / watercolor 1 p.m. to 3 p.m.

Local Authors Fair
Ocean Shores has a vibrant literary community. Meet your neighbors who write books! Saturday, Oct. 4, 10 a.m. to noon and 2 p.m. to 4 p.m. Different authors at each time slot.

TEEN PROGRAMS (Grade 7 to 12)

Teen Planning Committee
Monday, Oct. 13, 3 p.m. to 4 p.m. The library needs teens to help plan fun stuff for teens to do. You're cool. You know what's fun. Help us!

Teen Zone
Play a "throw back" Nintendo Wii game from 2010. Yes. 2010. That was 15 years ago! What were video games like back in the old days? Let's find out while eating a bunch of snacks. Monday, Sept. 22, 3 p.m. to 5 p.m.

Another Teen Zone!
Teens play awesome video games and have snacks! Monday, Oct. 27, 3 p.m. to 5 p.m.

Teen Halloween Party
Costume contest! Scary movie! Creepy doll scavenger hunt! Karaoke! Snacks! Come join the fun Thursday, Oct. 30, 6 p.m. to 8 p.m.

LIBRARY FUN FOR CHILDREN

Storytime!
Saturdays, 10:30 a.m. to 11 a.m.
Books, rhymes, interactive stories, songs and FUN for ages birth to 5.

Freshwater Investigations
Let's find some macroinvertebrates in the fresh water around Ocean Shores and study them. Presented by the Coastal Invertebrate Center. Wednesday, Sept. 20, 2 p.m. to 3 p.m.

Reading Rangers
Elementary age children are invited to celebrate the Total Mayhem book series by Ralph Lazar. Crazy crafts, action-packed activities, a silly scavenger hunt and more! Saturday, Sept. 27, 1 p.m. to 2 p.m.

Where Are the Club Members?					
AL	2	ME	0	PR	0
AK	13	MD	3	RI	0
AZ	54	MA	4	SC	7
AR	1	MI	4	SD	2
CA	350	MN	3	TN	4
CO	16	MS	0	TX	36
CT	0	MO	2	UT	10
DE	0	MT	11	VT	0
DC	0	NE	1	VA	6
FL	24	NV	33	VI	1
GA	6	NH	1	WA	6,934
GU	0	NJ	0	WV	0
HI	22	NM	5	WI	3
ID	18	NY	4	WY	2
IL	11	NC	4	Other Countries:	
IN	2	ND	1		Canada 15
IA	2	OH	5		Germany 3
KS	2	OK	2		Fiji 1
KY	3	OR	148		UAE 1
LA	2	PA	2		

Religious Organizations

Contact each organization for worship service times.

BAHA'IS OF OCEAN SHORES
(206) 713-7344
(360) 591-8469

GALILEAN LUTHERAN CHURCH
Pastor Angela Renecker
(360) 289-3313

CHAPEL BY THE SEA (PCUSA)
www.chapelbytheseawa.org
4612 State Route 109
Moclips / Pacific Beach
The Rev. Dr. Linda Flatley
(360) 276-8143

OCEAN SHORES BAPTIST
Pastor William C. Long
(360) 289-2540

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
Bishop Mark Buchanan
(360) 360-2127
https://local.churchofjesuschrist.org/u/173533

OCEAN SHORES MESSIANIC FELLOWSHIP
David or Susan Hardin
(702) 373-4739

COPALIS COMMUNITY CHURCH
Pastor Jim Richards
(360) 289-2233

OCEAN SHORES UNITED METHODIST
Rev. Pamela Meeks
(360) 289-0201

COPALIS CROSSING ASSEMBLY OF GOD
Pastor Rodney Brooking
(360) 289-2145

PACIFIC BEACH COMMUNITY CHURCH
Pastor Mark Eaton
(360) 276-8163

FAITH COMMUNITY CHURCH
Pastor Michael Duncan
(360) 289-2474

SHORES FELLOWSHIP CHURCH (Assembly of God)
Pastor Kate Thaete
(360) 289-2693

SAINT JEROME CATHOLIC CHURCH
ghcatholic.org
(360) 532-8300

- Trusted
- Reliable
- Effective
- Recommended

Protecting the homes and businesses of our friends and neighbors for over 30 Years!

800.300.2752
www.beaconpestcontrol.com

Classified Ads

Place an ad. Twenty-five cents per word. Call us at (360) 289-2433.

Winnebago Minnie Drop Travel Trailer For Sale. 2018 model 1790. Trailer is nice, and the guy selling it is really cool. \$8,000. Text (360) 589-4126.

Studio Apartment For Rent. Fully furnished with utilities included. Approx. 300 sq. ft. Outside smoking only. Available now. \$800. Call (206) 853-9360.

Jobs, Missed Connections, Lost Pets, Personals, Real Estate, Yard Sales, Garage Sales, Car Port Sales, Parking Space Sales, Tag Sales, Rummage Sales, White Elephant Sales, Fundraisers, Meet Ups, Rentals.

City Departments

CITY HALL
545 Pt. Brown Ave. NW; P.O. Box 1449; 360-289-3099

FIRE DEPARTMENT
585 Point Brown Ave NW
360-289-3611

MUNICIPAL COURT
585 Point Brown Ave NW
P.O. Box 909
360-289-2486

PERMIT OFFICE
801 Minard Ave NW
P.O. Box 909
360-289-2754

POLICE DEPARTMENT
577 Point Brown Ave. NW
360-289-3331
360-533-8765 (non-emergency)

PUBLIC WORKS
165 Ocean Lake Way SE
P.O. Box 909
360-940-7542

BUSINESS LICENS-ING
801 Minard Ave NW
P.O. Box 909
360-940-7496

CODE ENFORCEMENT/ ANIMAL CONTROL
577 Point Brown Ave. NW
360-533-8765

UTILITY BILLING
800 Anchor Ave NW
P.O. Box 909
360-289-2487

CITY CLERK
548 Pt. Brown Ave. NW
P.O. Box 909
360-940-7498

Marine Mammal Stranding Network

Members of the network respond to marine mammal stranding events along the Washington coast. Each stranding event is handled on a case-by-case basis and is dependent on local capability, available resources, personnel and logistics. To report a dead, injured or stranded marine mammal, call: 1-866-767-6114.

Additional numbers:

- For seal, sea lion or otters, WDFW stranding line: 253-208-2427.
- For whales or dolphins, Cascadia Research collective: 360-791-9555.
- For other dead or sick wildlife, report online at wdfw.wa.gov/get-involved/report-observations.
- For law enforcement, harassments and other violations, call: 1-800-853-1964

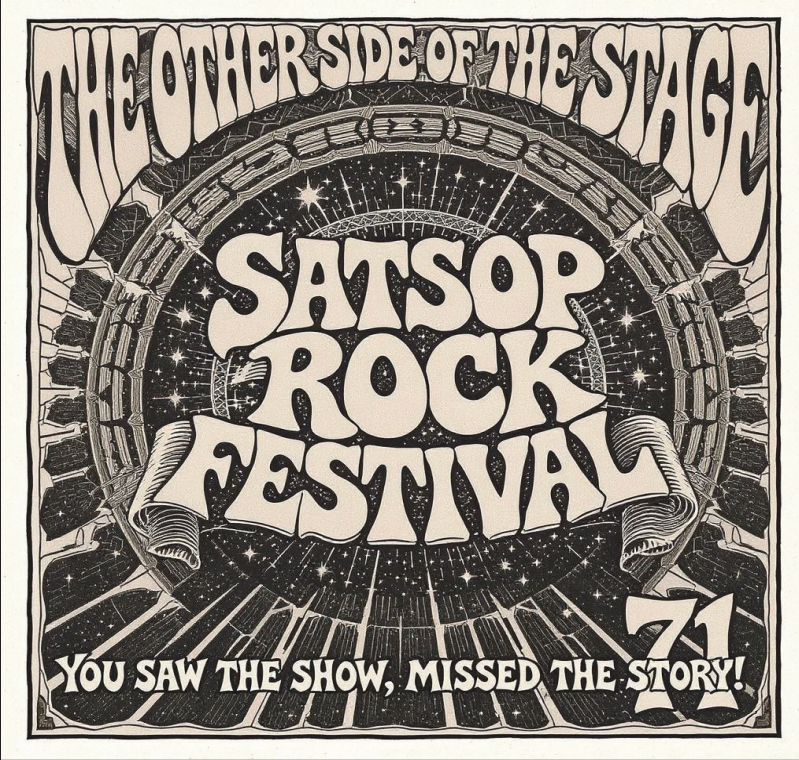
PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise any preference limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. Toll-free telephone number for the hearing impaired is 1-800-927-9275.



Every Saturday thru Sept. 27 • 10 a.m. to 3 p.m.
oceanshorescitymarket.com

Satsop Rock Festival Recap



The History of the Satsop River Rock Festival
Saturday, Oct. 18 • 5 p.m. to 7 p.m.
7th Street Theatre in Hoquiam

OKTOBER FEST

Sept. 27th, 2025

STARTING AT NOON - OYHUT BAY EVENT CENTER

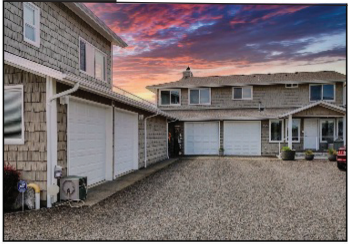
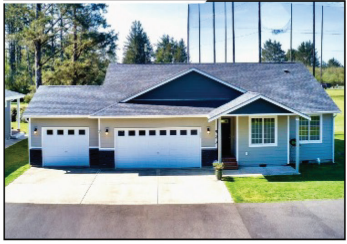


Back in the day, Satsop — a tiny, unincorporated community in East Grays Harbor County — was once the site of a Woodstock-esque rock festival. According to the Washington State Archives, the Satstop Riverfair and Tincup Races was a rock festival held over four days during Labor Day weekend in 1971, and which saw crowds of up to 60,000. Performers included Country Joe MacDonald and Ike and Tina Turner.

The Polson Museum, along with the Music Project and the 7th Street Theatre, present this history program which will feature a long forgotten documentary film about the festival. There will also be a live narrated slide show and an on stage Q&A with Leann Paul (who was part owner of the farm where the festival took place) and rock festival historian Todd Miller. Admission is \$15. For more information, visit polsonmuseum.org

John L. Scott®

Ocean Shores #1 TOP Seller!

 935 S SAND DUNE AVE SW 2315256 \$1,073,000	 506 S SAND DUNE AVE SW 2330579 \$650,000	 492 ENSIGN AVE NW 2349457 \$374,900	 442 SPORTSMENS ST SW 2409770 \$299,900	 523 PUFFIN AVE NE 2367561 \$438,900						
 419 DRACONIS AVE SE 2378827 \$295,000	 568 COWLITZ CT SW 2379719 \$275,000	 793 ISLAND CIR SE 2398223 \$449,000	 598 BLUE WING LP SE 2405070 \$557,000	 1249 E OCEAN SHORES BLVD SW 2382959 \$310,000						
 785 CARDINAL AVE NE 2408539 \$110,000	 141 TAURUS BLVD SW 2401299 \$474,900	 470 CANAL DR NE 2405891 \$425,000	 136 SPRUCE LP SW 2411756 \$359,000	 1409 DIAMOND HEAD AVE SW 2414070 \$449,500						
 THORN	 MARJIE	 JESSIE	 RUSS	 DONNA	 STEVEN	 MARTI	 KIMBERLY	 ANTHONY	 CHARLES	 CYNDI

John L. Scott Real Estate

360.289.1000 www.johnlscott.com 800.562.6670