

M A D R O N A

N E W S W W W . M A D R O N A . U S

September 2005
Issue No. 177

Madrona Grocery Outlet Opens October 8!

After weeks of activity, the new Grocery Outlet at MLK and Union is set for a Grand Opening the weekend of October 8 and 9. The festivities begin both days at 8:00am with free coffee and treats followed by two full days of fun activities. Bill Hanson, President of the Madrona Community Council, will be on hand to cut the ribbon and proclaim the store officially open for business. On Saturday, the first 100 adults in line will receive a free George Foreman Grill, and all adults can participate in the give-away of a 2005 Ford Focus! There will be a \$1.00 hot dog and soda sale to benefit Madrona K-8 PTSA, and everyone can play Spin the Wheel to win an assortment of prizes.

Grocery outlet operators Steve and Debbie Mullen are the hosts of the opening event. "This is an opportunity to do what I love to do," Steve said. A trained CPA, he found himself wanting a job with more public contact. "I was a supermarket director for a large company for more than 15 years. Both Debbie and I are very comfortable with people."

"Together, we've been in the grocery business for more than 50 years," Debbie said. "In fact, we met in a store. Steve worked nights, I worked days and on Sundays we worked together. Now with this store of our own, we look forward to serving everyone in the Madrona community."

From October 8 on, the Madrona Grocery Outlet will be open every day, Monday through Sunday, from 8:00am to 9:00pm with a vast assortment of bargain-priced foods and beverages. Stop in any time!

MCC President's Corner

Monthly Neighborhood Update

by Bill Hansen, 32nd Avenue

The Madrona Community Council (MCC) reconvened on September 6 after a nice summer break. Everyone at the meeting agreed that the hanging baskets in our business district this summer were a hit and a beautiful addition to Madrona. Since the baskets were so well received, we agreed to put them up again next year. To help with the funding, we will inclose a donation envelop in the October newsletter—please give what you can to ensure the baskets hang around next summer! Many thanks to Kim Harnish, Maria Renz, Marie Doyle and Suzanne Sheppard for making this wonderful addition to our neighborhood a reality.

This summer the tennis courts in Madrona Playfield were resurfaced and repainted. Thank you Steve Orser for raising the monies for this much needed project. As I walked to our September

MCC meeting in the shelterhouse, it was so nice to see the courts being used again. Start practicing now because Suzanne Sheppard is already busy planning a Spring tennis tournament.

At the September meeting, the MCC received three more cash donations from real estate agent Judy Honican of Coldwell Banker Bain Associates. Judy and Coldwell donate an amount equal to 10 percent of the commission on property Judy lists or sells in Madrona. This has been a wonderful program for our community and I send them a very special thanks.

As you may have noticed, Grocery Outlet has moved into the old Union Street Red Apple Market site. Owners Steve and Debbie Mullen have already made significant improvements to the building

(continued on page 2)

Love Served Up at St. Clouds

An unsuspecting restaurant venture has turned into a lovefest of the best kind. Five years ago, on August 21, 2000, it was opening night for St. Clouds and two of the new servers — Aaron Wheatman and Shannon Angstead — met

while scurrying about the restaurant, taking care of the restaurant's



very first guests. A year later, they were dating, and five years later, they're married! On August 13, 2005 the St. Clouds staff spent hours cooking and prepping food for the reception and then shared in the joy of their wedding.

Looking back, St. Clouds owner John Platt recalls noticing Shannon and Aaron exchanging more than glancing looks at the restaurant's 1st Anniversary Bash—a wild night indeed! In the days following, and in a most-fatherly fashion, John spoke to each of them separately about the hazards of dating a colleague. They both

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

and we can all be grateful for that. Now it's our turn to support them by attending their Grand Opening on October 8 at 8:00am. Please join me at the celebration and come see what great things this new local business has to offer.

Our next MCC meeting is October 4. We are still very interested in getting additional projects started in our neighborhood and have seed money to get them underway. If you have a favorite idea or pet project, please share it with us the first Tuesday in October. That night, Madrona K-8 Principal Andrews will tell us about what's happening at her school and introduce two Madrona K-8 student council representatives who will be attending future MCC meetings. In addition, we will be soliciting nominations for officers. If you or someone you know is interested in getting involved in making Madrona a better place, please attend or send me an email at hansonwilliam@msn.com. I'm especially interested in finding someone who would like to replace me as MCC president, or serve with me as co-presidents this year. After ten years it is time for a fresh perspective. The MCC meets in the Madrona Playfield shelterhouse at 34th and E. Spring Street at 7:15 pm the first Tuesday of the month. Everyone is always welcome.

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

nodded appreciatively, wisely disregarding his every word. Soon, they were delighting each other and all of us with their cuddly lovingness(!), and it was clear to all that a love match had been made.

Please take a moment to congratulate Shannon and Aaron and admire their beaming smiles and what a fantastic couple they make. Everyone at the restaurant is so happy for them and proud to know it all started with St. Clouds!

Denali Fitness

Fill 'Er Up with Fries and Beans

Have you ever wished there were an easy alternative to gas or diesel for your car? What if that alternative were available today, right here in Madrona? That just may happen because Madrona residents—and biodiesel enthusiasts—Tom Flood and Nikola Davidson have teamed up to create a neighborhood biodiesel co-op in Madrona. Sculptor, artist, and teacher Tom Flood and his wife and two children have lived on 33rd Avenue for over 11 years. Nikola Davidson and her partner and two children have lived on 31st for over 6 years. She owns a craft kit business, www.stickywicketcrafts.com and sells her crafts at Madrona's own Flava on 34th Avenue. Plans are not yet firm but one possible location for their Madrona biodiesel co-op is the old Madrona Auto gas station at 34th & Pike, which Flood owns.

Biodiesel is a fuel alternative that offers many benefits and is easy to use. It is comprised of altered, or thinned, vegetable oil and can be made from recycled waste oil such as used vegetable oil from restaurants, or made from plants such as soybeans or mustard seed. It has many benefits that make it superior to traditional gas or diesel.

- **Clean.** Biodiesel significantly reduces harmful emissions, including greenhouse gas emissions. It is non-toxic and biodegradable. Unlike gas or petrodiesel, biodiesel contains none of the pollutants that cause acid rain.
- **Renewable.** The Earth's supply of petrochemicals like gas and diesel is finite and is being used up. Biodiesel is renewable—it can be made from waste oil or from crops.
- **Domestic.** Because biodiesel can be made from crops, it supports local farming communities. Instead of having to import oil, biodiesel can be produced locally, to the benefit of our economy.
- **Performance.** Biodiesel does not impact engine performance or efficiency.
- **Easy to Use.** Any diesel car or truck can run on biodiesel with no conversion. That means if you have a diesel vehicle you could be using biodiesel right now! Vehicles can run on a blend of traditional diesel and biodiesel in any combination or ratio. You can also switch back and forth between petrodiesel and biodiesel without any problems.

If you are interested in being a part of the Madrona biodiesel co-op or if you just want more information on biodiesel, contact Nikola Davidson at nikola@stickywicketcrafts.com or 324-9856.

**2nd
Anniversary
Party**

**October 5th
5:30 to 8:30pm**

décor
en 34th

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Falling Leaves & Filing Grant Applications

By Judith Starbuck, Grand Avenue

It will now be next year before we see Madrona Park Creek flowing above-ground from its headwaters at the top of the Madrona Park Ravine into a new wetland cove on the shore of Lake Washington. Phase 1—construction of the creek in Madrona Woods and ravine—has been postponed because of additional city requirements. What was previously conceived of as a two-phased project is now planned to occur all at once in the summer of 2006. We continue to work our way through the required process and are applying for several grants to fund our ambitious vision.

The Big News is that the U.S. Army Corps of Engineers has issued us a permit to proceed! The Seattle Department of Parks and Recreation is posting a sign at the waterfront describing the project and asking for public comment so take a look. The Parks Board has scheduled us for a hearing at 7:00pm on October 13 at the Parks Office, 100 Dexter Avenue. We hope many people from the neighborhood will attend and sign up to speak in support of the project. If you'd like to participate in the hearing, contact Peg Gaynor at peggy@gaynorinc.com, or our Parks Department contact Cheryl Eastberg at cheryl.eastberg@seattle.gov.

In June, we were delighted to give County Councilman Larry Gossett a tour of the Woods. He seemed duly impressed with all we've accomplished and shared our excitement about the unfolding stream day-lighting.



We're looking at some changes in our environmental education program this school year. Science teacher Michael Popelka will bring St. Therese 6th Graders again, but work in their plots will be condensed into the Fall and early Winter. Penny McCormick is coordinating this program and if you'd like to be part of this great learning experience, contact her at 937-5586 or pmccormi@scad.ctc.edu.

We're welcoming about 60 6th Grades from Madrona K-8 for the first time this year. Along with teacher Thatcher Wood, they'll visit the Woods four times to learn about the ecology and do some hands-on restoration work. They'll also learn about how native peoples used the plants in the forest. If you're interested in being part of this new program, contact Deirdre McCrary at 325-9035 or jaymccrary@gbronline.com. Some 15 students from Seattle Girls School will also get acquainted with urban forest restoration as part of their community service intensive this year. If you'd like to work with them, contact Peter Mason at 323-2887 or peterma5@comcast.net.

Madrona Woods lost a devoted friend this Summer when Leschi's Patrick Boland died. We will miss him and know the best way to honor his memory is to recommit ourselves to the urban restoration he championed.

Fall in a Great Time to Plant in the Ravine!

By Linda Hanson, Madrona Drive

Friends of the Ravine in Madrona (FORM) had a wonderful and very productive summer working in the open space ravine adjacent to Madrona Drive. Volunteers made great headway removing invasive weeds during several work parties. EarthCorps crews completed several days of work on a major section on the ravine's steep slopes using climbing gear and ropes.

Please help us welcome the wonderful fall weather with planting events on September 24 and October 8. Join your friends and neighbors 9:00 to 12:00 noon at the Bus Stop next to the Pine Street Pedestrian Bridge on Madrona Drive. Bring your favorite tools and gloves – rain or shine.

CoRRRECCIONS

The Baker Language & Learning Center story that appeared in the Summer *Madrona News*, was written by *Madrona News* editor Kim Herber, not Baker Language & Learning Center director Amy Williamson.

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Disaster Preparation Meeting October 4

By Virginia Sly, 38th Avenue

Prior to the October 4 Madrona Community Council (MCC) meeting in the Madrona Playfield shelterhouse, please join us at 6:30 for a brief meeting on preparing for a disaster. After watching the misery on the Gulf Coast caused by Katrina, we thought it was time to take steps to mitigate the suffering that our families would experience either from a regional disaster, such as a serious earthquake, or a personal disaster such as a house fire. It is now clear that we can't sit by passively waiting to be rescued by the government!

Throughout the summer, Madrona neighbors continued to experience car thefts, car prowling, and car vandalism. The East Precinct, which includes Madrona, has set up a car theft unit to address the rising number of car-related crimes. On the police page of the City of Seattle website <http://seattle.gov/police/prevention/default.htm> you will find information on preventing or minimizing car theft and vandalism. The recommendations include common sense precautions such as locking your car, never leaving the keys in the car, parking in a lighted area or garage (if you have one), and never leaving any valuable items visible in your car.

It's well known that a well-lit area is less prone to crime. When the street lights on her street malfunctioned, one Madrona resident took action. She emailed me to say: "After our recent bout [of car crimes] I finally emailed the city about several streetlights on our block that cycled on and off, at maybe 10-minute intervals, through the night. When the lights were off it was really dark. To my happy surprise, a repair crew came within two weeks and fixed everything!" If you have any streetlight problems, here's the link for reporting them <http://www.ci.seattle.wa.us/light/streetlight/>

It is important to notify the police of all illegal acts, whether you think they can solve the crime or not. Police staffing of each precinct is based on the number of 911 calls and police services provided the preceding quarter. The crime we report today helps increase police presence in Madrona tomorrow.

- Use **911** to request emergency assistance
- Use **625-5011** to report non-emergency incidents.

Also remember to request an incident report number. Then please pass that number, along with the address and date of the incident, along to me at vsly@msn.com and MCC president Bill Hanson at hansonwilliam@msn.com.

Coming Soon! We are also planning a coordination meeting to help neighbors set up block watch groups for early November. I look forward to seeing you at our meeting in the Madrona Playfield shelterhouse on October 4.

Kismet spa paste-up

Neighborhood Congrats!

Wow, I am constantly amazed by the things our neighbors do. Kudos and thanks to:

The **Amara Parenting** group that moved into the old Pacific Oaks building over the summer and had a very family-friendly public open house the end of August.

Madrona rep **Barbara Banon** and her firm Edward Jones for contributing more than \$1 million to aid the victims of the Hurricane Katrina.

Madrona artist and teacher **Jacqui Beck** who has two pieces in the Seattle Co-Arts 55th Annual Juried Fine Art Show. "Pillow & Disheveled," (watercolor and gouache) and "Sienna Field," (acrylic on canvas) will be in display in the historic Monte Cristo Hotel in Everett through October 27.

Wilridge Winery winemaker **Paul Beverage** on his slate of 2005 wines that are being released October 4.

Ben Chotzen who was named top sales agent of The Landmark Group for the fourth year in a row. Ben works and lives in Madrona.

The **Central Cinema** and everyone who participated in their Big Easy Benefit Variety Show and raised \$1101 for the Red Cross to help those displaced by hurricane Katrina.

Teresa Carlson and **Suzanne Sheppard** of *décor* on their 2nd Anniversary.

Martin Luther King Elementary **Principal Barry Dorsey** and all the parents who convinced the School District to create a public Montessori program at their school.

Everyone who did a Good Deed on **The Day of Caring**, especially the 25 incoming Seattle University freshmen who spent the day mulching in Madrona Woods.

The **Friends of Arthur** who raised \$15,000 to help the Conroy family pay for their autistic son's therapy.

Garfield High School classes of 1970-76 who are having a combined class reunion on September 23.

Wire Queen **Sharon Hogle** for planning and organizing the kids' crafts at the Bellevue Art Museum during this year's Bellevue Art's and Crafts Festival.

Filmmaker **Ksenia Oustiougova** who was profiled in a *Madison Park Times* story.

Maxine Parker, Madrona K-8 1st Grade teacher, who was named Local Teacher of the Year.

Madrona neighbor **Traci Pichette** who just opened **Festive Flowers** flower shop in the Madrona Auto building.

The supporters of the **Powell Barnett Park** who were granted an additional \$50,000 from the Pro Parks Levy Oversight Committee.

The gang at **St. Clouds** restaurant on their 5th Anniversary.

Sound artist **Trimpin** who kicked off a local two-year celebration of his work on July 7 with a lecture at the Henry Art Gallery. That show runs through October 2.

Baker Language & Learning Center's **Amy Williamson**, who was featured in a story about teaching boys by *Seattle Times* columnist Jerry Large.

Nikki Wolgamott and her 1973 Buick Riviera who were spotlighted in the "Heap of the Week" column in the (now defunct) *Seattle Sun & Star* newspaper.

Summer BBQ Takes the Cake (Walk)

By John Healy, 35th Avenue

Some four hundred neighbors showed up at the 7th annual Madrona Barbecue Festival the afternoon of July 16 just as rain clouds parted and warm sunshine bathed the neighborhood. I want to offer many thanks to the businesses and volunteers who made the 2005 Festival happen. They are your neighbors and they all work hard to make this the thriving, creative and energetic community it is. The businesses are listed in the gray box. Support them give and also give an extra special thank you to these extra special volunteers.

John Platt generously donated the St. Clouds Soundstage, which played host to singer-song writer Cristine Orbe', saxophonist Stainless Steele, the neighborhood band Not Dead Yet (watch for them at the Madrona Ale House this fall), and poets from the Central District's Verbal Rhythm Arts Collective.

Volunteer Roberta Harrison managed what must be the largest cake walk ever held in the Northwest, as children and adults alike strode away with more than two dozen freshly baked prizes.

Jana Pagaran ran the raffle, which boasted more than \$4,000 in prizes recruited from neighborhood businesses by Michelle Perkins and others. The raffle raised about \$500 to help pay for festival artists and activities.

The Fest featured barbecue from MamaWillieBelle's BBQ, organic corn and fruit from the King Street Coop Preschool, desserts from Cupcake Royale and hot dogs from Madrona frankfurter maven (and long-term vegetarian) Kim Herber.

Linda Walton-Sawadago, a cornerstone of the Fest, did another great job coordinating children's games and activities, supported again by her stellar cast of volunteers. Coyote Central, the arts program for kids ages 10 to 15, displayed their work and provided information about the organization.

Ben Chotzen not only ran the basketball shooting contest, but provided hundreds of free beach balls, which can still be seen gracing the yards of small children throughout the neighborhood.

Kim Edberg's Kim Edberg Designs contributed the creation of the 2005 t-shirt. Remaining shirts, available in children's and adult sizes, are for sale for \$5 each. They make nice gifts for anybody with a connection to our great neighborhood so if you need a couple, let me know.

Beth Purcell provided invaluable support navigating the network of city permits, and Craig Veirling provided the logistical support, know-how, and vigilance that allowed the day to go as smoothly as it did.

My attention has already turned to the 2006 Fest, a sure sign that 2005 was a success. I plan to bring a steering committee together early in the year to develop ideas to broaden the arts and entertainment elements of the event and to strengthen its appeal to our teen-aged neighbors.

To volunteer for the 2006 BBQ Festival Steering Committee, call 720-1090.

Madrona BBQ thanks these businesses!

Catfish Corner	Café Soleil
Café Stellina	Flava
My Coffee House	Café Selam
Frenchy's	Central Cinema
Izilla Toys	Jaywalk
Leschi Food Mart	Funky Little People Photography
City People's Garden Store	Sapphire
Baas Custom Framing	Kismet Salon
Mad Pizza	Madrona Eatery and Alehouse
Moss Alley Motors	All the Best Pet Care
Mind & Body Inc.	Madrona Moose
The Hi-Spot Café	Edward Jones Inc.-Barbara Bannon
Ruby Cleaners	Conley Hat Manufacturing
décor	Rue de Lyon
Grocery Outlet	Catherine Carpenter L.M.T.
Fleurish	Paul Gray's Barber Lounge
Café Verite	Mamawilliebells B.B.Q.
Bizzy Bodies Yoga	St. Clouds

Ben Chotsen pasteup

Rath Law
Paste-up

Madrona Dining & Sipping Society

By Audrey Seale, 36th Avenue

You may have heard of the dinners and we have been waiting for you to join us! The first meeting of the Madrona Dining & Sipping Society of the season will be September 23. We will gather at our local famous and fabulous restaurant, Dulce's Latin Bistro at 34th & Pike at 6:30 for dinner and conversation. We will be served a delicious 3 course prix fixe menu (choices of course) for \$25, or dinner paired with wines for \$35. Please make a reservation by September 20 to be included in this casual gathering of neighbors.

Mark your calendars for future MD&SS dinners. We meet monthly on the fourth Thursday. It is a great opportunity to call a neighbor that you have been meaning to get to know better and invite her along. It's also fun to just show up and see what interesting person turns up at your table. It's always a wonderful evening full of amazing connections and growing friendships between the great Madrona neighbors. To reserve your space at the September 23 dinner, contact me at 329-8775 or audreyseale@qwest.net.



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YMCA paste-up

Help Keep the Star Shining

By Jon Hughes

As you may have noticed, the *South Seattle Star* newspaper ceased publication this summer. It is so nice having a paper that focused on Central and South Seattle stories and issues. But all is not lost! Margie Slovan, former editor of the *South Seattle Star*, and colleagues Tony Brouner and Cyn Gabriel have joined forces to form Stun Publishing to produce a new local paper that will cover the area's interests.

I got to know and respect editor Margie as she has covered numerous stories in Madrona, from school issues (great people stories about Madrona K-8 students and in-depth reporting on School District woes) to crack houses and Little League and local Madrona events. She lives in this area, cares about the community, and plans to keep a local newspaper alive and well. "We believe this place needs an independent, aggressive neighborhood newspaper, one that will talk frankly about community problems, celebrate its victories, and be its loudest, most persistent advocate to city government, says Maggie.

The advocates at Stun Publishing are looking for community feedback and involvement, and help picking a new name for the paper. Their first planning meeting was September 13 and they are off and running. To find out what their next step is—and maybe lend a hand—check out <http://www.stuninc.com>, call 219-9224, or drop an email to people@stuninc.com

This summer, family matters pressed Madrona neighborhood powerhouse and Madrona K-8 advocate extraordinaire, Jon Hughes and his wife Alex to leave Madrona for their native New Mexico. We miss them both already!

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Prepare Fido When “Pack” Goes Back to School

When the kids go back to school everything changes for your dog, too. Dogs are creatures of habit and when the routine changes they can be seriously affected. The stress that accompanies being suddenly left home alone can often result in destructive behaviors and endless barking. Here are some tips from Bark Busters to help reduce the stress on your furry friend.

- **Ignore him:** Dogs can be the center of attention when the kids are home and so, while it might sound cruel, the best way to fix this is to ignore him. When dogs see themselves as the leaders of the house and then everyone suddenly leaves, the “leader” gets very stressed so ease the change and ignore him.
- **Growl your goodbye:** As you leave don’t coo your good bye with a sweet “Don’t worry – we’ll be home soon. Be a good boy”. Dogs are pack animals and expect their leader to be firm. Instead, totally ignore your dog for about 10 minutes before you leave, and as you go simply make a low growl. In the wild, the pack leader growls when she leaves to say she will return soon and not to misbehave.
- **Head off boredom:** Dogs sleep a great deal during the day but, when they awake they want something to do. Here are some tips:
 - Scatter feed around the house for your dogs to “forage”.
 - Build a sandbox or digging pit and train your dog that it belongs to him.
 - Provide quality toys for your and rotate them every few days so your dog doesn’t get bored with them.
- **Provide shelter:** Just as we do, dogs feel more at ease in their own home. Follow these tips to create your dog a den of her own:
 - Most dogs love crates so start training him in advance of the back to school transition.
 - If your dog will be outside while you are gone, make certain he has a dog house to get out of the weather.
 - If your dog will be inside all day, enclose her in a small area like a laundry room or a bathroom that is easily cleaned in case she makes a mistake.
- **Get ready for the big Welcome Home.** When the dog been left alone all day and has pent up energy, “unusual” behaviors may show up and when she first sees the kids in the afternoon. Follow the tips below to help ensure no one gets hurt.
 - Train the kids to ignore your dog for 5-10 minutes to allow him to settle down.
 - Train the dog: It is amazing how quickly dogs learn what is acceptable, and what is not.

Bark Busters, the world’s largest, most trusted dog training company, provides guidelines to help parents and children prepare their dogs for the schedule change. Your Madrona Bark Busters rep is David Wiley at 713-9656.



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Play Madrona Mutt Match-up

By Hannah Ditty, 35th 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.



Cy and Bea
 Favorite treat: Cat food
 Age: 14 mos & 7 mos



Eric
 Favorite color: Midnight Blue
 Lived in Madrona: 4 years



Cosmo
 Favorite treat: String Cheese
 Age: 3 years



Jost
 Favorite color: Orange
 Lived in Madrona: 4 years



Meimei
 Favorite treat: Greenies
 Age: 1 1/2 years



Katy
 Favorite color: Red
 Lived in Madrona: 5 1/2 years

Sapphire
 paste-up

Cinema Noir in the Park

By Stephanie Cholmondeley

Hosting Cinema Noir in the Park was a great risk for Cinema Diaspora. Cinema Diaspora is based in the Central Area and our mission is to present the historical, educational and social experience of people of color through the celebration of film. In the past, we presented several films at the Central Cinema, on 21st near Union. But to present a weekly program of independent cinema that represents accurate, diverse and rarely seen depictions of communities of color like *Whale Rider*, *Smoke Signals*, written by Madrona's own Sherman Alexie, *Down in the Delta* and *Rabbit Proof Fence* in an outdoor setting was quite an undertaking.

But our gamble of mixing the nostalgia for old drive-in movies with the beautiful new Homer Harris Park paid off. The community support for our Saturday evening showings and our programming showed that Cinema Noir in the Park was a perfect fit. Thanks to everyone from Madrona who brought a blanket or a lawn chair to the park and settled down under the summer stars to enjoy one of our great, free movies.

Cinema Noir in the Park is about using film as a means to build connections and promote economic development for programs that will benefit our youth. Cinema Diaspora's goal is to produce video documentation of the history of African Americans and other people of color of Seattle

Cinema Diaspora is so very proud to have produced Cinema Noir in the Park, which was supported from the start by City of Seattle Parks and Recreation, Friends of Homer Harris and our amazing sponsors and community partners like Safeco, Safeway, KBCS fm, Miller Community Center, Casuelita's Island Soul, CC's Burgers and Thompson's Point of View. These businesses and organizations all believe in the goal of presenting positive, family friendly activities and community building—crucial elements of Cinema Diaspora's mission.

Those who would like to support Cinema Diaspora's effort to continue to build community through film should go to our website www.cinemadiaspora.org. There you can purchase a Cinema Diaspora membership—\$25 for a Supporting Member up to \$100 for a Golden Membership—or a beautiful Cinema Diaspora T-Shirt designed by InkBlot Screen Printing for just \$15.00.

We look forward to continuing the series in the summer of 2006.

Peppermint Toothpick: Tips for Keeping Your Teeth Healthy

By Loren A. Tarr, DDS

Q: What is a dental implant?

A: A dental implant is used to replace a missing tooth. In most cases it consists of three main components: the implant, an abutment, and a crown.

Whenever a tooth is missing there is a tendency for the bone in that area of the mouth to wither away since it is not being "stimulated" by the pressure of a tooth. Because of their stability, versatility, and the fact that they help keep the bone around them from atrophying, implants are the preferred means of replacing teeth.

The implant itself is made of titanium and is surgically placed within the bone where the root of the tooth would have been. It usually takes several months of "integration" time before the implant can be used to support a new tooth. During this phase the implant is usually covered by gum tissue and is not visible.

Once the bone has integrated around the implant, the abutment is secured to it by a special screw. The abutment is visible within the mouth and once the gums have healed around it, a crown that looks and feels like a tooth is placed on top of it to complete the process of restoring the missing tooth.

Implants can be used to support a single crown and multiple implants can support fixed-partial-dentures (bridges) as well as providing excellent anchors for removable partials and complete dentures. At this point in the field of dentistry, when a person is missing a tooth or any number of teeth, dental implants are the best choice for getting the natural tooth back. Research is being conducted, however, on the possibility of "guiding" or modifying stem cells from unerupted wisdom teeth so that they can then be placed into the bone where a tooth is missing. Much like planting a seed, these cells would develop into a new tooth that would grow up out of the gums the way our natural teeth do. Most researchers agree that we are many years away from being able to successfully plant tooth "seeds," but it is a promising prospect.

Dr. Loren A. Tarr is the owner of Madrona Family Dental

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NOES Rooftop Fundraiser

It was a beautiful summer's eve on August 14 when Folksinger Jim Page performed a Fundraiser for Neighbors of Epiphany School (NOES) in the roof garden of the Bowling Green apartments at 34th and E. Spring. Bowling Green hosted the event and



Photo by Bradley Enghaus.

the roof garden was the perfect venue for a barbeque and live music. The evening raised funds to defray the cost of a pending lawsuit in Superior Court against Epiphany School's planned expansion. It also provided an opportunity for neighbors to understand the group's concerns. At issue is the city's interpretation of the Municipal Code pertaining to the expansion of one small institution, such as Epiphany School, that is within 600 feet of another small institution, such as Epiphany Church.

This group of residents from various neighborhoods near Epiphany School wants the school to be a good neighbor. *NOES wants the safety and protection of students, neighbors, and pedestrians from vehicular traffic to be the highest concern for any expansion.* Over the years, the bends along East Denny Way right at the school have been the scene of numerous traffic accidents and near-accidents and NOES is concerned that the School's plan to increase enrollment will compound an already unsafe situation. Increased enrollment also means the "creep" of on-street parking throughout the neighborhood, which becomes a "quality of neighborhood" issue.

The School has already purchased a number of single-family homes that NOES expects to be used for another expansion in the coming years. With future expansion, the combined Epiphany site will be close to the maximum size permitted by the Land Use Code. This statute appears to limit future expansion of either Epiphany School or Epiphany Church, a historic Madrona institution designed by Ellsworth Story. The actions of NOES seek to ensure Epiphany church understands the limits placed upon its future.

For information about NOES or to get involved, contact Loring McAllaster at 329-1244 or loringmca@msn.com

Mini Mundo Spanish in Madrona!

Once again, Madrona-based Global Language Services is offering Mini Mundo Spanish classes for children—ages 18 months to 4 years—and their parents. Instructor Marco Cortes is a well-known Chilean folk singer and a trained, professional children's Spanish teacher. Marco uses his own authentic music and other Latin American folk songs to engage the children to listen, speak, and sing in Spanish. Dance and movement are also key components of the curriculum, and each class includes a snack and an art activity that incorporate the topics of the day's lesson.

The Fall session of Mini Mundo starts the first week of October at Epiphany Parish Hall in Madrona. There will be two classes offered on Fridays. Class 1 runs from 10:30 to 11:30am, and class 2 is from 11:30am-12:30pm. The session run every Friday from October 7 through December 2 and tuition is \$104.

Global Language Services also offers customized language programs. For details, contact Catherine Rigor-Hammond at 726-2002 or minimundo@comcast.net

Happy Medium Becomes Giddens School

By Sam Reich-Dagnen, Giddens School Board

Happy Medium School, located near the old Gai's Bakery, has been the school of choice for many Madrona families since it moved to the Central District in 1980. The school, which was founded in 1972 by Huda Giddens, was originally located in the U-District but moved south seeking a more diverse setting. This year, Happy Medium has changed its name to the Giddens School in honor of its founder.

Originally a preschool, over the years, the school's creative, committed, and highly-trained staff developed a very successful primary program. An independent school, today Giddens offers preschool to 5th grade kids a developmentally appropriate approach that matches materials and teaching style to each child's stage of development. Our academically excellent curriculum is achieved through sound instruction in basic skills and inquiry-based learning experiences. Students are encouraged to appreciate each other and develop self-confidence. Our graduates are socially responsive, creative, and well-prepared for a lifetime of learning.

Giddens is a community that embraces the diverse cultures, economic status, races, and family structures of its members. Approximately 35% of families receive tuition assistance and more than 40% of our students are children of color. This means that students learn about diversity in a truly diverse environment. The school is an accredited member of the Pacific Northwest Association of Independent Schools, and has been cited as a model of multicultural education by the Southern Poverty Law Center. *Seattle Weekly* readers recently voted the Giddens School best local independent school, along with the Lakeside School.

If you would like to experience the Giddens School, call 324.4847, ext. 830 and sign up for a tour. Or join us for an Open House at 620 20th Avenue S on January 21 or February 7, 2006. You can also visit www.giddensschool.org or talk about our school with Madrona Giddens parents Andrew Borges & Sayre Coombs at 464-7997 x101, or Marya McCabe & Bill Babonos at 720-0452.

*St. Therese paste-up
paste-up*

Bizzy Bodies Goes Mobile

By Wendy Cunningham

I hope this letter finds everyone well after a wonderful Seattle summer. If you've driving down 34th Avenue lately, you may have noticed that things look kind of calm at the Bizzy Body Yoga studio. That's because, after many long hours, I decided to close my studio space on August 31. Although I'd fallen in love with this incredible space during the past 18 months, over 95% of my business was from clients outside the studio at preschools, daycares, schools, co-ops, play groups, and private homes. As much as I loved the studio, it is very lonely there without enough Yogis to keep it going! So, instead of waiting for kids to come to Madrona, Bizzy Bodies is now ready to spread yoga to more kids around the city. You just say where and I bring the mats for private lessons, small and big group classes, and even birthday parties.

My decision to close the studio was challenging and life teaching as it brings up the important yoga principle of non-attachment. This reminded me that yoga lives inside of each and every one of us. I ask for your support in embracing this lesson of not being attached to a physical location in order to find inner-peace with yoga. I will always carry with me the memories and yoga that we shared at the studio. This is not good-bye; we are just on the road... and on the way to you. Namaste!

*New Broom
paste up*

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décor on 34th Celebrates 2nd Anniversary

By Teresa Carlson

To thank Madrona for supporting our business, décor on 34th is sponsoring another live street jazz celebration featuring the Jose Gonzales Trio on October 5. Stop in and see between 5:30 to 8:30pm and enjoy some great jazz.

Décor has expanded during this last year. In addition to our eclectic array of home accessories, we have added home interior design services and house staging to help you sell your home. We are finishing our big annual end of summer sale in the next couple of weeks and will have many new irresistible items as we start our 3rd year.

The Best of Wine...

On October 4 and 5, 34th Avenue in downtown Madrona will be the place to be as Wilridge Winery at 1416 34th Avenue opens its doors to the public for its annual release party. Between 6:00pm and 9:00pm, you can enjoy several new releases, and rare odds and ends and library wines available this one evening only. The new releases are:

- 2004 Evergreen Vineyards Columbia Valley Pinot Grigio
- 2004 Artz Vineyards Red Mountain Semillon
- 2004 Elephant Mountain Vineyards Yakima Valley Viognier
- 2003 Nebbiolo di Klipsun
- 2003 Lodmell Vineyards Walla Walla Cabernet Sauvignon

The release party is the one event of the year when the winery is open to the public. Winemaker Paul Beveridge will be on hand to give tours of the winery and talk about his new wines. The party is always packed, so come early.

Wilridge will also hold a Trade Tasting on October 3 from 5:00 to 8:00pm. The Trade Tasting is open to all Madrona area businesses with Washington State Retail Liquor Licenses.

... and Flower Baskets

Do you love flower baskets? Throughout the evenings, Wilridge Winery and décor on 34th will pass the basket to collect donations to support the fabulous hanging baskets that decorated 34th Avenue this summer. The Madrona Community Council made the initial investment and now the neighborhood can help ensure the baskets are an annual event.

The baskets come down in mid-October so come out on October 5 to enjoy wine at Wilridge and support the Madrona Flower Basket project. For details, call the winery at 325-3051

Madrona Computer pasteup

Madrona/Leschi Citizens Against the War (MCAW)

By Kathy Barker, 37th Avenue

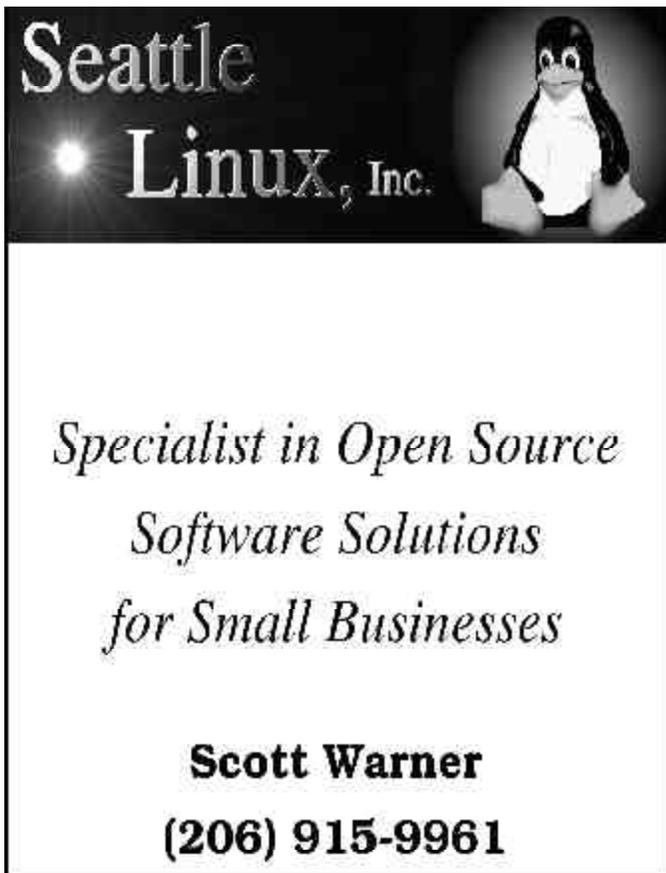
Throughout the summer, MCAW members continued to hold our Friday morning stand against the war on Iraq at 23rd and East Union from 7:30am to 8:30am. There was always someone new, either a friend of a friend or an inspired passerby who would stop and join. And a special thanks to our quiet friend who, three weeks in a row, brought each participant a flawless and colorful rose.

Now that school has started, MCAW members are working with a coalition of student and peace activists on issues concerning military recruiters in schools. As part of the No Child Left Behind (NCLB) initiative, schools are required to provide student information to recruiters and to give recruiters with access to the students at school or risk losing federal funds. At "adopted" high schools, we are passing out information about parents' and students' right to opt-out of disclosing student's personal information to the military. We are also making informational resources available to parents and students concerned with making informed choices.

For information about opting-out and NCLB, or to sign on to the MCAW weekly newsletter, contact MCAW at either kbarker@systemsbiology.org or sarahb@ saranjan.com.

See you on Friday!

Mutt Match-up answers: Jost & Cy and Bea; Katy & Cosmo, Eric & Meimei



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Madrona Moms on the Run

By Nikki Lundin, 38th Avenue

If you happen to see a pack of moms running with baby joggers around Madrona, you are lucky enough to be witnessing the newest running group in our neighborhood. The Madrona Moms Running Group was formed to satisfy the many mothers in Madrona who wanted to run with other moms and their kids. Our running group meets on Wednesdays and Saturdays at 9:30am in the parking lot at Madrona Beach, near the Spectrum Dance Theater. On Saturdays, significant others are invited to participate as well. This is a great way to meet other moms and get a workout at the same time.

Our membership currently consists of four moms and we are always looking for new runners. Our main focus is on running, although we also do a lot of talking! As you all know, the hills around Madrona are steep so we are using them to build up our strength—or at least our confidence. So far, most of our runs have been about 3 or 4 miles which is plenty since we also push our 20 pound babies in their 10 pound strollers! We don't run at any specific pace, and at times we've been known to walk. If you are interested in being a part of our running group, feel free to join us on Wednesdays and/or Saturdays. Or if you see us jogging down the street, honk or cheer us on in support! For more info, contact me at Nikki.lundin@comcast.net.

Madrona Babies

All the Madrona Moms (and Dads) welcome these new babies to the neighborhood.

Henry Evans Wise was born to Randy & Christine Wise and big sister Olivia (3 years old) on March 21, 2005.

Nathaniel Rugaber Oliveira was born April 4, 2005 to proud parents Leslie & Gary and Big Sister Isabelle of East Pike. He weighed 9lbs, 6oz, and was 21 inches long.

Turner Cassidy Snyder arrived on May 27, 2005 at 7lbs, 9oz, and 21 inches long. Her family is Katie & Al Snyder and Big Sister Ellie of 31st Avenue.

Zoey Natkin was born May 29, 2005, at 7lb 8oz, and 20 1/2 inches to first-time parents Sarina & Michael Natkin of 33rd Avenue.

Oliver Weston Willis was born August 11, 2005 at 6:02am. He weighed 8lbs, 3oz, was 20-1/4 inches long, and is the first child for Matthew & Shelly Willis of 35th Avenue.

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Winter Doesn't Chill Baseball Book Promise

By Deidre Silva, 31st Avenue

Autumn may be upon us but the Savvy Girls of Summer will not let the impending winter chill thwart their plans for a published book. The Seattle duo of Deidre Silva and Jackie Koney are feverishly writing and planning other events for Seattle women who enjoy baseball or just appreciate the chance to have fun with other area women.

As part of the project, the Seattle Mariners hosted a pre-game event in Safeco Field for almost 50 women associated with the Savvy Girls of Summer on August 27th. The team invited the group to Safeco Field's official media room for some pre-game fun which included raffle prizes, great conversation and a chance to meet two of the organization's women executives.

Marianne Short, Vice President of Human Resources, and Rebecca Hale, the team's public relations director, joined the women for a casual give-and-take about how women fans fit into the fold in a traditionally male-dominated environment. Afterward, the women sat in a section slated for the group and were featured on the stadium's big Diamond Vision a number of times during the game.

As with the Savvy Girls outing held in April when more than 60 participants attended, women at the August event were varied in age, marital status and held a variety of jobs from airplane mechanic to stay-at-home mom.

Silva and Koney have been friends for almost ten years and decided to share their enthusiasm for baseball with other women by writing a truly unique and entertaining baseball book that is geared to women. The book project is still in the hands of editors at Simon & Schuster, Penguin, Perigee, and Houghton Mifflin, to name a few. Though the book was rejected by some top publishers, the authors are hopeful about having a book contract by next spring.

Along with a Spring Training trip, the Savvy Girls are planning another all-women event at Safeco Field in April 2006. Since the Mariners were excited about meeting with everyone in August, the team has offered to host another pre-game event in the hopes that more women will come and join them for a casual gathering.

Additionally, they are planning a "barnstorming" tour down the West Coast in May 2006. The two writers are working with people in San Francisco, Los Angeles and San Diego to host similar events at Major League ballparks for area women.

Barbara Bannon
paste-up

Community Councils Host Candidate Forum

By Mark Melroy, 33rd Avenue

On September 8, six South East Seattle Community Councils worked together to host a successful candidate forum at the Mt. Baker Community Clubhouse. Former City Council Candidate and current Leschi resident, Curt Firestone organized event volunteers from the communities of Mount Baker, Seward Park, Lakeside, Madrona, Madison Park and Columbia City. Curt's outreach efforts ensured the attendance of *all* candidates in the following upcoming primary races:

- School Board Districts 5 and 7
- Seattle City Council positions 2, 4 and 8
- Port of Seattle positions 1 and 3
- Monorail Board Member positions 8 and 9

Attendance was lighter than expected but that allowed the 50 to 60 people present the opportunity to ask many detailed questions. Several questions from the crowd focused on gentrification of South East Seattle and the impact of light-rail development. The crowd also asked nearly all the candidates about their position on the monorail.

In the race for City Council Position 4, challenger Casey Corr relied heavily on the monorail issue to define the differences between himself and incumbent Jan Drago. In City Council Position 2, Madrona resident and incumbent Richard Conlin highlighted his tough stance on the project to fend off challengers Paige Miller and Darlene Madenwald.

In the race for School Board Position 5, incumbent and Madrona resident Mary Bass talked about her work to open the district's bureaucracy to the community. Opponent Jane Fellner voiced her concern over the trend of District students leaving for private schools and other jurisdictions.

Port candidates sparred over issues ranging from campaign contribution sources to reducing the port's reliance on property taxes.

Another SE Seattle Candidates Forum for the general election is already in the works and tentatively scheduled for mid-October. Races for county executive, sheriff, port positions and the monorail board will be highlighted. Watch the Madrona Community Calendar on www.madrona.us or contact me at mmelroy@yahoo.com for details.

Bush School Paste-up

MADRONA Community Calendar



IT'S CALENDAR TIME AGAIN – CHECK BELOW AND ONLINE FOR EVENTS IN YOUR NEIGHBORHOOD.
IF YOU HAVE EVENTS TO ADD TO THE ONLINE OR PRINTED CALENDAR – PLEASE SEND EMAIL TO
ERIKA@SUTHERLANDGOLD.COM. NEIGHBORHOOD EVENTS ARE LISTED FOR FREE!

MADRONA COMMUNITY CALENDAR <http://www.trumba.com/calendars/seattlesmadronacommunitycalendar>

WEDNESDAYS 10:30am PRE-SCHOOL STORY TIMES—Madrona Sally Goldmark Library, Lynn Lorenz 684-4705

WEDNESDAYS and SATURDAYS, 9:30 AM, MADRONA MOMS RUNNING GROUP - Madrona Beach Parking Lot,
Nikki.lundin@comcast.net

THURSDAYS — MONDAYS Evenings LIVE MUSIC—St. Clouds 726-1522, calendar of performers at www.stclouds.com/NewFiles/music.html

TUESDAYS – THURSDAYS EVENINGS 7-9PM, LIVE MUSIC – Dulces Latin Bistro, 322-5453

SATURDAYS 10-11am & 3-4pm FAMILY SWIM—Medgar Evers Pool 684-4766

- Sept 21 **Homeless Cooking**, 9:00-1:00, St. Clouds Restaurant, John Platt 726-1522
- Sept 22 **East Precinct Crime Prevention Coalition** - 6:30 - 8:30 PM, 2120 S. Jackson, Seattle Vocational Institute, Mary Williams, 587-4950
- Sept 22 **Madrona Dining and Sipping Society Dinner** - 6:30 PM, Dulces Latin Bistro, Audrey Seale, audreseale@qwest.net
- Sept 23 **Garfield High School Reunion for classes of 1970-76** - 7:00 PM - 2:00 AM, The Royal Esquire Club, 5016 Rainier Ave S. Deborah 218-5919
- Sept 24 **Friends of Madrona Ravine Work party – 9 – 12**, Meet at the bus stop on Madrona Drive next to the Pine Street Pedestrian Bridge, Linda Hanson, 322-5554
- Sept 24 **Retirement dinner for Rev Dr Robert Williams** - 5 - 10 PM, RSVP to church office 324-2573.
- Oct 2 **Arboretum Foundation Fall Bulb and Plant sale** – 10 - 3PM sale, www.arboretumfoundation.org , 325-4510
Graham Visitors Center
- Oct 2 **Gospel Extravaganza** - Fund Raiser for Seattle African American Comfort Project – 3 – 5PM, Mt Zion Church 1634 19th Ave, Barbara Banon 725-2930
- Oct 4 **Community meeting on Disaster Preparedness** - 6:30PM, Madrona Playfield Shelterhouse
- Oct 4 **Madrona Community Council Meeting** - 7:15 PM, Madrona Playfield shelterhouse, Bill Hanson, 322-3450
- Oct 4 & 5 **Wildridge Winery Open House** – 6 - 9PM, 1416 34th Avenue, 325-3501
- Oct 8 & 9 **Grocery Outlet Grand Opening** – Festivities start at 8AM
- Oct 8 **Friends of Madrona Ravine Work party - 9 – 12**, Meet at the bus stop on Madrona Drive next to the Pine Street Pedestrian Bridge, Linda Hanson, 322-5554
- Oct 13 **Parks Board Hearing on Madrona Ravine** - 7:00 PM, 100 Dexter Ave., Peg Gaynor, peggy@gaynorinc.com
- Oct 15 **Madrona Woods Work Party!** - 10 -2 PM, Meet at 38th and Marion, Deirdre McCrary, jaymccrary@gbronline.com
- Oct 19 **Homeless Cooking**, 9:00-13:00, St. Clouds Restaurant, John Platt 726-1522
- Oct 27 **East Precinct Crime Prevention Coalition** - 6:30 - 8:30 PM, 2120 S. Jackson, Seattle Vocational Institute, Mary Williams, 587-4950

September

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

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*Landmark Group
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