

February 2011
Issue No. 231

Green Plate Special Garden Coming to MLK & Union

Laura Dewell, of Green Plate Special

You may have noticed...some action... just a little change, on the vacant lot at the corner of MLK Way and E. Union. A couple of hand-painted signs have gone up (they will be changing as well), and piles of blackberry brambles have been cut down. If you ever lost a ball or a Frisbee in those brambles, chances are we found it. Feel free to search among the found objects!

Already we're proud of the changes we've made to the lot across from Grocery Outlet, but they're nothing compared to what we have planned! We are Green Plate Special, a new neighborhood nonprofit dedicated to the idea that everyone deserves fresh, healthy food. For us, this means growing nutritious fruits and vegetables, and teaching simple and delicious ways to prepare them. Our goal is to create a beautiful garden that will provide fresh produce for a small teaching kitchen. We will be working with local middle school youth to teach them how to cook what they grow. Our staff of gardeners, teachers and chefs is excited about working with young people and sharing what they know about food. Our vision is for a new generation of youth to be actively empowered to take control and responsibility for their health and the health of their community. We envision young people who understand and appreciate where their food comes from, and have the skills to cook

(continued on page 2)



New Home of Green Plate Special on the southwest corner of Union and MLK

MCC Officers' Column—Many are Called but Few Show Up

Let's hope not because Stacey Kryman, the Madrona Community Council's (MCC) new chair of events, will be needing the help of many volunteers to move forward with planned neighborhood activities this year. Two celebrations are already on the calendar: Neighborhood Appreciation Day on March 26 and Mayfair on May 14, and both events will invite not only your participation but also your generosity to share the preparations and the costs. Such jobs as setting up, baking, collecting donations, and cleaning up require no

special talent, only your willingness to get involved. By emailing Stacey at staceykryman@gmail.com, you could not only nominate some worthy neighbor for an award, but you could also let Stacey know what you would be willing to do to help at either of the events so far scheduled. We hope to have a PayPal account for the MCC set up by March to make donating easier. Meanwhile, donations can be dropped off or mailed to treasurer Steve Orser at 833 - 33rd Ave.

At the February MCC meeting neighbors
(continued on page 2)

Glad to Set Madrona Teeth Straight

Hello, Madrona! My name is Dr. Chris Riolo and I'm excited to tell you that my wife Burcu and I have opened our orthodontic office in Madrona on the corner of 34th and Cherry, sharing space with Dr. Stephen Stuehling at Lakeview Kids Dentistry. Burcu and I met in college



and have been married for seven years. We have two beautiful girls, Mina (age five) and Banu (age three), and we recently moved to Seattle from Ann Arbor, Michigan. While Burcu and I loved Ann Arbor, we have long desired to live in a larger city and wanted to raise our children in the Pacific Northwest. Burcu says that the Puget Sound reminds

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Orthodontist... (cont'd from page 1)

her of her childhood home on the Bosphorus in Istanbul, Turkey. Both Burcu and I enjoy skiing and sailing. We are very excited look forward to finding a home in Madrona and becoming part of this community.

I believe that the knowledge necessary to create beautiful smiles is gained through a combination of education, practical experience, and dedication to lifelong learning. I continually strive for excellence and am committed to providing the very best orthodontic care possible for all of my patients.

I obtained my Bachelor of Science degree in Mathematics from the University of Wisconsin, Madison, and received my Doctorate of Dental Surgery from the University of Michigan. I received both a Specialty Certificate and a Masters of Science degree in Orthodontics from University of Detroit Mercy. Upon completion of my specialty training I decided to continue my education at the University of Michigan's School of Public Health, where I received a PhD in Epidemiology. After graduation I completed the requirements for certification as a diplomate of the American Board of Orthodontics and recertified in 2009.

At our Madrona location, we emphasize orthodontic treatment for children and adolescents while we serve adults at a downtown office. There we offer aesthetic orthodontic treatment with an emphasis on truly invisible orthodontic treatment utilizing the "Incognito" system which employs braces behind the teeth.

Green Plate Special... (cont'd from page 1)

for themselves and their families.

The Madrona Company owns the property at MLK and Union and has generously given us a gratis 3-year lease. Environmental Works, the sustainable architecture and design firm, is helping us design our teaching kitchen and gathering space. The lot around it will evolve into a food garden with lots of different fruits, vegetables and flowers. We look forward to creating an outdoor gathering



Changes grow with Green Plate Special

space featuring a wood-burning oven. Our garden will grow from the ideas, energy and creativity of the young people we serve. When our lease is up we will move our portable kitchen facility to a permanent location hopefully not too far away.

Other partners in this venture include Treehouse 4 Kids, serving foster children and their families; Earthwise, an architectural salvage and used building materials resource center in South Seattle; and Cedar Grove Composting.

Contact us at www.greenplatespecial.org and by going to our contact page. Find us on Facebook as well.

We are Green Plate Special, help us and watch us GROW!

Officers' Corner... (cont'd from page 1)

bid a reluctant goodbye to MCC Vice President Jeremy Hudgeons, who is moving to Atlanta the end of February. In a brief three years in Madrona, Jeremy has inspired community spirit by example, working on the MCC and its committees, organizing street clean-ups, and volunteering his back and muscles in Madrona Woods. Thanks, Jeremy!

Look around the parks and business district for posted information about future MCC meetings and other council-related activities. Please join us at the March 1 MCC meeting at the shelterhouse Madrona Playfield at 7:15pm. At this meeting you can help elect the year's officers, to find out more about event plans, voice your ideas or concerns, or just meet and greet your neighbors.



Stop by on the way to that child's birthday party! Now offering tie-dye, spy, magic and origami kits, and more games and kits are on the way!

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Wednesday - Friday 12 - 7 p.m.
Saturday 10 a.m. - 7 p.m.
Sunday 11 a.m. - 3 p.m.

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MMEM Partners with Youth

By Miriam Taylor

If you enjoy the Y, you know how great it is and what a difference it can make in someone's life. Right now, the MMEM is in the middle of our **Partners With Youth fundraising Campaign**. One of the ways we build community at the Y is by making membership and programs available to all through scholarships and financial aid. From swimming lessons to campouts to programs for at-risk youth, we ensure that any child, youth, or family who wants to participate can. With your support, we can continue our good work while striving to reach even more of our community. Let our front desk staff know how much you'd like to give. Thank you for helping make the Y a place where everyone is welcome!

If you are starting to wake up from your winter doldrums and looking for ways to be active, we have a couple programs to tell you about.

Adult Swim Clinic is Back! This clinic is designed for the advanced beginner swimmer with a desire for knowledge about fitness swimming. We'll learn about all basic stroke techniques, flip turns, and fitness swimming workouts. To participate, you must be able to swim at least 25 yards with rudimentary side breathing. Registration is open and the clinics are Fridays starting February 18.

Red Cross Lifeguard Training. We are offering American Red Cross Lifeguard certifications April 18 through 23. Classes will be 3:00 to 9:00pm Monday through Friday, and 9:00am to 5:00m on Saturday. The cost to YMCA members is \$150 plus the cost of the book. Non-members pay \$175 plus the book.

Interested? Drop by the MMEM at 23rd & Olive, across from Safeway. Or get more info or make a donation online at www.seattlemca.org/page.cfm?ID=mm.



Neighborhood Appreciation Day March 26

The big event is just around the corner. It's not too late to send your nomination—a few sentences describing your nominee and how he/she contributes to Madrona—to Stacy Kryman at stacykryman@gmail.com.

Award categories:

- **The Nora Award:** Given to a Madrona resident who, over time and in ways both large and small, has left a personal mark on the community. Previous winners include Bob Bass, Mary Holm, Dorothy Grant, Dee Dee Rainbow, Dr. Samuel B. McKinney, Jim Diers, Suzanne Sheppard, John Platt & Paul Butler, Walter Bodel, Bill Hanson, Sarah Westneat, Carla Caldwell and Rich Appleton.
- **The Local Hero Award:** Given to a Madrona resident for an act of heroism, singular kindness, or generosity. Previous winners include Sayre Coombs, Tom Flood, Jocelyn Owens, Ann Lennartz, Anthony Matlock, Junius Rochester, Floyd Goffney, Judith Starbuck, Laura Yurdin, Emma Kearney and Amy Bush.
- **The Tyrone Love Unsung Hero Award:** Given to a Madrona resident for service to others in the larger community. Previous winners include Jon Hughes, the Friends of Madrona Playfield, Francois Kissel, Wayne Melonson, Julia Berry, Martha Ortiz-Williams, Kim Herber, Fred Strom, Cecil "Mac" McKenzie, Tyrone Love, and Burke Shethar.
- **The Madrona Resident for Life Award:** Bestowed upon a longtime, active resident who has left Madrona but remains dearly missed. Previous winners include Shirley Solomon, Jon Hughes, Shelley Huestis, Dr. Henry Kuharic and Joanne & Bill Scott.

Join us at the Madrona K-8 Library on March 26 from 10:00 to 11:30am to honor some of the people who make Madrona extra special. There will be snacks and adorable entertainment provided by the students of Madrona K-8.

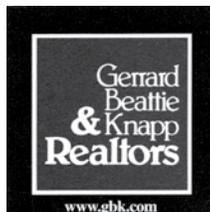


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Madrona News Count Down: 4 Issues

By Kim Herber, 35th Avenue

Thanks to everyone who wrote to voice their support of the *Madrona News*. It seems like the neighborhood wants this paper-based publication to continue. BUT, that means we need people to make it happen. The *Madrona News* process has several parts—and maybe those parts could be split among a group of folks or several editors could take turns managing issues. Already we have people who do “just” the ads, “just” the calendar, “just” copyediting, “just” proofreading, “just” layout. And when I say “just” I don’t mean to trivialize those tasks—they are all essential to the success of our monthly newsletter. But they are distinct jobs done by individual volunteers. Nothing says we can’t also split editorial duties into similar “chunks” that might be easier to share:

- **Planning the issue:** Deciding which stories are important for Madrona for that month.
- **Contacting potential writers:** E-mailing those who may be willing to write stories.
- **Gathering the stories:** Collecting the stories written by contributors via e-mail.
- **Editing the stories:** Revising and tightening up stories submitted by neighbors, with the help of copyeditor Judson MacLaury and proofreaders Lori Rath and Julie Wroble.
- **Sending finalized stories to Production Editor Susan Steele:** She builds the newsletter in InDesign software.
- **Finalizing the layout:** Helping Susan cut, slice, dice, and “massage” the mixture of ads and stories into the appropriate number of pages.
- **Being available for questions:** From the printer, submitters, or the community.

So, if you know how to plan and edit a small monthly newspaper, I’m calling on YOU. The *Madrona News* does not publish during the summer, and I’ll be here through June. Come September, someone else will take my place as editor—or not. If you are interested, I can tell you all you need to know! Drop me a note at kdh5027@aol.com.

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St. Clouds Marks 10 Years of Blackouts

By John Platt, St Clouds

Where does the time go? It’s been a decade since Tom Bennett and the Rolling Blackouts, as their anachronistic name suggests, started rocking the stage at St Clouds restaurant one Monday night. They’re a band of pros willing to “work” on their “night off” and



have a little fun under the leadership of Tom Bennett. Turns out Tom’s energy, charisma, showmanship and musicianship were just the stewarding this gang needed. What started as a lark in 2001 has turned into a Madrona legend. Every Monday night for 10 years, the band convenes to a crowded bar of folks not ready to give up their weekend. They’re a honky-tonk band with fans in every age group, from tots to teens, from adults to retirees—everyone seems happier for their time in their sound space.

In January, the restaurant proudly recognized the band and honored their long tenure entertaining Madrona by naming the St. Clouds stage, “The Tom Bennett and the Rolling Blackouts Stage.” We even put up a nice plaque so all will know. Come in some Monday night and hear what it’s all about.

Central Seattle Little League Sign Up Time Is Now!

Believe it or not, Spring is right around the corner. Boys and girls—grab your gloves and get ready for the upcoming season of Seattle Central Little League! Sign up for baseball and softball NOW—all applications MUST be received by **February 28**. You can register by:

1. Registering on-line or downloading an application at www.seattlelittleleague.org.
2. Calling 706-2648 or e-mailing seattlelittleleague@yahoo.com to have a registration packet sent to you.
3. Picking up a copy of the registration form at local community centers or your neighborhood school.

Seattle Central Little League boundaries are from I-90 north to the Ship Canal, and from downtown to Lake Washington. If you live in that area, tell all your friends, send in a registration application, and come out to play!

Madrona K-8 Marks Black History Month with Writings
Inspired by Martin Luther King, Jr.

Dr. Martin Luther King

By Anaya and Kamiah, 4th Grade

Dr. Martin Luther King Jr. was a freedom-fighter who believed in non-violence. Are we keeping his dream alive today? I don't think so. Dr. King once said, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." As a young person, I see and hear about violence on TV everyday. People are killing each other like nothing is wrong with it. Kids are in gangs and killing for the fun of it. When we see a homeless person begging on a corner, do we turn our heads and walk away or do we give that person a helping hand? What do we do when we see a student at school being tortured by a bully? Do we step up and say that bullying is wrong or do we just walk away? Do we refuse to be friends with a person just because they don't look or dress like us? If so, we are living in the dark. We need to turn on the light in our brain and love each other and not let Dr. King's death be in vain.

The King Stood Strong

By Semasa Pickett, Madrona K-8

The King stood strong, stood proud, stood tall.
Speaking of peace, of love and children holding hands.
Free at last.
People yelling, Help. Don't kill me.
But they keep going, to save themselves.
People know there's going to be danger night after night.
Speaking to themselves - saying god will help me.
But the King, even in death, even today – stands strong, stands proud.
Stands tall and takes "the first step in faith."
You don't have to see the whole staircase, just take the first step."
Martin Luther King Jr.

For Rights

By Marcel Sampson, 8th Grade

We ran grabbing our signs of hope to send a message of Justice.
We continued to the halfway lit street, marching in the black rain as it kisses our skin.
So we step, saying all his most remembered quotes:
"Take the first step in faith. You don't have to see the whole staircase, just take the first step." "The time is always right to do what is right."
Yea!! – the crowd cheers as the leader continues.
"Wars are poor chisels to carve out a peaceful tomorrow."
But he stops, looking straight ahead at the riot armored security guards.
Then the leader slowly turns around and yells "as long as we live we will fight for rights!!!"

Come Visit Madrona K-8!
March 2: 9:15-10:15am • March 8: 9:15-10:15am
See classes in session, meet the principal and teachers, hear from current families, ask questions and learn more!

His Powerful Words

By Kylea Spears, 7th Grade

They tried and tried to break him down... But that was almost impossible because he was strong, he was mighty, and he was ready to face anything they could dish out. Even with stress in his head and hurt in his heart, he still wanted the world to have a fresh start. Because at the end, we will remember not the words of our enemies, but the silence of our friends.

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Aging Your Way: Conversations for Community Change

By Joanne Donohue, Senior Services

- What would you like your community to look like to support you as you age?
- Would you like to take part in designing that community?

If you're like most people, you don't like to think about aging; yet every day about 10,000 Baby Boomers hit their 60th birthday. Current services and structures just don't have the capacity to deal with that demographic so Senior Services is asking local Baby Boomers to design "communities-for-all" that will support us all so we can age confidently and safely. It's part of our new initiative, "Aging Your Way."

We've already held four "Aging Your Way" events and each one outstripped our expectations. We had capacity crowds; the participants represented various community demographics; they easily created and communicated their visions; they identified projects that would help make those visions a reality; and they signed up for Action Teams where they can bring their individual passion, knowledge, skills, and resources to the process.

We hope for nothing less when Madrona gets a chance to participate in the next event on March 3 from 5:30pm until 8:30pm at the Garfield Community Center, 2323 East Cherry St. Jim Diers, professional community organizer and former Director of Neighborhoods for the City of Seattle, will be our facilitator and Anne Jess will capture the energy in a graphic. The time is right for this work. Baby Boomers are often in denial about their own aging, but as they step in as caregivers for their parents or spouses, they're finding that some neighborhoods just aren't equipped to support an aging population. They know it's time to rethink and prepare.

Who should attend? We are looking for residents ages 45-65 who are creative, younger-thinking, and ready to bring ideas and action to the table. Attendees must pre-register for the March 3 Aging Your Way event at www.seniorservices.org. If you have questions or would prefer to talk to someone in person, call me at 727-6206.

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Play Madrona Mutt Matchup

By Bell Thompson, 32nd Avenue

Who says people always look like their pets??? To play Mutt Matchup, match the people to their dogs. The answers are on page 10.



Belle - 31st Avenue



Sunny



Cole - 32nd Avenue



Glady



Kirk - 19th Avenue



Juliet



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Coyote Central Comes Home to Madrona!

Even if you've never heard of Coyote Central, you've certainly seen the work of its students: the vibrant musical-themed tile seats at Madrona Playfield; the totemic metal-mosaic Y of the Meredith Matthews YMCA; the whimsical metal tree that adorns the Garfield Community Center; and the iconic art tiles on the brick building at 23rd and Cherry —created in 1995 by an earlier generation of Coyote students. Serendipitously, that building is now Coyote Central's new home.



Coyote Central Tiles at 23rd and Cherry

The renovation is still a work in progress, but everyone is invited to an Open House at Coyote's new 23rd and Cherry home on March 6 from 3:00pm to 5:00pm. This grand gathering will celebrate Coyote's arrival and allow the Madrona community a first glimpse of what it will mean to have this vibrant arts center right down the street. You'll see some teaching artists

working with their winter-term students and learn about all the great things your kids will be able to do in the new building: cook a feast, design and sew a dress, build a soapbox derby car, and so much more. We hope you'll come celebrate this great organization at a pivotal moment in its 25-year history.

What is Coyote Central? Founded in 1986 by middle-school teachers Marybeth Satterlee and Greg Ewert, this dynamic organization has inspired thousands of Seattle youth—many from our own Madrona neighborhood—to discover their own talents, motivation, and voice through classes and projects with professionals in the studio and out in the community. What began in the first year with 96 middle-school kids taking courses on weekends during the school year now serves over 1,000 kids from all ethnic and economic backgrounds year-round.

At the heart of each Coyote program is a creative problem-solving experience that strengthens skills and confidence at a challenging age when kids are trying to figure out who they are and where they fit into the world. But if you asked them, Coyote students would simply say that they're proud of the public art they've created, the hip-hop dance they've choreographed, the chair they've designed and built, or the cartoon they've animated. To learn more about the Coyote mission and programs, go to www.coyotecentral.org and come to the Open House on March 6 and see it for yourself.

Date Set for Mayfair!

Thanks to Stacy Kryman for offering to help keep our neighborhood events running and healthy. If you would like to coordinate an upcoming event—something on this list or something else near and dear to your heart—let Stacy know.

HOW WILL I BE INVOLVED IN MADRONA IN 2011?

2011 Madrona Neighborhood Events

- Jan 15** MLK Day Celebration—Madrona Presbyterian
- Mar 26** Neighbor Appreciation Day—Stacy Kryman
- Apr** Community Garage Sale
- May 14** Mayfair Parade & Carnival—Stacy Kryman
- Neighborhood Cleanup
- Madrona Flower Baskets
- July/**
- Aug** Madrona BBQ Festival
- Sept** MCC Officer Election
- Oct** Kids' Halloween Party
- Nov** Winter Greens & Holiday Lights
- Dec** Christmas Ships, Bon Fire & Carols at Madrona Beach



To get involved, contact these event coordinators or Stacy Kryman at staceykryman@gmail.com.

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glassybaby Seconds Sale Lights Up 34th Ave

By Valerie Waltz

If you couldn't find a parking spot on the morning of January 23, there was a simple explanation. Hundreds of people visited the Madrona—some for the first time—for the bi-annual glassybaby Seconds Sale. The company stores all of the glassybaby with imperfections and sells them for \$26 twice a year. It was a chance for glassybaby fans from near and far to take home the colorful, hand-made votives with a wonderful back story.

KING 5 shared the glassybaby story and showed the growing crowds and lines around the block during its Saturday morning news show.



The line went around the block! Fortunately, Margie Kates, former Madrona Elementary principal and her daughter, were near the front.

Customers began lining up at 4:00am with lawn chairs, blankets and boxes waiting for the doors to open at 10:00am. KING also interviewed the glassybaby owner, Lee Rhodes, about her story of survival. Rhodes survived cancer three times and now her company has donated more than half a million dollars from sales to charities dedicated to helping cancer patients and healing.

The Madrona storefront sold more than 4,000 glassybaby with slight imperfections before running out. One lady bought 50 glassybaby seconds for an upcoming wedding and many shoppers bought them in bulk. Customers then began buying the regular priced glassybaby. The votives are made by glass artists at the Madrona studio seven days a week.

With many people in the neighborhood, it was a busy day for many of the other businesses. "We had a great day!" said John Platt, of St Clouds. "We thought we'd set a record, but when I checked, turns out we set the record last year--on the Saturday of the glassybaby sale last year." The Hi-Spot and Café Soliel also reported banner days. Thanks, glassybaby!



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Shop for Mom at Uteropia Extravaganza

Growing bellies need growing wardrobes! If you have a mom-to-be in your house, don't miss Uteropia, a special Maternity Sale at Buggy February 25, 26 & 27.

Buggy always has a great assortment of new and gently used goodies for moms and babies. But at this sale, you will find extra savings on great brands like Pea in the Pod, Michael Stars, Japanese Weekend, GlamourMom all in excellent condition. Pick up some post baby necessities like nursing covers, carriers, diaper bags and clothing. Special order a BOB stroller or pick out a darling Heirloom Blanket by local seamstress Rebecca Hewitt. Each blanket is a hand-sewn, one-of-a-kind work of love. They are fabulously soft, made with delicious fabrics and wash up great. These blankets are Buggy's favorite gift for someone special: a new arrival, a baby on the way or a pregnant mama.



All February, the walls of Buggy will be glowing with the works of Doug Vann, a local freelance photographer and image collection consultant who does amazing family photos. Doug's career began with an internship at The Village Voice in New York City, in the late seventies and was destined to evolve into a celebration of life. As a photographer and much lauded picture editor, Doug has devoted his 30-year career in the arts to documenting the moments of men and women, from birth to death and beyond.

Make a trip upstairs to Buggy, above Domestic Furniture at 1422 34th Avenue, unit C! Everything for Mama and Baby will be 10% off! Whether you are just barely showing or ready to pop, come find some fun, functional and fabulous items.

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Madrona Dog's Incredible Journey

By Kim Herber, 35th Avenue

It's a pet owner's worst nightmare—to be out of town and hear that your dog has escaped from his caretakers. That's the experience one Madrona family had recently. And it went one step further—the dog was spotted running across the 520 bridge at rush hour!

Zeb the Dog's adventure was captured in detail in a delightful story in the *Seattle Times*. He was staying with friends in the Eastlake neighborhood and apparently tried to get home to Madrona. He found his way onto 520 east—and just kept running.

His caretakers posted his escape to Craig's List and soon heard from people who had seen him on the bridge weaving through traffic. Fortunately, alert drivers slowed down and protected Zeb as he dashed eastward. State Patrol tried to capture him but, being a smart 6-year old Australian Sheppard, he eluded him.

Craig's List postings continued to report his whereabouts. The last sighting was in Medina so that's where the search for him began. It took a couple of days but once his owners got home they found him dirty, tired, and very hungry in Hunts Point.

Because things that could have gone to badly turned out so well, Zeb's owner Megan Ferestien was able to joke about her dog's poor navigation skills. "He should have taken the Arboretum exit, but missed it," she said.

You can read the whole story at http://seattletimes.nwsource.com/html/localnews/2014119359_dogescape04m.html

Local Student Learns to get Healthy

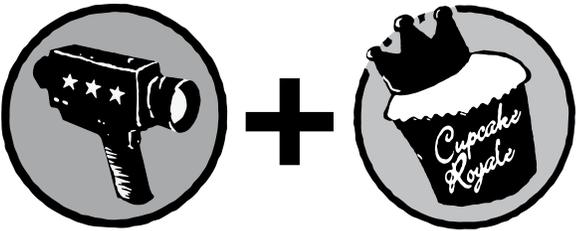
Tyrell Cummings, a "rock" on the Madrona K-8 basketball team, was recently featured in a HealthLink story on King 5 TV with Jean Enersen. The story celebrates his success in battling obesity and its complications.

In 2007, when he was just 10, and weighed 280 pounds, family members and teachers noticed his extreme fatigue. After a trip to Children's Hospital, he was diagnosed with type 2 diabetes brought on by his weight. Tyrell spent two weeks in the hospital while he and his family learned to manage his disease with insulin and how to help him live a healthier lifestyle. He also had surgery to straighten his legs, which had bowed.

In the three years since then, all the people who care about Tyrell have gathered around him to help him change. His family, his teachers, the Madrona K-8 school nurse, and his coaches have all had a hand in encouraging him lose weight. His mom filled the fridge with fruits and veggies, the school nurse helped him with his insulin shots. But most important of all was the commitment Tyrell made to himself to be healthier.

Today, Tyrell is in the 8th grade and 6-feet tall. He's still diabetic but at 220 pounds, he feels stronger and healthier. He's able to play sports—his love—and is a star on the Madrona K-8 Panthers basketball team. It's not been easy but he's proud that he made the life-style changes necessary to put himself on the path to a long and healthy life.

Meet Tyrell and his family via the King 5 story at: www.king5.com/health/childrens-healthlink/Local-teen-overcomes-obesity-115328929.html



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MAKING SENSE OF INVESTING

String of Break-ins Spark Concern and Neighborhood Block Watches

By Kimberly Larson-Edwards

Since December 1, the “Charlie-3” area of the East Precinct, which includes Madrona, Greater Madison Valley, and Madison Park has experienced 23 reported burglaries. According to the Seattle Police Dept. this number is high and of concern. A section of Madrona/Madison Valley, near Denny and Howell on either side of MLK Way, was been hit hard, including two break-ins on one block of 29th Ave. within one week. In response, neighbors have formed at least two new block-watches and met with the Seattle Police Dept. Several other block watches and crime prevention groups are also already active in the area.

Most burglaries are taking place during the day, the typical “smash and grab” break-ins breaking windows or doorframes, when the homeowner is not home, mostly to steal electronics and jewelry.

Neighbors should consider taking the following steps:

1. *Call 911, not 311:* if you see suspicious activity either in the day or night (Dept. of Crime Prevention has free hand-outs on what is suspicious activity plus many other safety tips) call the police. If someone knocks on door and you don't want to answer it, still call out from inside to make it clear you're home.
2. *Talk to your neighbors:* consider forming or joining a block watch (this could include starting a listserv for the neighbors, holding a meeting to get to know one another and exchange contact info and get a briefing from the Dept. of Crime Prevention).
3. *Get your home checked:* Contact Terrie Johnston at 684-4741 or Mark Solomon at 386-9766 of the Dept. of Crime Prevention for a free security assessment of your home.
4. *Secure your home:* keep valuables out of sight, consider locking yard gates, and record the serial numbers and other unique identifiers for all electronics and other valuables.

Mutt Match-up Answers: Belle & Glady,
Kirk & Sunny, Cole & Juliet

Madronal Library Staff Changes

As of January, Andy Bates is the Madrona-Sally Goldmark library Regional Manager. He replaced branch manager Dave Valencia, who has taken a new assignment. Andy had been serving as the branch manager at the Lake City and University libraries. As a Regional Manager, he has responsibility for the Madrona, Douglass-Truth, Capitol Hill, and Montlake libraries.

And, at least for now, the weekly Book Club has been canceled. The library hopes to have it up and going again soon and will keep the neighborhood posted.

New On-Line Graffiti Reporting

There's a new easy way to remember how to report graffiti! It's a new website from Seattle Public Utilities called simply: www.seattle.gov/graffiti. You can report graffiti on public property, or graffiti on private property that has not been removed. You can also still use the Graffiti Report Hotline: 684-7587. Private property with graffiti that has not been removed in a reasonable amount of time may be subject to fines under the Graffiti Nuisance Ordinance.

Call 911 to report graffiti in progress; vandals must be caught in the act to be prosecuted. To file a police report if graffiti appears on your property, call the Seattle Police at 625-5011.

Bright & Clean Laundromat Remodel

Ewing and Clark, Inc., property manager for the Madrona Laundromat, recently completed the Laundromat's extensive renovation. The newly renovated Laundromat is complete with all new high-efficiency washers and dryers. The new “green” Continental washers and dryers are low-energy and high-efficiency. Customers will notice a decrease in drying times due to the lower water use by the high efficiency washers. Additional improvements include fresh paint, a new window display and artwork.

AND—attention Bus Riders! The new and improved Madrona Laundromat also includes a change machine, perfect for turning bills in to quarters.

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MADRONA COMMUNITY CALENDAR

WEEKLY RECURRING EVENTS:

- MON & THURS** 6:00 AM **Bootcamp Class**—Get up early and get fit! Epiphany Parish Great Hall. Nikki Lundin www.nikkfitt.com
- TUESDAYS** 6:00PM – 7:00PM **Spiritual Reading and Prayer**—Madrona Presbyterian Church, 832 32nd Avenue. www.madronachurch.org
- WEDNESDAYS** 4:00 PM – 5:00 PM **Bible Study**—Epiphany Christie House Library, 1805 38th Avenue, 324-2573. www.epiphanyseattle.org
- THURSDAYS** 9:00 AM **Valley School Tours**—Run through February. Reservations required. Lynn Addison lynn@thevalleyschool.org or www.thevalleyschool.org
 11:00 AM **Family Story Time**—Bring your preschoolers and toddlers to enjoy stories, rhymes, songs. Madrona Library 684-4705
 7:30 PM **AA/ALANON Meeting**—Great Hall, Epiphany Episcopal, 1805 38th Avenue, 324-2573.
- FRIDAYS** 7:30 AM **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker www.kbarker715@comcast.net
 9:30 AM-10:30 AM **Children’s Story Time**—Local storytellers! Madrona Shelterhouse. Karin Richard at k_e_richard@yahoo.com or 262-1537
- WEEKENDS** 9:00 AM- 5:00 PM **Donate Used Goods**—Northwest Center Big Blue Truck. Grocery Outlet. www.bigbluetruck.org

- Feb 19 10:00 AM-1:00 PM **Friends of Madrona Woods work parties.**—Meet at the toolbox at Spring & Grand, Deirdre McCrary deirdre_jaymccray@msn.com
- Feb 21 **President’s Day Holiday**—Seattle Public Schools No School.
- Feb 24 6:30 PM-8:00 PM **E Precinct Crime Prevention Coalition Meeting**—Members of the public meet with the police to discuss local issues. Seattle Vocational Institute, 2120 South Jackson, Room 401. www.cwww.sngi.org/epcpc/epcp3.htm
- Feb 25–27 **Uteropia Maternity Sale**—Bargains on goodies and essentials for mom. Buggy, 1422 34th Ave, unit C! hello@shop-buggy.com
- Feb 26 **Valley School Tours for Kids**—Children applying to pre-kindergarten, kindergarten, first grade, and second grade can visit. Reservations required. Gail Mensher gail@thevalleyschool.org or 328-4475.
- Feb 26 5:00 PM - 9:00 PM **St. Therese School Auction**—The theme is “The Stars are Ours!” and proceeds benefit school programs, scholarships, and athletics. W-Hotel. Reservations required. Gina Purdy gina@saintthereseparish.org
- Feb 28 **Seattle Central Little League Applications Due**—Sign up or download an application at www.seattlelittleleague.org.

February						
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27	28					

Mar 1 7:15 PM **Madrona Community Council Meeting**—Everyone welcome! Madrona Playfield Shelterhouse. Paige Smith paige.eg.smith@gmail.com

- Mar 2 9:15–10:15 AM **Madrona K-8 Open House**—Come see the school, meet the teachers, staff and principal as well as many current students and families. madronapantherpartners.org
- Mar 2 9:00 AM **BOOM (Business Owners of Madrona) Meeting**—Amara conference room, 34th & Union, Nikola Davidson, Nikola@msnu.com
- Mar 2 7:30 PM **Leschi Community Council Meeting**—Panel discussion on the role of cultural organizations in our community with representatives from Langston Hughes, Pratt Fine Arts Center and Coyote Central. Central Area Senior Center, 500 30th S. Diane Snell jdsnell1@comcast.net
- Mar 3 5:30 PM-8:30 PM **Aging Your Way**—Senior Services is inviting creative younger-thinking older adults to discuss and design “communities-for-all” that will support us as we age confidently and safely. Former Director of Neighborhoods, Jim Diers, will facilitate and food will be served. Garfield Community Center. Preregistration required: www.seniorservices.org. Joanne Donohue, 727-6206

March						
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- Mar 6 3:00 PM-5:00 PM **Coyote Central**—Open House for its new headquarters at 23rd & Cherry. Claudia Steele www.coyotecentral.org
- Mar 8 9:15-10:15 AM **Madrona K-8 Open House**—Come see the school, meet the teachers, staff and principal, current students and families. madronapantherpartners.org
- Mar 10 6:00 PM-8:00 PM **Wine Maker Reception & Free Tasting**—Featuring Corey Braunel of Dusted Valley vineyard. Come support our local winemakers at Bottlehouse, 1416 34th Avenue www.bottlehouseseattle.com
- Mar 13 **Daylight Savings Times Begins**—Spring ahead!
- Mar 16 9:00 AM-1:00 PM **Homeless Cooking Wednesday**— Bring a knife and a cutting board. Donations of fresh food (no protein) and money always welcome. St. Clouds Restaurant. John Platt, john@stclouds.com
- Mar 19 10:00 AM-1:00 PM **Friends of Madrona Woods Work Party**—Meet at the toolbox at Spring & Grand, Deirdre McCrary deirdre_jaymccray@msn.com
- Mar 26 10:00 – 11:30 AM **Neighborhood Appreciation Day**—Honor some of the people who make Madrona extra special. Madrona K-8 Library. Stacy Kryman staceykryman@gmail.com

Newsletter of the Madrona Community Council

Published monthly except for July and August, with a circulation of 2450, reaching homes & neighbors throughout Madrona & Central Seattle.

March 4, 2011 Next MADRONA NEWS DEADLINE

Article Submission: Contact editor Kim Herber at 325-9923, 1522 35th Ave. or send material to *kdh5027@aol.com* and to production editor Susan Steele at *sjsteele24@yahoo.com*.

Advertising: Contact Steve Orser at *steveorser@yahoo.com*. Rates are on-line at *www.madrona.us*.

Mailing List Additions: Contact Kim Herber (see above).

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Thinking about remodeling? Most homeowners make improvements for their own enjoyment, but it also helps to know how much of your investment you can expect to recover when you sell your home. If you're considering making home improvements, call me. I can help you determine which projects will bring you the best return on your investment.

To view a selection of homes that I have sold in your neighborhood go to:

www.ThomasHomeGuide.com



Popular Remodeling Projects

Remodeling is a great way to enhance the livability-and the value of your home. Here are some things you will want to know before you get started.

Average cost and return on investment.

Remodeling Project	National Average	Mountain State Average	Pacific States Average
Minor Kitchen Remodel			
Estimated cost:	\$21,695	\$21,046	\$23,603
% of cost recouped at sale:	72.8%	71.8 %	84.1%
Window Replacement -Wood			
Estimated Cost:	\$12,027	\$11,403	\$14,431
% of cost recouped at sale:	72.4%	71.6 %	72.4%
Bathroom Remodel			
Estimated Cost:	\$16,635	\$15,752	\$19,490
% of cost recouped at sale:	64.1%	58.4%	64.1%
Two Story Addition			
Estimated Cost:	\$165,243	\$158,394	\$195,228
% of cost recouped at sale:	65.0%	62.5 %	72.3%
Master Suite Addition			
Estimated Cost:	\$108,090	\$102,309	\$131,566
% of cost recouped at sale:	63.0%	63.5%	67.7%