

M a d r o n a

N E W S

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MCC President's Corner Madrona Community Council Elects New Officers

By Mark Melroy, 33rd Avenue

Well, it's official! After ten years at the helm of the Madrona Community Council (MCC), William Hanson is stepping down from his position as president. Luckily for Madrona, Bill has agreed to stay on as the chairman of the MCC Transportation Committee.

Over the past decade, Bill has led our community through countless issues, discussions, challenges, and efforts to improve our piece of Seattle. While president, Bill played a key role in establishing Nora's Woods and the renovation of the Madrona Playfield. He was a neighborhood advocate and community representative during the reconstruction of the Madrona K-8 School, and significant redevelopment and expansion of the Madrona commercial district. Bill deserves great thanks and recognition for helping Madrona grow into the great community it is today. The next time you see Bill, let him know how much you appreciate all his efforts.

I'm also honored to report that at the October MCC meeting, I was elected the new MCC president. I look forward to serving with the following slate of exceptional new and continuing MCC officers:

- Laura Yurdin, VP of Events
- Rick Kolpa, VP of Issues
- Suzanne Sheppard & Nathan Goderstad, Secretary
- Steve Orser, Treasurer
- Virginia Sly, Crime Committee Chairperson
- Bill Hanson, Transportation Committee Chairperson
- Paige Smith, Outreach Committee Chairperson

At the October meeting we received another very generous gift of \$3287.50 from local real estate agent Judy Honican as part of the Coldwell Banker Bain Community Partnership. Judy earmarked these funds to support the Madrona Blossoms project. We also heard about the exciting upcoming remodel of our library from branch manager Valerie Garrett-Turner. The project is scheduled to begin in the next couple months and details are available at the library. It is worth noting here that the building size and exterior will not be changed.

We again discussed crime as Madrona, like much of the rest of the city, has experienced some disturbing events lately. In September, Rick Kolpa of 33rd Avenue reported an unsettling incident at our treasured playfield involving a confrontation between two men that ended when one pulled a gun on the other. No shots were fired but this altercation serves as a stark reminder that crime can happen anywhere. Virginia Sly, MCC Crime Committee Chairperson and representatives from the city strongly urge community members to call 911 if you see any illegal activity. Be prepared to offer specifics about what you see and make sure to get a report number – city leaders use these crime statistics to allocate limited public safety resources. I commend Rick for taking the initiative to follow this very serious issue and welcome his leadership as the new MCC Vice President of Issues.

Laura Yurdin, who continues to serve as the MCC Vice President of Events, is currently searching for volunteers to coordinate this year's MCC-sponsored Halloween Party at

(continued on page 2)

Sprouting Good Nutrition

These days, many women choose to leave successful, lucrative careers to stay home with their children—essentially trading board rooms for bottles. According to the US Census Bureau, an estimated 5.5 million parents elect to “stay-at-home” to be with their children. But an increasing number are also using their corporate experience to start home-based businesses and create for themselves the best of both worlds.



Such is the case with Madrona Mom Michelle Davis, who left her high-tech career last year when her first child Jackson was born. Michelle and her husband Chris, who live on 36th Avenue near Cherry, both wanted her to stay at home during her son's early years. But she soon discovered how much she missed the adrenaline rush of the corporate world. So, to keep her head and her hands busy, Michelle coupled her business experience with her commitment to infant nutrition and launched Sprouts Baby Food Inc., a home-based baby food catering company.

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MCC New Officers (cont'd from page 1)

the Madrona Playfield shelterhouse. If you are someone with the ideas and energy to help make this event a memorable one for Madrona's kids, drop Laura a line at lyurdin@pointb.com.

For those who don't know me, I'd like to share a little bit about myself. I moved to Seattle almost nine years ago from Iowa, where most of my family still resides. In 2003 my partner Jessica and I moved from Capitol Hill to a little house on Madrona's 33rd Avenue. The house was owned for several decades by a lovely woman named Willie May Mallory and we purchased it with the intention of becoming involved in our new neighborhood. We are what you might call a "public-sector household". Jessica works with fellow Madrona resident Holly Miller, developing education policy for the Mayor. I am a staffer for the King County Council's Capital Budget Committee. I love Madrona and am honored to have the opportunity to serve it—I hope you will too. The next MCC meeting is November 7—Election day— at the Madrona Playfield shelterhouse. The meeting starts at 7:15 so you have plenty of time to get to the polls first!

Must Love Dogs

By Kim Herber, 35th Avenue

The Dog People of Madrona have probably noticed that the Madrona Mutt Match-up has been MISSING from the last couple issues of the *Madrona News*. This is the column that displays photos of three Madrona dog walkers and three Madrona dog walkees, along with a bit of info about each, and invites the reader to match the human with the pooch.

If you are a Mutt Match-up fan—and I know there are a lot of you out there—here's your chance to become a regular *Madrona News* columnist! I am looking for someone to take over this story and make it a regular feature in the newsletter each month again. It's pretty light duty and if you are out walking your own dog anyway, it doesn't take much time. All that's required is a digital camera and the inclination to get to know your Madrona neighbors and their mutts a little better.

Most of the previous Mutt Matchers have been kids so this is also a fun way for a young Madrona photo-journalists to get his or her paws wet. With so many dog walkers out and about, you don't really even need to leave your own yard because plenty of dogs likely go right by your house. Of course, you always have to be cautious and ask the owner before approaching a dog you don't know or one who may be camera shy.

If you're interested, contact me at kdh5027@aol.com and let me know that my new Madrona Mutt Matcher has been FOUND.

Amy Summers, Ph.D.

Licensed Psychologist

*Psychoeducational Evaluations,
Private School Entrance Testing, School Selection*

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Gathering Epiphany Church History

Epiphany Church will celebrate its 100th birthday in 2007. To mark this very special milestone, the Epiphany Centennial Committee is collecting pictures and church memorabilia from the community in preparation for a Homecoming Open House in February of 2007.

If you have family pictures of weddings, confirmations and baptisms held at Epiphany, the committee would love to borrow them and use them in our centennial display. All items will be handled very carefully and returned in the same condition as received.

Send Epiphany church pictures and memorabilia to: Holly Boone, Epiphany Church, 1805 38th Ave, Seattle 98122. For more information, contact the church office at 324-2573.



Sprouting.. (cont'd from page 1)

Each week, Sprouts creates fresh, organic made-to-order food for babies and toddlers and delivers it directly to its customers.

As much as they might like to, working parents with active, busy families don't usually have time to buy raw ingredients, and then peel, steam, puree, strain, and freeze their own homemade baby food. Having Sprout deliver fresh meals is almost like having a personal chef for your baby—and a great alternative to buying baby food at the grocery store.

Mischelle grew up eating fresh vegetables from her mother's garden in Kentucky. When she was a child, every fall her mother and grandmother spent days canning the harvest so the family could enjoy it all winter long. The taste for fresh, home-grown fruits and vegetables has stuck with Mischelle and through Sprouts, she can offer busy parents both peace-of-mind and fresh, nutritious home-style meals for their young children.

"I believe that healthy eating habits and tastes start from the first bite of solid food," says Mischelle. "Making sure your baby gets a good start is essential to developing healthy eating habits that will last a lifetime."

Sprouts launched this summer and began serving customers in and around Madrona in September. Since then, the number of customers has nearly doubled each week, and Mischelle is very busy keeping up and constantly adding new items to the menu. She runs the business office out of her Madrona home and the food is prepared in a state-of-the art culinary kitchen in Kirkland. She plans to make toddler meals and snacks available later this year. To find out more about Sprouts visit

2 www.sproutsbabyfood.com.

BBQ Sponsors Give Smokin' Support

The Madrona BBQ Committee would like to thank the following sponsors from the local business community for their support of the 2006 Madrona BBQ held in July. Their contributions helped make this annual summer event possible—and sent a lot of folks home from the park with great stuff! We urge everyone to support these businesses that support us!

- Baas Custom Framing—\$100 framed gift certificate
- Café Soleil—\$25 gift certificate
- Café Stellina—\$50 lunch with wine
- Catfish Corner—\$25 catfish dinners with drinks for 2
- Central Cinema—gift certificate for 4 movie tickets
- City People's Garden Store—\$30 gift card
- Conley Hat Manufacturing—gift certificate for hat cleaning
- Décor—Roadrace 57 Board Game
- Edward Jones—summer fun basket
- Fleurish—\$25 gift certificate
- Frenchy's—gift certificate for a manicure
- Grocery Outlet—4 gift certificates of \$50 each
- Hi-Spot Café—gift certificate for breakfast or lunch for two
- Izilla Toys—tricycle
- Jaywalk—wonderful gift basket
- Kismet Hair Salon—gift certificate for pedicure
- Kismet Hair Salon—gift certificate for a facial
- Leschi Food Mart—gift certificate for 14-16 lb. cooked and/or smoked turkey
- Madrona Eatery and Alehouse—\$100 dinner and drinks
- Mama Williebell's BBQ—\$100 dinner for four
- Mind & Body Inc.—gift certificate for five classes
- Rue de Lyon—gift certificate and calendar
- Verite—t-shirt

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Chris Kamila 860.7450 ckamila@speakeasy.net

Barbara Bannon
Edward Jones
paste-up

Lock your windows, Lock your windows!

By Virginia Sly, 38th Avenue

I just can't say it enough—lock your windows, all windows! It doesn't seem to matter to thieves whether the window is on the front of your house, or up high on the second floor. Recent events have shown that if you don't want uninvited "guests", lock your windows! In late September, there was an attempted burglary on 38th Avenue and the mode of entry was a window clearly visible from the street and to the neighbors. The burglars left without getting in, so that Madrona neighbor was lucky. Unfortunately, that same day, two blocks away on Columbia, a burglar entered a different home through a second story window and stole several thousand dollars of professional camera equipment. Lock your windows.

Many of you have heard about the August fight at the Madrona Playfield where a gun was drawn. Several residents took the initiative to complain vigorously about this event to the Seattle Police and our city council representative. At the September East Precinct Crime Prevention Coalition meeting, a group from Madrona voiced our concerns directly to the Seattle Police Chief. The Third Precinct has been responsive. The Night Shift Commander is sending more police cars along 33rd Avenue, and the police Bike Unit has promised to spend more time here. Those who live near the playfield should immediately report problems to 911.

And finally, GRAFFITI! I received reports of graffiti on a garage and a car in an alley off Martin Luther King at Marion Street. As New York City proved with its subway trains, the best way to discourage graffiti is to remove or cover it as soon as possible. I chatted with the "Graffiti Ranger" and got this advice for dealing with graffiti on different kinds of property:

- **Public structures** (street sign, bus shelter, parks department structure)—call the Graffiti Hotline at 684 7587. Call **yourself!** Don't assume someone else will do it. If you report it, the graffiti will be cleaned or painted over within 10 days.
- **Private property**—talk to the owner about cleaning or painting it over. If they don't act, report the problem on the Graffiti Hotline and the city will contact the property owner.
- **Your property**—clean or paint as soon as possible. If you need advice, call the Graffiti Hotline and ask for help. They won't do it for you but they can recommend cleaning products and techniques, and have some paint to give you to help with the problem.

Madrona Laundromat

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To Your Well-Being: Beware of Negative Thoughts!

By *Kathy Underwood, MSW, LICSW*

"Change your thoughts and you change your world." ~ Norman Vincent Peale

Our understanding of our life experience comes from our perceptions. We can either choose to see our life experiences positively or negatively. For example, while riding my bike to the office the other day, someone honked at me. Immediately, I felt frustrated and my ride was altered from its original blissful state to agitation. I kept riding and realized that I was falling into the seductive trap of negative thinking.

The concept of negative self talk is something we all experience. It appears that humans are encouraged or taught to think negatively about ourselves, and to complain incessantly. We become so good at it that we do it unconsciously. However, this most critical "I" can be our worst enemy in this game of life. Focusing on our faults, blemishes, inadequacies, differences, etc. is unconstructive and can become self-fulfilling.

This internal critic criticizes and expects the worst. Why do we give negative thoughts so much attention and value when in reality they are destructive and painful? The trick is to not give negative thoughts more credibility than they deserve. Challenge these thoughts. Reframe them to a more positive direction. Decide rationally what your realistic thoughts will contain.

Negative thinking affects our performance and our self-confidence. It's our job to create a new voice inside our heads, one that is nurturing, friendly, supportive, and positive. We can help ourselves by giving this voice an active place in our consciousness. We can learn not to minimize abilities or magnify our inabilities, to watch out for labeling and mislabeling, and to become aware of personalizing the impersonal.

Of course not all negative thinking is bad. Critical thoughts can be signals. The driver's honk could be about my safety, not about me personally. We can change our negative thoughts into positive ones by examining situations differently. So, rather than listening to your internal pessimist, reflect upon patterns of thinking and become aware of your internal dialogue. Ask yourself if you're thinking realistically. Use external resources for less biased feedback—ask people you trust for their impressions of you. If you dowish to change something about yourself, set goals that are realistic for YOU. Don't base your goals on what others expect of you, or what you think others expect of you. Your own thoughts become useful if you act or react upon them in a useful way.

Remember, just because you've been thinking something for a long time doesn't mean it's true. Challenge past thinking. Put fear and anxiety into a realistic perspective. Exercise affirmative reasoning. By questioning harsh beliefs and self-judgments you begin to affirm yourself.

Kathy Underwood, MSW, LICSW, runs a private practice out of the Amara Parenting building at 33rd and Union. She can be reached at 293-8308 or www.kathyunderwood.net

NEW
Arbonne
2 biz cards
Paste-up

Leslie Lucas
paste-up

Your Support Keeps Madrona in Bloom

By Marie Doyle, 37th Avenue



Created by Grace Schlitt-Lenz

We would like to extend a heartfelt thanks to everyone, from individuals inside and outside Madrona, to local business owners and realtors, who supported the hanging flower baskets with generous donations. The beautiful blooms brought gorgeous color to our neighborhood—and smiles to our faces—this spring and summer. Your friendly neighborhood Madrona Blossoms committee's goal is to keep our neighborhood in bloom

nearly year-round with:

- Hanging flower baskets from May to October
- Wintergreens from November to February.

If you enjoy this neighborhood decoration and color, it's time once to again pledge your support. One flower basket, plus four months of evergreens, costs \$250 annually to plant and maintain. If you have the means, consider supporting a basket or two, or go in together with your friends and neighbors. It's so easy to make an investment in our beautiful neighborhood. Just fill out the envelope included in this issue of the Madrona News. If your envelope is missing, or if you have questions, call me at 323-6128 for more information. Thank you for your support!

Wintergreens Are Coming—Volunteer Today!

By Marie Doyle, 37th Avenue

Once our glorious summer flower baskets come down, the streets of Madrona will be bare for only a few weeks before they are dressed for the holidays with heavy garlands of evergreens. The Madrona's Wintergreens look great once they're hung but it takes some effort to get them up there. If you are looking for a fun way to contribute to your community, lend your strong back and light heart and join us on November 18 to install the Madrona Wintergreens. When we're done, holiday lights and swags will run from Spring to Pike, the length of the Madrona 34th Avenue commercial corridor.

We'll gather at 10:00am at Madrona Plaza across from the Hi-Spot. We need eight teams of two volunteers so please sign up today. Bring your heavy-duty gardening gloves and good cheer and we'll provide the coffee and treats. You'll feel great knowing that you helped hand the festive greens that will give our community a warm glow through the dark days of November to February. Contact me at doylemf@comcast.net or 323-6128 to volunteer today!

Michael's Cucina
paste-up

Dining & Sipping at Bistro Mazaran

By Audrey Seale, 36th Avenue

After taking the summer off, the Madrona Dining & Sipping Society (MD&SS) regrouped in September. Twenty eager diners gathered at our newest neighborhood French Bistro, Mazaran, for an excellent dinner and tales of summer adventures.

We filled the narrow little bistro and were welcomed by wait staff person Dila. Owner/chef Nohra Jacobs prepared all our dinners off her delicious dinner menu and were in awe at her prowess in the kitchen. Over her fine food we chatted about trips and remodels and new grandchildren and favorite pets. We were sad to learn that this dinner was the last for a couple of our MD&SS regulars. The Dempseys are moving to Florida so we bid them a fond Madrona farewell and promised them a year's subscription to the *Madrona News* so they know what they're missing. The whole evening was a real Hats Off experience. Kudos to Dila who handled the room effortlessly and arranged all the individual bills!

Everyone in Madrona is invited to join this casual group of neighbors. Your next chance to be part of an evening of food and fun is October 26. We are asking Kuri Teshome of Cafe Soleil to prepare a special evening for us and details were not complete at press time. For reservations, contact me at audreyseale@qwest.net or 329-8775. We will discuss our dining plans for our November and December dinners at our October gathering. We usually suspend our monthly dinners during the busy holidays, so we might not get together again until January. If you would like to be informed of future dinners by email, just ask and we are glad to add you to the group email list. Hope to hear from you soon and to dine and sip with you on October 26.

YMCA
in email

Glad and Sad Tidings from the Woods

By Judith Starbuck, Grand Avenue

First, the good news. We're grateful for the welcome help we've gotten in Madrona Woods from several groups this past month, including Washington Mutual on the Day of Caring; Seattle Pacific City Quest, a service project designed by SPU to help incoming freshmen get to know each other while they help others; and the UW Accounting Fraternity, Beta Alpha Psi, Delta Chapter. This fall six students from Seattle Girls School are working in the woods weekly as part of the school's internship program. Their hard work has given us a big boost in the clearing and mulching we need to do along the Spring Street in conjunction with the creek day-lighting.

We'll solicit bids from possible contractors in November so we can start culvert and cove construction for the day-lighting in March. Thanks to a \$20,000 grant from the King County Council, we've purchased the lumber to build the three bridges over the creek.

The sad news is that Ann Lennartz, one of the founders of our Friends of Madrona Woods group ten years ago, died September 6. Without her constant dedication and support, we would certainly not have achieved nearly as much as we have in our restoration and education efforts. The Starflower Foundation, which she started after she left the Madrona Woods Board, gave us grants to purchase plants, paid for landscape architect services, and provided naturalists to help us plan and staff our environmental education program during the formative years. Ann also founded Seattle Urban Nature, which has surveyed habitat on Seattle's public lands so the city and its citizens can better manage our open spaces.

A memorial service for Ann is planned for November 12 at the Center for Urban Horticulture; check www.seattleurbannature.org for time and details. Those who knew Ann are encouraged to send mementos, images and stories about her to Sandy Fry at Starflower for a memory book Sandy is compiling for the memorial. Send contributions to sfy@starflower.org or mail them to: Starflower Foundation at P.O. Box 22419, Seattle, WA 98122.

Upcoming Madrona Woods work parties to clear, mulch, and plant are from 9:00am to 1:00pm on November 18 and December 16. Let Deirdre McCrary at deirdre_jaymccrary@msn.com know if you'd like to be on our e-mail list for notification of work parties and other events. Watch the kiosks, check our website www.madronawoods.org, or contact me at 322-2640, judithstarbuck@msn.com for more information on any Madrona Woods activities.

20/20 Cycle
paste-up

Madrona Playfield: Saving Our Sandbox

By Beth Purcell, 35th Avenue

If you have little ones, you are probably aware of the dialogue regarding the safety of the sandbox and surrounding play equipment at Madrona Playfield that has gone on over the past year. To help bring everyone up to speed, the issue revolves around the sandbox's proximity to the woodchips below the play equipment. The issue is that sand from the sandbox migrates out and mixes into the adjacent woodchips. These "woodchips" are specially engineered to provide a safe fall "cushion" for kids playing on the equipment, and to compact to create a surface that wheelchairs and strollers can cross. However, woodchips mixed with sand create a safety concern as the surface is no longer as effective at preventing injuries.

Several Madrona parents have been working with the Parks Department over the past 18 months to explore solutions to this problem. Last year, neighbors cleared away the errant sand and Parks replaced the contaminated woodchips. Signs were posted around the sandbox urging parents to monitor their kids to keep the sand in the sandbox for safety reasons.

Unfortunately, these efforts were not successful and we have the problem again.

At the October Madrona Community Council, we explored some new alternatives to keep the sandbox sand away from the woodchip surface. We would like more community input and so are holding a follow up meeting on October 24 from 7:00 to 8:00pm at the Madrona Playfield shelterhouse. At this meeting we will review options and—we hope—find a solution. If we can't come up with a plan that meets the Parks Department's safety standard, the Madrona Playfield sandbox may be eliminated.

During the upcoming meeting, we will also address other Playfield design elements adjacent to the sandbox such as the mound and cherry trees, which are currently in poor condition. If you enjoy the playfield, please come to the meeting to help reach a win-win solution that will allow us to retain a sand play area within our park. If you cannot make the meeting but have input, contact me at purcellbeth@hotmail.com or 329-7952.

Welcome Babies!

It's been a quiet month in Madrona. What was happening nine months ago? At least a few folks were busy! Welcome to these new Madrona babies.

- **Brooke Sabine Howard** was born September 30, 2006 to Bridget Baiss-Howard and Sean Howard of 32nd and Spruce. At 5 lbs, 15 oz and 18.5 inches tall she's petite but very spunky and looks forward to making friends in Madrona.
- **Spencer Tyler Huang** arrived on July 23, 2006, the first child for Jeanine and Sean Huang. He was born at Swedish Hospital and weighed 7 lbs, 1 oz, and was 19 inches long. Spencer's parents recently arrived in Madrona from San Francisco. They live on the corner of 35th Avenue and E. Union Street and love Madrona and look forward to having Spencer grow up here.

Healthy Eating for Seniors

The Central Area Senior Center in Leschi is hosting six educational programs on nutrition for seniors. The programs are part of the Seattle/King County's Public Health Department's Healthy Aging Program, and are taught by Janet Kapp, Registered Dietitian. Programs run from 10:00am to 11:30 am, are free, and everyone is welcome. Call Charlene at 727-6274 for more information.

- 10/20 An Overview of Nutrition for Older Adults
- 11/17 Whole Grains—Good for You
- 12/15 Fruits and Vegetables—Balance, Variety, and Color
- 1/12/207 Protein Rich Foods—Not Just Meat Anymore
- 1/26 Preventing High Blood Pressure and Diabetes
- 2/16 Nutrition and Bone Health.

FORM Volunteers Are Special

By Linda Hanson, Madrona Drive

Thanks to the wonderful dedicated volunteers who are the Friends of the Ravine in Madrona (FORM)! We concluded the season's five work parties in September and agreed to "hibernate" over the winter. Our Saturday stewardship events in the ravine adjacent to Madrona Drive will reawaken in the spring of 2007.

We have accomplished a lot in the ravine but there is still more to be done. Thanks very much to all who have participated and supported FORM and I'll see you next spring. In the meantime, if anyone in Madrona has questions about FORM, call me at 324-5554.

Kismet paste-up

Bubarooni Bakery
paste-up

Library Plans Available for Review

By Valerie Garrett-Turner, Branch Manager

On September 20, the Seattle Public Library hosted an Open House for Madrona-Sally Goldmark Branch patrons who wished to view the proposed plans for the soon to be renovated library. One of the attendees expressed concern about Madrona residents not having enough opportunity to share their thoughts. To try to address that issue, I invite the Madrona community to come into the library and review the plans personally. The proposed plans feature a layout of the building and a cross-section of what the library will look like according to the current proposal. The design team, which is comprised of Lynn Lorenz, Madrona Children's Librarian; Jane Appling, Assistant Director for Southend Branches; the architect; the project manager, and me, reviewed numerous options to determine the best ways to:

- make the most of the existing space
- create a space that is welcoming
- maintain the most amount of seating and table space
- create an open floor plan that will accommodate our very popular children's programming
- allow for more variety in our programming
- Meet the goal of tailoring this branch's collection to focus more on young people while still offering popular, high-demand titles for adults
- Make staff spaces more efficient

Patrons who wish to share their thoughts are asked to complete a comment form—hard copies are available at the library and an electronic version is available online at http://www.spl.org/default.asp?pageID=branch_open&branchID=16. The project is on the agenda for the October 25 Library Board so all comments need to be submitted by October 23 to allow time to share your input with the project manager prior to that meeting. Library branch hours are: Monday and Tuesday 1pm-8pm, Wednesday and Thursday 10am-8pm, Friday and Saturday 10am-6pm, and closed on Sunday.

Debra Thompson
Harvey paste-up

Middle Way paste-up

Neighborhood Congrats!

Lots of folks from Madrona were involved in all kinds of interesting things this summer. Since this is the first Neighborhood Congrats column that has run in the *Madrona News* for awhile, some of these kudos are rather “old.” But I don’t think it’s ever too late for a pat on the back, do you?

Pianist **Overton Berry**, who continues his regular gig at the Sorrento Hotel, was included in a *Seattle magazine* story about Jazz in Seattle.

Veil restaurant hosted a special 6 course winemaker’s dinner featuring Wilridge wines and winemaker **Paul Beveridge** just a few days after **Wilridge Winery** on 34th Avenue was open to the public for its Annual Vintage Release Party.

David Brewster and FROG (Friends of Green) are putting their energy and connections into a proposal to eliminate most of the buildings at Seattle Center and create instead a large open green space park.

24 teens from Coyote Central created a curved mosaic glass seat wall and helped install it at the northwest entry of Powell Barnett Park. **Powell Barnett Park** also sponsored a “Bench at Bumbershoot” that was auctioned off and raised \$900 to support local parks and green spaces.

The Seattle Art Museum’s new contemporary-art curator **Michael Darling** along with his family—wife Lisa and sons Max and Theo—have set up housekeeping here in Madrona.

Sprouts Baby Food Inc., based in Madrona and run by **Mischelle Davis**, was featured on the “The Works” a local National Public Radio (NPR) program, and was also declared IN by *Seattle Magazine*

Décor on 34th celebrated its third anniversary and entered its fourth year with a live jazz party at the shop on October 4.

Madrona hand-bag boutique **Hitchcock**, which was named “one of the best new bag shops” by *Seattle Magazine*, also garnered praise from *Seattle Metropolitan*.

Seattle Magazine included Madrona’s **Jaywalk** with its eclectic collection of hand-made treasures and treats in its story on the “155 Best Shops” in the city.

Madrona K-8 teacher **Darice Johnson** took a summer trip to Africa that included having tea and cookies with Girma Wolde-Giorgis Lucha, the President of Ethiopia.

The winner of the Breakfast of Champions for the Summer Reading Program from the Madrona Sally Goldmark library is reader extraordinaire **Tatul Khachatryan**, who lives on Union right down the street from the library.

Architect and UW professor emeritus **Wendell Lovett** was the subject of a story in *Pacific Magazine* and shown seated in a self-designed Bikini chair in the Madrona home he shares with his wife of 59-years, novelist **Eileen Lovett**.

16-year old musician **Sarah McNabb** was featured in a *Seattle PI* story about the time she spends volunteering as a music tutor to kids at Leschi School through the Leschi Music Partnership.

The **Meredith Matthews East Madison YMCA** awarded college scholarships to three members of its Black Achievers program.

Jackie Friedman Mighdoll and **Sponge Language School** published their first CD called “I Love Mandarin!” Over the summer Sponge was featured on the cover of the local section of the *Seattle PI*, covered by KING 5 TV, and included in *Seattle Weekly’s* ‘Best of’ issue.

Artist **Monad of Pure Manifestations**, who was instrumental in making Homer Harris Park a reality, added even more of himself to that park with the installation of his 12-foot-tall bronze sculpture known as the “The African American Heritage Tree.” The park at 24th & Howell honors Dr. Homer Harris, Seattle’s first black dermatologist.

Architect turned screenwriter, director, and producer **Ksenia Oustiougova** completed her first film, a 20-minute short called “The Golden Leaf”, and it was screened at the Central Cinema as part of the Independent Exposure program.

The American Association for State and Local History (AASLH) awarded Madrona historian **Junius Rochester** its Leadership in History Awards of Merit presented to 84 individuals and organizations from throughout the country.

St. Clouds restaurant celebrated its 6th Birthday by serving up a huge late night complimentary buffet for everyone and anyone in Madrona on a balmy night in August.

Author **Melissa Schorr** published her first book, a teen fiction comedy called “Goy Crazy” about interfaith dating for teens that may be just a bit autobiographical.

The ever popular Columbia City Cabaret hosted by Madrona’s hottest swinger **Tamara the Trapeze Lady**, continues its run of naughty but nice “Baudeville” style shows on Sundays. Make reservations at 605-9920.

The trip **Total Experience GOSPER CHOIR** and founder **Pastor Patrinell Wright** made to New Orleans and the help and comfort they brought to the people there was featured in the *Seattle Times*.

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Why Choose St. Therese for Kindergarten?

For some it might seem like the school year has just begun. But we know that lots of parents who have children that will start school next fall are already making plans. If you are looking for a small, high-quality private Kindergarten right here in Madrona, please consider St. Therese School at 900 35th Avenue. To learn more about our school, join us November 2 from 6:30pm to 8:00pm for Kindergarten Information Night. Contact Sandy Gunder at 720-7278 to RSVP or if you have questions.

10 Great reasons to choose St. Therese for kindergarten:

1. Catholic environment with weekly prayer service and monthly Masses
2. Diverse staff and student body
3. Small class size and school community, (K thru 8th grade)
4. Rich language and phonetic based reading program with a high success rate, hands on math and science programs
5. Caring Kindergarten teacher with 21 years of experience
6. Extra-curricular programs including art, computer instruction, physical education, Spanish
7. Incredible library collection of books and information
8. Involved parent community
9. On-site before- and after-school program as well as pick up arrangements with other local programs
10. Located in Madrona!

Homework Limits at Valley

By Gail Mensher, The Valley School

The Valley School is keenly interested in the problem of too much homework for young children. On October 12, parents were invited to discuss appropriate levels and types of homework, and to respond to the many recent articles and books about overburdened students. Perhaps you too saw these stories:

- 6/19, *New York Times* editorial from the authors of "The Case Against Homework: How Homework is Hurting Our Children and What We can Do About It"
- 9/4 *Time Magazine* "The Myth About Homework"
- 9/11, *Newsweek* cover story "Too Much, Too Soon"

Locally the *Seattle PI's* David Horsey asked in his September 9 piece, "Does More Homework Improve the Student?" With supporting evidence from academic studies, Horsey clearly answered his own question with a resounding "No!" The Valley School actively supports this same view. In fact, the *PI's* October 3 lead story quoted from another recent book: "The Homework Myth: Why Our Kids Get Too Much of a Bad Thing" and noted that The Valley School does not assign serious homework until third grade. Our school is always pleased to explain why this long-standing policy is so important to inspiring enthusiastic learners both at school and at home. For more information contact me at 328-4475.

News from Madrona K-8

Excerpted from Madrona PTSA newsletter, Panther Prints

Annual Fund. The 2006-07 drive ends October 31 and we have raised almost \$47,000. Businesses that have contributed include Executive Conversation, Inc. (\$15,000); Madrona Plaza (\$5,000); Synapse (\$10,000); and Verite Coffee (\$326 + coffee cards for the teachers). Thanks for your support!

We the People Bookshelf. Last spring received a grant to acquire a set of books on the theme "Becoming American" for our librarians and teachers to use to acquaint our students with immigration and citizenship. The following titles are included: "The Lotus Seed"; "Watch the Stars Come Out"; "Grandfather's Journey"; "Immigrant Kids"; "The People Could Fly: African Black Folktales"; "Rip Van Winkle"; "In the Year of the Boar and Jackie Robinson"; "Rifles for Watie"; "The Glory Field"; "A Tree Grows in Brooklyn"; "Dragonwings"; "Death Comes for the Archbishop"; "The Autobiography of Benjamin Franklin"; "Barrio Boy"; and "Giants in the Earth: A Saga of the Prairie."

Learning Garden Grows. Thanks to all the great volunteers who have made our garden into a thriving, beautiful place where Madrona students can learn about the wonders of nature. The 1st grade classes planted fall crops and helped harvest the summer crop. Students and guardians are welcome to help with gardening on Thursdays after school.

Seeking Donations for Ms Howze. Teachers and other staff often need enrichment items for their classrooms. Our Special Education teacher Ms. Fertis Howze is looking for a small couch, love seat and large pillows to create, as she says, "a soft spot for our special needs babies." Her class pet Speedy the gerbil also needs a bigger home. If you can help, contact her at fhowze@seattleschools.org, or 252-3100.

*Giddens School
paste-up*

St. Therese Paste-Up

Law for All: Family Mediation

By Lori K. Rath, Attorney/Mediator

Few things are more stressful for a family and the individuals involved than a divorce. One alternative to traditional court-based methods of resolving divorce-related issues is to work with a mediator. Mediation is often a healthier and more effective approach.

Mediation is a process in which a neutral mediator assists the parties in reaching an agreement that is acceptable to them. The benefits of resolving divorce- or separation-related issues via mediation are many, and include:

- **Cost savings.** Mediation is usually far less expensive than the traditional route of both parties hiring individual attorneys.
- **Control of the Outcome.** Parties who choose to mediate are in control of the decisions relating to their separation or divorce, rather than relying on a court to make important decisions.
- **Neutral third party.** Instead of communicating through attorneys, mediation allows parties to negotiate directly with the assistance of a professional third party.
- **Legal advice.** Legal advice is often an important factor in the mediation process. Parties are generally advised to obtain legal advice from a family law attorney before, during, and at the end of the mediation process.

I am a trained family law mediator and can provide mediation services for situations involving separation or divorce, and for post-divorce matters such as parenting plan modifications. If you have any questions about mediation, or if you or someone you know might benefit from mediation, please contact me at 219-1402.

This article is from Rath Law & Mediation News, a quarterly e-newsletter created by Lori Rath, an attorney and mediator with an office in Madrona. To receive the newsletter directly, email lori@rathlawmediation.com.

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Ale House Auction for Jon

By Sharilyn Lux

If you're already thinking about holidays shopping—or just want to do a good deed—be at the Madrona Ale House on November 5 from 7:00pm and 11:00pm. That evening the Ale House staff is hosting a special evening to honor and benefit our server and friend, Jon Schlueter.

In July, Jon dove into a pool, broke his neck, and literally drowned. Luckily, a friend knew CPR and was able to resuscitate him and keep him alive for 45 minutes until medics arrived. Since then, Jon has been working very hard to recover from his spinal chord injury. We want to support the strides he has made so far, and help him to continue his recovery.

We want to thank our many Madrona neighbors and friends for donating items to our auction for Jon. There will be something for everyone there, and we invite everyone in Madrona to come and take a look and make a purchase to help our good friend. Admission to the auction is \$5 and we will be serving from our usual dinner menu.

Up for grabs to the highest bidder will be a tasty assortment of **restaurant gift certificates** from local favorites such as St. Clouds, Cremant, Verité/Cupcake Royal, JAK's Grill, BluWater Bistro, the OceanAire, and the 74th Street Ale House. Or you can bid on a chance to enjoy some **professional services** like yoga, massage, Pilates, house cleaning Services, or private Spanish lessons. You can pick up a gift for yourself or someone else from **local artists** including a professional photography package by Megan Shethar, custom jewelry by Jessica Russell, and paintings by Dara Elish. For something a little larger, how about some **entertainment** such as an evening sail with cocktails and appetizers aboard private vessel, rental of a home at Whistler; a night at Hyak, the ski-in bed and breakfast at the Summit at Snoqualmie, a show by the band "Special Purpose," two tickets with a backstage tour for Celine Dion's Las Vegas show "A New Day", six tickets to a play plus a champagne backstage tour at Issaquah's historic Village Theatre, and lift tickets to the Summit at Snoqualmie. Or if you just want to sit home and put your feet up, bid on wines donated by Madrona's own Wilridge Winery. This is not all! We also want to thank Lazy Boy Brewing for their generous support.

If you have any questions regarding our auction for Jon, or if you have items to donate, come by the restaurant, call Casey or Shari at the Madrona Ale House at 323-7807, or email me at sharilux@hotmail.com. We hope you can join us on November 5; only cash or checks—no credit cards—will be accepted for auction purchases.

Ben Chotsen
paste-up

Madrona Community

Seattle, Washington



www.Madrona.us
Calendar of Events

- WEDNESDAYS** 10:30am **PRE-SCHOOL STORY TIMES**—Madrona-Sally Goldmark Library, 684-4705
- THURSDAYS** 7:30pm, **AA/ALANON MEETING**—Epiphany Great Hall
- FRIDAYS** 7:30am **MADRONA/LESCHI CITIZENS AGAINST THE WAR**—Quiet demonstration, 23rd & Union

- Oct 20** 10:00am-11:30pm, **Class for Seniors: Overview of Nutrition for Older Adults**—Leschi Central Area Senior Center, Charlene 727-6274
- Oct 25** **Professional Development Day**—2-hour early dismissal, Seattle Public Schools
- Oct 26** 7:00pm, **Madrona Playfield Sandbox Meeting**—Madrona Playfield shelterhouse, Beth Purcell purcellbeth@hotmail.com
- Oct 26** 6:30pm, **Madrona Dining & Sipping Society**—dinner at Café Soliel (tentative), Audrey Seale audreyseale@qwest.net or 329-8775
- Oct 26** 6:30pm, **East Precinct Crime Prevention Coalition**—2120 S. Jackson, Seattle Vocational Institute, Madrona Crime rep Virginia Sly vlsly@msn.com
- Oct 27** 6:00pm-9:00pm, **Seattle School Board District V Meeting with Mary Bass**—Garfield Community Center, 720-3303 or mary.bass@seattleschools.org
- Oct 27** 6:00pm, **Film & Float**—Meredith Mathews East Madison YMCA, call the front desk at 322-6969 to find out what movie is playing!
- Oct 31** **Halloween**—watch out for goblins!
- Nov 2** 6:30pm -8:00pm, **Kindergarten Information Night**—St. Therese School, 900 35th Avenue, Sandy Gunder 720-7278
- Nov 5** 7:00pm-11:00pm, **Auction for Jon Schlueter**—Madrona Ale House, Shari Lux 323-7807 or sharilux@hotmail.com
- Nov 7** **Election Day**—Don't forget to vote!
- Nov 7** 7:15pm, **Madrona Community Council Meeting**—Madrona Playfield Mark Melroy 372-5178
- Nov 8** 7:00pm, **Ngugi wa Thiong'o, Author of Wizard of the Crow** —Central District Forum for Arts & Ideas, 323-4032 or www.cdforum.org
- Nov 8** 6:30pm, **Panther Partners (PTSA) Meeting**—Madrona K-8 library, Panther Partners Vice President Vikki Polk 650-6566.
- Nov 10** **Veteran's Day**
- Nov 12** **Memorial Service for Ann Lennartz**—Center for Urban Horticulture. Send mementos, images and stories about Ann, or contributions for her foundation to Sandy Fry at sfry@starflower.org or the Starflower Foundation at P.O. Box 22419, Seattle, WA 98122.
- Nov 15** 9:00am-noon, **Homeless Cooking**—St. Clouds Restaurant, 726-1522
- Nov 16** 7:00pm, **Keith Knight: "Fear of a Black Marker" Underground Cartooning and Activism**—Central District Forum for Arts & Ideas, 323-4032 or www.cdforum.org
- Nov 17** 10:00am-11:30pm, **Class for Seniors: Whole Grains Good for You**—Leschi Central Area Senior Center, Charlene 727-6274
- Nov 18** 9:00am-1:00pm, **Madrona Woods Work Party**—Meet at 38th & Marion, Deirdre McCrary deirdre_jaymccrary@msn.com
- Nov 18** 10:00pm, **Madrona Wintergreens Installation Party**—Madrona Plaza, Marie Doyle doylemf@comcast.net or 323-6128
- Nov 18** 6:30pm, **Coyote Central Auction & 20th B-Day Celebration**—Campioin Ballroom at Seattle University, www.coyotecentral.org

October

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November 10, 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 Christine Bender at christinb@conversation.com.

Advertising: Contact Reshenna Andrews at 219-1467 or reshennaa@conversation.com. Rates are on-line at www.madrona.us.

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

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