

# M A D R O N A

# N E W S WWW.MADRONA.US

March 2005  
Issue No. 173

## Neighborhood Appreciation Day 2005—Honoring Madrona’s Best *By Laura Yurdin, 32nd Avenue*

Tears and cheers filled the Madrona K-8 Library as Madrona K-8 middle schooler and Master of Ceremonies Jordon Ousley handed out awards to six very deserving people.



*MC Jordan Ousley warms up the crowd.*

Three awards went to members of the Madrona neighborhood, and three to special heroes of the Madrona K-8 school team. Thanks to event sponsors, Madrona businesses Flava, St. Clouds, Madrona Moose, and Verite for refreshments and gift certificates for the winners, to event volunteers Mark Melroy, Jon Hughes, and Jerry Arbes and the talented members of Brownie Troop 18. What a day!



*MCC Prez Bill Hanson and Madrona K-8 top dawgs Principal Kaaren Andrews and Pearl enjoy themselves.*

## Good Medicine: An Introduction *By Lora Jansson, 35th Avenue*

Whenever I move into a new home, one of the first things I do is look for all of the spiritual and health care professionals who practice good medicine in my neighborhood.

What is good medicine? It is a medicine that heals heart, soul and body. It is a medicine that respects the notion that every person is unique, and that every person who is alive has something special to offer our world.

Good medicine seeks to help people walk in harmony with their purpose, their reason for being alive right now. Good medicine makes a difference. It is a medicine that reduces suffering, and seeks to cure illness of all kinds in humans, animals and/or the Earth. It is a medicine that acknowledges that our home, this blue orb, and all of her inhabitants have a right to be treated with dignity and respect rather than arrogance and abuse.

I look for practitioners of good medicine for both personal and professional reasons. My name is Lora Jansson, and my family

*(continued on page 2)*

## MCC President’s Corner

### Monthly Neighborhood Update

*by Bill Hansen, 32nd Avenue*

The main topic of conversation at the March Madrona Community Council (MCC) meeting was the closing of the Red Apple Market at MLK and Union. It’s a blow to the neighborhood but one most of us could see coming. For details, see my story on page 4. We also heard that Supreme has changed hands. It will soon reopen under the management of the same people who run Queen Anne’s Sapphire Kitchen and Bar.

As you can see from all the pictures, the Madrona Neighborhood and School Appreciation Day on March 5 was a smashing success. Many thanks to Laura Yurdin, Mark Melroy and Jon Hughes for

planning this great event honoring very special community and school award recipients, Martha Ortiz-Williams, Suzanne Sheppard, Junius Rochester, Ernestine Rutledge, Heather Dow, and Mary Myslewicz.

At the meeting we also discussed plans for several upcoming neighborhood events. Kim Herber is planning our next Madrona Garage sale April 23. The event will be held in the garage at Madrona Plaza, 1423 34th Avenue. Contact Kim at [kdh5027@aol.com](mailto:kdh5027@aol.com) to reserve your table or to find out how you can donate items to the sale.

*(continued on page 2)*

### In this Issue

- 2 ..... Black Arts/West Clarification
- 3 ..... Ecumenical Good Friday Service
- 4 ..... Union Street Red Apple Closes
- 5 ..... Madrona Mutt Match-up
- 6/9..... Neighborhood Appreciation 2005
- 7 ..... Neighborhood School News
- 10..... CDSA Auction
- 11 ..... Madrona Garage Sale
- 12..... Support Local Businesses
- 13..... Community Bulletin Board

## President's Corner (cont'd from page 1)

In May, we hope to have our annual Mayfair celebration for the neighborhood children. Finding volunteers to help on this event has never been a problem, but we do need someone to chair this event this year. Shelly Edwards and Tina Shepard, who co-chaired last year, are available for advice and consultation, and have written guidance on how to organize Mayfair. Normally, it consists of a children's parade from Al Larkin's Park to Madrona Playfield, and Deano the Clown and games and goodies at the playfield. Since this event is mainly for younger children, it seems a natural for a Madrona Mom or two. If you are interested in chairing Mayfair, call me or email Shelly at [shelly@bluegecko.net](mailto:shelly@bluegecko.net) or Tina at [tinashepard@msn.com](mailto:tinashepard@msn.com).

Crime fighter Karen Covington announced that she can no longer be our neighborhood anti-crime representative. If you are interested in serving in this position, contact me or email Karen at [karencovington@earthlink.net](mailto:karencovington@earthlink.net). A great big thank you to Karen for her efforts to fight crime in Madrona.

Another very special thank you goes to real estate agent Judy Honican and Coldwell Banker Bain Associates for another donation to the MCC. Judy and Coldwell donate an amount equal to 10 percent of the commission on any Madrona property Judy lists or sells. This donation is bittersweet because it came from the sale of Suzanne Sheppard's home on E. Schubert Place. While Suzanne is moving to Leschi, her businesses—décor on 34<sup>th</sup> and The Executive Conversation—will remain in Madrona. At Suzanne's request, this donation will be put toward the beautification of the Madrona business district.

The MCC is very interested in getting additional projects started in our neighborhood and do have seed money to get them underway. If you have a favorite idea or pet project, please share it with us at our next MCC meeting on April 5. We meet in the Madrona Playfield shelterhouse at 34<sup>th</sup> and East Spring Street starting at 7:15 pm. For more information, call me at 323-3450.

## *Murder in the Market* *paste up*

**Neighborhood  
Elegance**

furnishings, gifts  
& accessories

décor  
en inc.

1406 - 34th Avenue Seattle, WA • 98122-3334 • 206.324.1283

## Letter to the Editor:

### Black Arts/West—the Rest of the Story

Thank you for the [February *Madrona News*] article on Black Arts/West. It brings back a lot of memories and, for the most part, is right on the mark. However there are two items that stretch the truth a bit.

Number one, you leave the allusion that Black Arts/West folded soon after Buddy Butler took over. Au contraire! Mr. Butler ran the theatre through the spring of 1977 when he resigned. The theatre then was run by Tee Dennard and Doug Johnson, with Dennard hanging on till the end in April of 1980 when the theatre closed its doors forever. All in all the theatre had a run of 11 years, from 1969 to 1980.

Number two, we never received funding from the Seattle City Council. We did receive funding from the Seattle Model City program with City Council funding approval.

Also the New Group Theatre, a precursor to Black Arts/West, was disbanded soon after the creation of Black Arts/West. But overall the article was a fine one, and I congratulate you on it.

Most Sincerely,

*Doug Barnett*  
14<sup>th</sup> Avenue  
Founder & Director, Black Arts/West

## Good Medicine (cont'd from page 1)

moved to Madrona last September. I am a professional shamanic practitioner and teacher, and so I have two motives for finding others who are practicing good medicine locally – the first is to build a referral list for my clients, and the second is to build a practitioner list for my own family.

As I was reading *The Madrona News* in February, it occurred to me that my fellow readers might also appreciate learning more about talented practitioners in our neighborhood. I plan to write a column in each issue that is devoted to helping you get to know some of these professionals. I hope it will encourage you to seek out good medicine close to home.

In my brief time here, I can see that Madrona is nothing if not supportive of its neighbors. If you have a medicine or spiritual healing practice that seeks to heal and foster life, and you would like to be featured in *Good Medicine*, please contact me. It doesn't matter if your medicine is your full-time profession or your part-time passion. If you are in the business of helping people or animals, the planet or plants, I want to hear from you.

And so does the rest of the community.

*Lora Jansson has been a full-time shamanic practitioner and teacher for nine years; she also practices aromatherapy. She can be reached at 322-4885 or [lorajansson@yahoo.com](mailto:lorajansson@yahoo.com). She is giving a free lecture on A Practical Guide To Shamanism Saturday, March 19 at 5:45 pm at Pharmacia in Madison Park. All are welcome. Next month's Good Medicine: A Practical Guide to Shamanism*

## Madrona News Mailing

By Kim Herber, 35<sup>th</sup> Avenue

The February issue of *The Madrona News* was a landmark event, at least for me. As the editor of the newsletter, I also make sure 2,300 copies of each issue get into the mail. Last month, for the first time, we used a mailing service to label and mail *The Madrona News*. This is a huge help to me and I thank the Madrona Community Council in taking on this added expense.

However, the distribution list I sent to the mailing service was not the same one I had been using. I tried to be sure the new list included all the addresses on the old list but I have a feeling a few homes and businesses got lost in the transition. If the newsletter you normally get in the mail has suddenly stopped coming, let me know at 325-9923 or [kdh5027@aol.com](mailto:kdh5027@aol.com). All homes within the boundaries of Madrona should receive a free copy of *The Madrona News* every month.



**Come see our new look!**

Vera Wang Home Accessories  
French Market Chairs  
Design Guild Lamps  
Rigaud Candles



**And much much more!**

1406 - 34th Avenue Seattle, WA • 981 22-3334 • 206.324.1283

*Overnight Printing  
paste up*

## Driving Class for Seniors

By Jim Schultz, 35<sup>th</sup> Avenue

For seniors, driving can be a sticky situation. It's often hard to balance the love of independence driving brings with safety issues. To help keep older drivers safely on the road as long as possible, Park Shore Retirement Center in Madison Park is hosting the eight-hour AARP Driver Safety Program March 23 and 24. The program will run from 9:00am to 1:30pm and attendance at both half-day sessions is required.

The AARP Driver Safety Program updates seniors's driving knowledge and skills. It teaches defensive driving techniques, and reviews traffic laws and rules of the road. Seniors are helped to understand how they may adjust their driving to age-related physical changes to extend the time before they need to consider driving retirement.

This program, which I teach, is of particular interest to many seniors because successful completion enables them to obtain discounts on their auto insurance. Interested individuals should contact their insurance agents to learn if they are eligible.

People of all ages may attend and advance registration is required. To reserve your spot or if you have a question, call me at 329.3309. The cost of \$10 is payable by check to AARP at the beginning of the first class. Park Shore is located at 1630 43<sup>rd</sup> Avenue East in Madison Park.

## Good Friday Ecumenical Worship at Madrona Presbyterian

By Fr. Dan Conklin, Epiphany Episcopal Parish

Lenten blessings to all of Madrona! Members of all three Madrona churches, as well as our good friends from nearby neighborhoods, invite everyone to join us in marking Good Friday, March 25. Everyone, whether you are a member of these churches or not, is welcome to our combined Good Friday Ecumenical Worship at 1:00pm at Madrona Presbyterian Church.

The theme is "The Seven Last Words of Jesus" and neighborhood clergy from St. Therese Roman Catholic, Epiphany Episcopal, Madrona Presbyterian, Park Shore Presbyterian Chaplaincy, Mt. Baker Presbyterian, and New Hope Baptist will offer meditations on the seven last words. Madrona Presbyterian is located at 33<sup>rd</sup> and Marion. It will be a beautiful day and a beautiful service and I look forward to seeing you there.

*St. Therese paste-up  
paste-up*

## From Madrona to Bainbridge: A Personal Journey

By Amy Summers, 32<sup>nd</sup> Avenue

If you are looking for an alternative to the dinner-and-a-movie night out, consider taking in some live theater for a change. Anyone from Madrona is sure to relate to the production currently running at the Market Theatre in the Pike Place Market. It's a solo show by former long-time Madrona resident and popular Seattle personality Matt Smith called, "My Boat to Bainbridge."

Teeming with witty stories filled with local humor and colorful characters, "My Boat to Bainbridge" chronicles the events that led Smith to move his wife and daughters from their home on Madrona's 33<sup>rd</sup> Avenue to Bainbridge Island. His touching and often hilarious tales will strike a chord with families who must choose between an urban-but-costly lifestyle in a charming neighborhood such as Madrona, versus a suburban-but-affordable lifestyle in a more remote location.



Smith is well-known for his solo shows such as "My Last Year with the Nuns" and "Beyond Kindness," as well as improvisation at Theatersports and Stark/Raving Theater. He teaches improv workshops at Seattle University and offers corporate training around the country. Smith is also a talented auctioneer. "My Boat to Bainbridge" runs Fridays at 8:00 at the Market Theatre in the Pike Place Market through April. For more information, visit [www.Unexpectedproductions.org](http://www.Unexpectedproductions.org) or [www.matt-smith.net](http://www.matt-smith.net).

This is a great show – don't miss it!

Madrona Computer pasteup

**Moss Alley Motors, Inc.**

*Specialists in Volvo, Honda, Toyota and Subaru*

932 12th Avenue, Seattle, WA 98122  
(206) 325-3992  
[www.mossalley.com](http://www.mossalley.com)

*Fine Mechanical Repair Since 1983*

## Union Red Apple Closes Its Doors

By Bill Hanson, 32<sup>nd</sup> Avenue

For those of you who did not notice or care, the Red Apple Market at MLK Way and Union closed on February 28. Why did it fail? I'd say a combination of bad-timing, increasing competition, and waning community support. Why did this happen? When Lenny Rose took over Rogers Thriftway six years ago, he had plans for all kinds of upscale improvements to the store. Unfortunately, his main funding source, Associated Groceries (AG), encountered financial problems and so could not provide the improvement funding as promised. Lenny was not successful at gaining funding from a bank because he has fewer than 15 years left on his store lease.

When Safeway opened a new store on 23<sup>rd</sup> and Madison, the end was near. Lenny estimates that such strong, near-by competition reduced the Red Apple's business by a third. After losing \$1.3 million, and with no prospects for financial assistance, Lenny decided enough was enough. He reluctantly closed the Union Street Red Apple but continues to support the community with stores in Promenade 23 on Jackson Street, and the Hilltop Red Apple on Beacon Hill.

Future use for the site is unclear. The lease, which runs another 14 years, is between AG and a trust in Florida. That somewhat mysterious trust operates about 900 properties throughout the country and does not seem too motivated to address the future of one little property in Madrona. AG would like another food store at this location but competition makes that seem unlikely. If that does not work out, AG will offer the sublease to the general public. However, I would not expect any future tenant to invest in major improvements at this site—14 years is simply not long enough to bring a return on any large investment. Perhaps the trust will sell or renegotiate the lease. Perhaps AG will be successful finding a great new tenant. For now, Madrona will just have to wait and see.



*Specialist in Open Source  
Software Solutions  
for Small Businesses*

**Scott Warner**  
**(206) 915-9961**

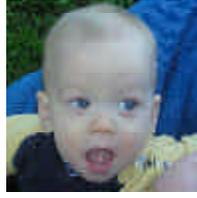
## Play Madrona Mutt Match-up

By Hannah Ditty, 35<sup>th</sup> Avenue

Sometimes it seems like everyone in Madrona has a dog and some people have two! All of these dogs lives in my neighborhood. To play Mutt Match-up, pick which dog lives with which owner by drawing a leash to connect them. The answers are on page 11.



**Frank & Suky**  
Favorite treat: Greenies  
Age: 9 years & 3 years



**Cole**  
Favorite color: Blue  
Lived in Madrona: 9 months



**Gunner**  
Favorite treat: Fish  
Age: 10 years



**Steve**  
Favorite color: Blue  
Lived in Madrona: 26 years



**Oliver**  
Favorite treat: Cheese  
Age: 13.5 years



**Jim**  
Favorite color: Green  
Lived in Madrona: 8 years

**Is This Your Dog...?**  
Call **Bark Busters**—  
Any Problem, Any Age

- Lifetime guarantee
- World's largest dog training company
- Serving the Greater Seattle Area



**1.877.280.7100**  
Ask for David Wiley! [www.barkbusters.com](http://www.barkbusters.com)

*Plates on Wheels*

**WE DELIVER**  
Gourmet, ethnic food and organic groceries  
To your doorstep.  
Place your order at  
[www.platesonwheels.com](http://www.platesonwheels.com)  
or  
206.364.2343

## Coyote Central Revs up for Summer

From June 27 through August 5, Coyote Central will be offering fun and challenging workshops. Here's a list of the great offering we'll have for kids ages 10 to 15 years old. Visit our website [www.coyotecentral.org](http://www.coyotecentral.org) for more details.

- Cooking with a Professional
- Jewelry: Beaded and Free-form Wire
- Photography
- Radio Broadcasting & Music Recording
- Acting & Improvisation
- Hip Hop Culture
- Welding
- Desserts! Desserts! Desserts!
- Be a Lawyer for a Week
- Sing!
- Ceramics & Then Some
- Linoleum Block Printmaking
- Beginning Soapbox Derby Cars
- Advanced Soapbox Derby Cars
- Rocket Science
- Furniture Design & Build
- Locomotion: Model Cars, Boats, Planes, & Rocket Cars
- Magic Performance
- Cartoon Drawing with a Pro
- Comics: Drawing Manga-style
- Robots: the Real Thing
- Advanced Welding
- Writing Fiction
- Filmmaking
- Hot Glass & Glass Blowing

## Welcome Lily!

What were we all doing nine months ago? Maybe it was too nice for most of us to stay in the house and that's why we only have one baby announcement this month.

Congrats to Marina Parascenzo-Brush and Chris Brush of 31<sup>st</sup> Avenue. On February 11, 2005 they welcomed their daughter Lily Ann Brush. At birth Lily weighed 5 lbs. 9 oz. and was 18 inches long.

**Trombold Law Office**  
paste-up



---

---

# Neighborhood School News

---

---

## Celebrating Madrona Student Poets

*By Mary Myslewicz, Madrona K-8*

Madrona K-8 is pleased to celebrate two talented middle school students, Aujzha Taylor and Jazmine Daley, for winning the distinguished Metro Bus Poetry competition. Now in its 11th year, Poetry on Buses brings the voices of local poets to Metro bus riders, making art a part of everyday life

The contest was quite competitive! People throughout Seattle submitted 1800 poetry entrees and Metro selected only 60 winners, including 20 student poets. Madrona K-8 is the only school that is home to two winners. Aujzha and Jazmine, along with the rest of our middle school students, wrote these wonderful poems while working with Merna Hecht, our school's 2004-2005 Writer-in-Residence. The girls each received a cash award and will read their poems along with all the winners at the Seattle Art Museum on April 26.

Starting in April, which is National Poetry Month, their poems will be displayed on Metro buses for the public to enjoy. Selections from past years can be read on line at <http://transit.metrokc.gov/prog/poetry/poetry.html>. We are incredibly proud of Aujzha and Jazmine and our congratulations go out to them!

### SELF PORTRAIT

*By Jazmine Daley, 7th grade*

She's wearing a coat that is the color of a wolf's eye  
and is considering changing the world because it is  
safer than riding a motorcycle for the first time. If  
you ask the moon you might hear her voice into the  
night searching for her answer.

### LIKE YOU

*By Aujzha Taylor, 8th grade*

Like you I love the flow of ink on my paper  
Leaving marks that tell my history  
Like you I love the smell of cookies rising off the  
stove  
Like fog off water  
Like you I love the stories that the old folks told on  
Sunday  
evenings, how Mama always brought cake.

Barbara Bannon  
paste-up

## Our Local "Destination" School

*By Eileen Gray, Principal*

At St. Therese School, we are continuing to work on recruitment for next year. People are taking tours every week and our current parents and students are our best recruiters. Although we call ourselves a "destination school", 62% of our families live between Madison Valley and Rainier Beach. The zip code with the highest percentage of families is 98118, which includes the Seward Park, Columbia City and Lakewood communities. We also get a fair number of students from our own backyard with 26 families in Madrona (98122), and 24 families from Mount Baker and Leschi (98144). How far do some families travel to get here? Well, this is how you know we're a destination school—some of our families live in Snoqualmie, Sammamish, Maple Valley and Tacoma.

To make St. Therese even more welcoming, we are creating an official entryway so people will be able to find us more easily. Thank you to Michael Scoggins for taking the lead on this project, and thank you to the many donors in the \$50,000 Campaign for providing the funding.

## Catching up to Private Schools

*By Cynthia Shelly and Mike Barta, MLK Way*

The Seattle school district is looking for ways to regain market share lost to private schools. On February 18, Principal Barry Dorsey of Martin Luther King Jr. Elementary in Madison Valley made a proposal to the school district to add a public Montessori program at his school. The goal is to create three K-1 Montessori classrooms in 2006, and add higher grades in the following years.

67% of kids in MLK's reference area go to private schools. Bush, Spruce Street, Happy Medium and others have long wait lists and are adding space to meet rising demand. Many families in the area would prefer a diverse public school but choose private schools for their programs, such as Montessori. If we want people who have the choice to want to go to public schools, if we want to win them back, the district needs to offer competitive programs. There are already two public Montessori schools in Seattle and Montessori at MLK would provide incentive to put the children of our community back into public schools.

Montessori is self-paced and child directed. The kids choose what they want to study, and they study at the pace that works for each of them. No one gets bored, and no one feels left behind. Maria Montessori started her program in the slums of Italy to help the poorest of children. It is ironic that in the US, it has become associated with affluent private programs.

The school district is concerned that there wouldn't be 100 K-1 students ready to start this program in 2006. The long waitlists at local Montessori schools indicate otherwise. If you want this program so near to Madrona, and especially if you have a child who will be in K-1 next year, take the time to fill out the survey posted at [www.seattleschools.org/schools/mlking/](http://www.seattleschools.org/schools/mlking/). The district needs to hear it from us.

## You Don't Have to Be A Skunk to Love It!

By Judith Starbuck, Grand Avenue

You may smell a slight odor of skunk in the Woods these days, and a little investigation will show you where it's coming from. Take the waterfall trail up from Lake Washington Boulevard across from the Dance Studio, stand on the bridge over the little stream and look up the hill to see the large yellow flowers and bright green leaves peeking over the log and bushes. If you feel like venturing off the trail just up the hill from the bridge, you can walk to the edge of the wetland and get a closer look at these beautiful plants. More appear in Devil's Ditch where the main trail makes a big curve, and a few more decorate the Spring Street Ravine where the creek flows above ground, tantalizing those who dream of what that area will look like when the stream flows down to the lake.

Construction planning and permitting continue in preparation for the first phase of the Spring Street Creek day-lighting. The St. Therese 6th Graders have planted their seedlings and are mulching heavily to give them their best chance to survive the dry summer. Adult volunteers continue monthly work parties, the third Saturday of each month. We meet at 38<sup>th</sup> and Marion at 10:00am, work for a few hours, and then have lunch.

Please let Deirdre McCrary at [jaymccrary@gbronline.com](mailto:jaymccrary@gbronline.com) know if you'd like to be on our email list for notifications of work parties and other events. If you're interested in the creek day-lighting, contact Joan Scott at 324-6468. For announcements and information on any of our activities, watch the kiosks or contact me at 322-2640, [judithstarbuck@msn.com](mailto:judithstarbuck@msn.com), or Ann Bucher at 323-8325.

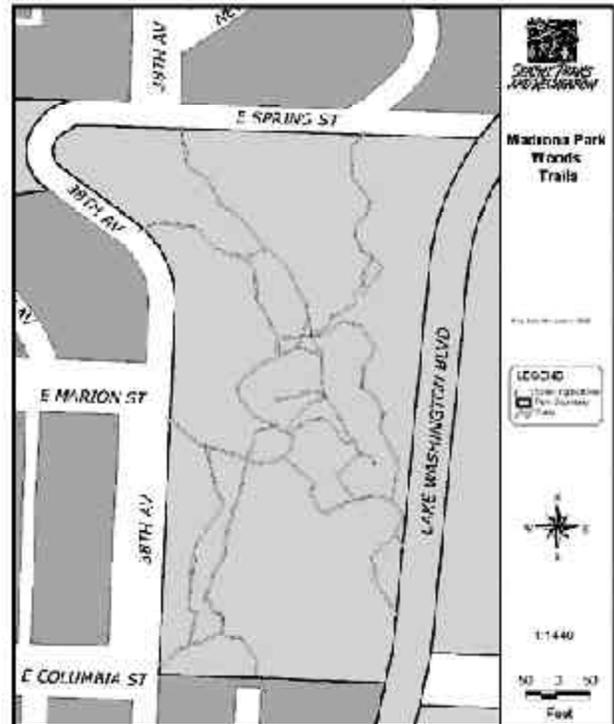
## Tennis Court Resurfacing: A Final Plea!

By Beth Greene, 35<sup>th</sup> Avenue

The neighborhood has really rallied around this cause and we are very close to having enough money to resurface the Madrona Playfield tennis courts THIS SUMMER. Thank you to everyone who has donated thus far! However, we are still just a few hundred dollars short. If you're looking forward to enjoying these brand new courts, now is the time to support this ambitious project!

Big checks are great but little checks are good too. Please send your contribution to: Friends of Madrona Playfield MCC, c/o Treasurer, 1614 33rd Avenue, Seattle, WA 98122. The Friends of Madrona Playfield is a non-profit organization; all donations are tax deductible. If you have questions, contact project chairman Steve Orser at 423-1412.

Baker Language pasteup



Madrona Woods Map



AVAILABLE AT DULCES  
MADRONA DELI  
ST. CLOUDS  
AND SUPREME

[www.wilridgewinery.com](http://www.wilridgewinery.com)

### My Focus is on Your Future

As your neighborhood realtor, I am dedicated to our community.

Ask me about donating to your charity through my community partnership program.



Leslie M. Lucas, ABR, ASP  
Coldwell Banker Bain Associates  
Real Estate Consultant  
(206) 216-3430 Phone  
(206) 284-6317 Fax  
[leslielucas@chba.com](mailto:leslielucas@chba.com)  
[www.leslielucas.com](http://www.leslielucas.com)





## CDSA Hosts Third Annual Dinner & Dessert Auction

By Rachel Black, CDSA HR Director

Working families everywhere know how important before- and after-school care is. When the Madrona K-8 provider Community Day School Association (CDSA) hosts its fundraiser auction, we all have the chance to say thank you to this wonderful organization and show our support. Last year's event raised \$11,000, and CDSA hopes to do even better this year. The 2005 CDSA silent auction, dinner and dessert auction will be held at the Mount Baker Community Club on April 30. There will be live music and wonderful food prepared by The Boomtown Café and 200 guests are expected. Terrific silent auction items include a ride on a Foss Maritime working commercial tugboat, and all auction proceeds go to tuition assistance for families that otherwise cannot pay for quality child care. Here is your chance to have some fun and contribute to an important cause.

CDSA has been providing high quality, nationally accredited school-age child care services and preschool programs to at-risk and underserved families for 28 years. With city, state, and federal funding for child care programs declining, CDSA's fundraiser has become an important source of monies to provide affordable child care in our community. The program at Madrona K-8 is run by Center Director Vikki Polk, and serves 43 before- and after-school kids, and 26 preschoolers. CDSA programs at five elementary schools serve over 500 children, and 75% of them receive CDSA tuition assistance, DSHS, or City subsidy programs and qualify for free or reduced-rate Seattle Public School lunches.

CDSA helps children develop social skills and study habits that support academic success. Children engage in exciting, experiential/hands-on, extracurricular learning activities that are hard to do in the regular school day. Our programs are unique and well-respected, as demonstrated by our funding partners, which include Boeing, United Way of King County, Seattle Foundation, Northwest Children's Fund, Medina Foundation, City of Seattle; Department of Neighborhoods and Department of Community Technology, King County and The Bill and Melinda Gates Foundation.

For auction reservations, contact Barbara Daniels at (425) 881-2545 or [barbaradaniels@earthlink.net](mailto:barbaradaniels@earthlink.net). For information about CDSA, contact Executive Director Caryn Swan-Jamero at 726-7972, or [cdaone@aol.com](mailto:cdaone@aol.com). See you at the auction – it's sure to be a great time.



Community Day School Association

**OUR PROGRAMS ARE SO MUCH FUN,  
You'll want to go too...but it's only for kids!**

**Providing quality, enriching before,  
afterschool, preschool, and summer  
programs for over 25 years**

Call for more information: 206-726-7972 or visit  
our website at [www.communitydayschool.org](http://www.communitydayschool.org)

## Summer Programs at the YMCA

By Mary Bristow, MMEM Co-Executive Director

With Spring Break right around the corner, it's time to start thinking about summer activities. No matter the age or interests of your child, the Meredith Mathews East Madison (MEM) YMCA offers fun, age-appropriate summer activities. From gymnastics camp for young children to sport camps for older kids and swim lessons for all ages, there are plenty of summer opportunities to help kids stay active and learn new skills.

Check out our new specialty camp programs for kids 8 to 12 years old. This summer the MEM YMCA offers campers a full day to focus on their areas of interest. Whether your child enjoys art, science, sports, music, or cooking—or has the desire to learn to snorkel or scuba dive—we have the perfect week of adventure!

This year we are partnering with Seattle Children's Theater, Pacific Science Center, PCC, Underwater Sports, Skyhawks, Cascade Elite Gymnastics, Studio2U Ceramics and TURF Urban Dance Theater to create a different specialty camp experience each week. Each program operates from 9:00am to 3:00pm, with wrap around care available for working families. Morning care begins at 7:00am and afternoon care extends to 6:00pm.

Our skilled, well-trained staff is committed to providing a positive experience for your child. To check out our wide variety of fun, safe, and exciting activities, stop by and pick up a summer brochure or read it online at <http://www.seattleyymca.org/page.cfm?id=youthSummer>. To have a brochure mailed to you, email Sonja Petersen at [spetersen@mmem.seattleyymca.org](mailto:spetersen@mmem.seattleyymca.org) or call the MMEM YMCA at 322-6969. We look forward to seeing you and your family at your neighborhood YMCA this summer.

*YMCA paste-up*

## Downtown Madrona Blossoms with Baskets of Color

By Maria Renz, 34th Avenue

This summer the Madrona business district will come into bloom when hanging flower baskets are installed.

Colorful flower baskets similar to those in Pioneer Square and West Seattle will be put up on telephone and utility poles, and building facades in two areas—on 34<sup>th</sup> Avenue between Pike and Spring, and on Union Street between 33<sup>rd</sup> and 35<sup>th</sup>. The Madrona Community Council (MCC) is purchasing the baskets as part of a beautification effort to improve the neighborhood and attract visitors to neighborhood businesses. From park to park, Madrona will be blossoming!

Many thanks to Judy Honican and Suzanne Sheppard for donating the funds to get this project started. Marie Doyle and Kim Harnish will be working with the MCC to raise funds for on-going maintenance for the flower baskets. They also hope to add banners and plan to have a design contest to create seasonal themes.

If anyone is interested in getting involved with the downtown Madrona Beautification Project, contact me at [mrenz@amazon.com](mailto:mrenz@amazon.com) or 282-7608.

### Medgar Evers Pool

500 23<sup>rd</sup> Ave / 684-4766

Private swim lessons now available!!!

Knowledgeable instructors/Convenient times/  
Personalized attention for faster progress

Learn to swim or refine technique!

A bargain at \$25.00 per ½ hour lesson



*Mind and Body Paste -Up*

Joe Gast

## Madrona Garage Sale Date Set

By Kim Herber, 35<sup>th</sup> Avenue

Spring is in the air and that can only mean two things—itchy eyes and the Madrona Garage sale. Plan now for this annual neighborhood junk extravaganza on April 23 from 8:00am to 4:00pm in the garage at Madrona Plaza, across from the Hi-Spot.

As usual, if you have junk to get rid of you can donate it or sell it yourself. Your donated household items, books, toys, and whatnot will be sold to support the Madrona Community Council and the neighborhood events it sponsors. If you're more hands on, you can rent a space for \$15 and sell your own items. For \$20 you get a space with a table! Last year we SOLD OUT so don't wait!

Please bring your donations to the garage on April 22 any time after 4:00; sorry I can't take things ahead of time as I have no place to store them. Sellers will set up Friday evening and then be ready to go on Saturday morning.

I would really appreciate some help organizing, pricing, and selling the donated items. If you have a couple hours to help on Friday evening or Saturday during the sale, that would be great!!! It's fun and you can catch up with all your friends and neighbors because everyone in Madrona stops by the sale on Saturday. To reserve a space, volunteer to help, or if you have questions about donations, contact me at 325-9923 or [kdh5027@aol.com](mailto:kdh5027@aol.com). Thanks for your support!

**Mutt Match-up answers:** Jim & Frank & Sukey,  
Steve & Oliver, Cole & Gunner

Madrona Neighborhood

G A R A G E  
Sale

Saturday  
April 23, 2005  
8:00-4:00

in the GARAGE at  
Madrona Plaza  
1421 34th Ave  
(34th & Union)



\$15 RENT  
A SPACE  
sell your own items  
\$20 rent includes a table

DONATE  
ITEMS  
for us to sell  
to support the MCC



A Fund-raiser for

Madrona Community Council



Call Kim Herber 325-9923 for INFO

## Madrona Lawyer Moves Firm to Neighborhood

Teller & Associates recently relocated their practice from downtown to the heart of Madrona. Stephen Teller and John Meade Williams represent people injured through workplace discrimination, sexual harassment, misconduct, and auto accidents. They also pursue compensation for taxpayers in “Qui Tam” suits by helping clients report Medicare over billing and other fraud against the government.

Steve Teller has practiced employment and personal injury law since 1993. A native Seattleite, he and his wife Amy have lived in Madrona for ten years. They have two children, Cole, age 8 and Dean, age 1. Stephen moved his law practice to Madrona to be closer to home and to provide a more family friendly environment for clients.

John Meade Williams has managed personal injury cases in Seattle and Ohio for ten years. He and his wife Jamie live in Lynnwood and welcomed their first child, Max, in February.

As Attorney Teller said in his Guest Column in the February *Madrona News*, his firm’s vision is to work for democracy by standing up for the “little guy.” They believe juries play a critical role in balancing the power between the people, government, and corporations. “Juries let the people decide whether the power they gave has been misused. The right to a trial by jury is in our Constitution for a reason. Today, while the rare big verdict makes the newspaper, juries make good and fair decisions without much glory every day,” says Teller.

Steve and his family are active in the neighborhood; you will likely see them at the Madrona Playfield or nibbling cupcakes at Verite. He and John are available for consultations at their office 1139 34<sup>th</sup> Avenue Suite A, upstairs at 34<sup>th</sup> and Union. They will also make neighborhood house calls on request. You can contact them at 324-8969 or [www.stellerlaw.com](http://www.stellerlaw.com).



Mary Cairns Photography

2 0 6 - 7 2 3 - 8 7 2 0

[www.marycairnsphotography.com](http://www.marycairnsphotography.com)

## Peppermint ToothPick:

### Tips for Keeping Kids’ Teeth Healthy

*By Dr. Loren Tarr, Madrona Family Dental*

Q: Does an electric toothbrush really clean your teeth better than a manual toothbrush?

A: The short answer is “Yes.” Clinical studies show that most electric toothbrushes afford some advantage. Of course, if your question were, “Do you recommend everyone switch to an electric toothbrush?” I would say, “No.” When a manual toothbrush is used correctly—gentle vertical or rotational strokes with bristles angled slightly towards the gums twice daily for 2-3 minutes—and in combination with careful, daily flossing, the benefit of an electric toothbrush would not be that significant.

However, here’s the catch. Many of us find it difficult to implement the daily oral hygiene regimen that we know we should and so can use any extra help we can get. Also, I nearly always recommend an electric toothbrush for people experiencing a high rate of tooth decay (new cavities nearly every visit to the dentist), those at risk for periodontal disease, or patients with limited manual dexterity.

Now comes the really hard part—sorting through the vast array of products to find the best one for you. The more conventional and typically less-expensive electric brushes usually either spin or rotate/counter-rotate at around 3500 cycles per minute. Many studies have shown that there is little measurable difference between these models and the more expensive brushes. My kids use these spin-type brushes mainly because they are fun and since it’s a struggle to get them to brush longer than 30 seconds I do whatever works. In general, the more expensive models that vibrate between 30,000-40,000 pulses per minute such as Sonicare, Oral-B, and Interplak, have the best clinical track record. I recommend Sonicare or the Oral-B electric toothbrushes to my at-risk adult patients. Sonicare has local roots and lots of vocal supporters, including my hygienist. Some Oral-B models combine the high-frequency pulsing with a spin/counter-spin motion that is a good choice for anyone with arthritis or other manual dexterity limitations.

If you’re not sure whether you would benefit from an electric toothbrush, consult your dentist or hygienist. Just remember that flossing remains the as-of-yet irreplaceable, key component to any successful oral hygiene regimen.

*Loren A. Tarr, DDS, is the owner of Madrona Family Dental.*

*Dentist  
Paste-up*

# MADRONA

## Community Bulletin Board

on the  
web at  
[www.madrona.us](http://www.madrona.us)

Neighborhood events are listed for FREE! Send your info to Kim & Christine (see back page).

- TUESDAYS first two shows CRY BABY MOVIES— Columbia City Cinema, 721-3156 or [columbiacity@foxinternet.com](mailto:columbiacity@foxinternet.com)
- TUESDAYS — THURSDAYS 9-2:30pm ST. THERESE SCHOOL TOURS—call school office to arrange a time 324-0460
- WEDNESDAYS 10:30am PRE-SCHOOL STORY TIMES—Madrona Sally Goldmark Library, Lynn Lorenz 684-4705
- 5-10:00pm WINE SPECIAL—Save 25% on all bottles of wine, Dulces Latin Bistro 322-5453
- 7-9:00pm PICKUP BASKETBALL—All skill levels are invited! Madrona K-8 gym, \$3 cover charge supports Madrona K-8 PTSA, Steve Orser 423-1412
- THURSDAYS 12:00-2:30 ART & CREATIVITY CLASS FOR ADULTS—join anytime! Garfield Community Center with Jacqui Beck 325-7267; [jbeck@blarg.net](mailto:jbeck@blarg.net); [www.jacquibeck.com](http://www.jacquibeck.com) (on-going through June)
- 7:30pm AA/ALANON MEETING—Epiphany Parish Great Hall 38<sup>th</sup> & Denny, 625-0000 or [www.seattle-al-anon.org](http://www.seattle-al-anon.org)
- THURSDAYS — MONDAYS Evenings LIVE MUSIC—St. Clouds 726-1522, calendar of performers at [www.stclouds.com/NewFiles/music.html](http://www.stclouds.com/NewFiles/music.html)
- FRIDAYS 7:30 to 8:30am MCAW Protest Against the War in Iraq—corner of 23<sup>rd</sup> and Union, Kathy Barker [kbarker@systemsbiology.org](mailto:kbarker@systemsbiology.org)
- SATURDAYS 10-11am & 3-4pm FAMILY SWIM—Medgar Evers Pool 684-4766

\*\*\*\*\*

- Mar 16 9-1:00pm HOMELESS COOKING—St. Clouds Restaurant, John Platt 726-1522
- Mar 17 6:30 MADRONA DINING & SIPPING SOCIETY DINNER—Everyone in Madrona is invited to join us at Dulces, RSVP to Audrey Seale 329-8775 or [audreyseale@quest.net](mailto:audreyseale@quest.net)
- Mar 19 5:45 FREE LECTURE: A PRACTICAL GUIDE TO SHAMANISM—Madison Park Pharmacia, Lora Jansson 322-4885 or [lorajansson@yahoo.com](mailto:lorajansson@yahoo.com).
- Mar 22 Ending—2005 Girl Scout cookie sales
- Mar 23 & 24 9:00-1:30pm AARP DRIVER SAFETY PROGRAM— Park Shore Retirement Center 1630 43<sup>rd</sup> Avenue East in Madison Park, *Jim Schultz* 329-3309 (\$10)
- Mar 24 6:30-8:30pm EAST PRECINCT CRIME PREVENTION COALITION—Seattle Vocational Institute 2120 S. Jackson, Mary Williams 587-4950
- Apr 5 7:15pm MADRONA COMMUNITY COUNCIL MEETING—Madrona Playfield shelterhouse, Bill Hanson 322-3450
- Apr 6 3-6:00pm FIRST THURSDAY: OPEN STUDIO— unique watercolor portraits in a working studio/living room gallery, 2912 East Cherry, Victoria Mackenzie Shelby 323-3630
- Apr 11-15 SEATTLE SCHOOLS SPRING BREAK
- Apr 11 .7:30pm 37<sup>TH</sup> DISTRICT DEMOCRATS—membership meeting, Central Area Senior Center 500 30<sup>th</sup> Avenue S, 722-4268
- Apr 13 6:30pm MADRONA K-8 PTSA MEETING— Madrona K-8 library, school office 252-3100
- Apr 20 9-1:00pm HOMELESS COOKING—St. Clouds Restaurant, John Platt 726-1522
- Apr 21 6:30 MADRONA DINING & SIPPING SOCIETY DINNER—Everyone in Madrona is invited to join us at Dulces, RSVP to Audrey Seale 329-8775 or [audreyseale@quest.net](mailto:audreyseale@quest.net)
- Apr 30 CDSA DINNER & DESSERT AUCTION— Mount Baker Community Club, Barbara Daniels at (425) 881-2545 or [barbaradaniels@earthlink.net](mailto:barbaradaniels@earthlink.net)

March

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Ben Chotsen pasteup

## Madrona Laundromat

1408 34th Avenue

M - F 7:30am-9pm / Sat-Sun 6:30am-9pm

Your community self-serve  
Laundromat since the 1950s

Joan Paulson 954-5074

# MADRONA NEWS

WWW.MADRONA.US

Non-Profit Org.  
US Postage  
PAID  
Seattle, WA  
Permit No. 6873

Newsletter of the Madrona Community Council

Published monthly except for July and August, with a circulation of 2400, reaching homes & neighbors throughout Madrona & Central Seattle.

**April 8, Next MADRONA NEWS DEADLINE**

**Article Submission:** Contact editor Kim Herber at 325-9923, 1522 35th Ave. or send material to [kdh5027@aol.com](mailto:kdh5027@aol.com) and to production editor Christine Bender at [christindb@conversation.com](mailto:christindb@conversation.com).

**Advertising:** Contact Steve Orser at 423-1412 or [steveorser@yahoo.com](mailto:steveorser@yahoo.com). Rates are on-line at [www.madrona.us](http://www.madrona.us).

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

### Madrona Community Council Officers

President	Bill Hanson	323-3450	<a href="mailto:hansonwilliam@msn.com">hansonwilliam@msn.com</a>
VP Events	Laura Yurdin	320-8693	<a href="mailto:LYurdin@PointB.com">LYurdin@PointB.com</a>
VP Issues	Mark Melroy	329-1408	<a href="mailto:mmelroy@yahoo.com">mmelroy@yahoo.com</a>
Secretary	Nathan Goderstad	322-7172	<a href="mailto:ngoderstad@qwest.net">ngoderstad@qwest.net</a>
Treasurer	Steve Orser	423-1412	<a href="mailto:steveorser@yahoo.com">steveorser@yahoo.com</a>

Printed by Overnight Printing — 621-9412

Permit Holder: Seattle Community Council Federation

2511 W Montlake Pl E Seattle, WA 98112

**Time Sensitive Material - Please Deliver Promptly**



**Creating an  
estate plan is an  
important part of caring  
for your family.**

- Wills • Trusts • Special Needs Trusts
- Powers of Attorney • "Living Wills"

**Rath** LAW & MEDIATION PLLC

Conveniently located in Madrona  
1421 34th Avenue, Suite 204  
E: [lori@RathLawMediation.com](mailto:lori@RathLawMediation.com)  
[www.RathLawMediation.com](http://www.RathLawMediation.com)  
**206.219.1402**



Contact attorney **Lori K. Rath** for an appointment today

**Personalized estate planning services at affordable rates**

*Judy Honican  
Paste-up*