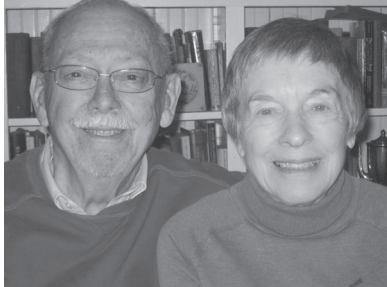




February 2012
Issue No. 241

Publishers by Chance and By Choice

Mount St. Helens's 1980 eruption was followed by an explosion of another sort at Madrona Publishers, Inc. Book publishing is a slow process, and at that time instant books were unusual. But, according to Madrona Publishers' founder Dan Levant, his independent publishing house joined forces with the Longview *Daily News* to issue *Volcano: The Eruption of Mount St. Helens* in six weeks, which landed on the *New York Times* trade paperback best-seller list for six weeks. In a recent interview, Levant chuckled to recall the frequent phone calls he received while attending a booksellers convention in Chicago and his successful efforts to keep the staff calm and keep the project moving.



The Levants

Levant said that he never intended to spend a career in publishing, but Karma seemed always to push him in that direction. After a stint in the service and almost five years in Spain, Levant's first job upon returning to the US was with Doubleday in New York. That led to a job as a literary agent. But Levant and his wife Sara recognized that New York was not the place for them to raise their two children. So they opened a map of the US and picked Seattle for their westward adventure. Equipped with gear that included a \$15 pup tent and traveling in a VW squareback, the family car-camped their way across the country to what became their now long-time home in Seattle.

Fate dealt another card favoring publishing when the UW Press offered Dan a job marketing scholarly books. After working at that job for some years, Dan got to
(continued on page 2)

Council Corner

The Madrona Community Council is already busy planning events for 2012 to keep our neighborhood vibrant and connect Madrona residents to the community. Volunteers and Sponsors are needed for all the events. If you have a few hours or dollars to offer please contact Stacey Kryman at staceykryman@gmail.com.

• **Mayfair - May 12**

This year the MCC will partner with Business Owners of Madrona to make Mayfair a day-long event. Kick off the morning with the traditions of parades, pony rides, and bouncy houses at the Madrona Playfield. Then make your

way north along 34th Ave. to enjoy an afternoon filled with live music, food, and drink. There are opportunities for company sponsorships this year, so if your small business is interested in reaching this great community of neighbors, please contact Soni Davé-Schock at soni@bottlehouseseattle.com or Stacey Kryman at staceykryman@gmail.com for more details.

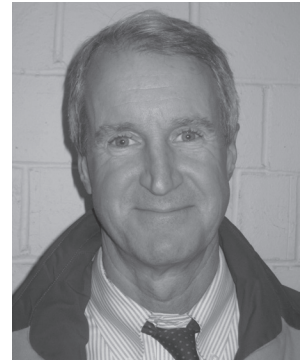
• **Wine Tasting**

The November Wine Tasting event was such a success, plans are in the works to create a summer event (date TBD) along with the new November tradition of hosting a wine tasting.

(continued on page 2)

Meet Holly Smith, MCC President

Members of the Madrona Community Council meet formally once a month to address Madrona issues and concerns and plan events relevant to the Madrona community. This year the group is led by Mr. Holly Smith, who stepped up to fill an unexpected March vacancy in the MCC presidency and was



Holly Smith, MCC President

elected to his own one year presidential term in November 2011. But Holly's involvement with the MCC stretches back five years. His initial involvement was a result of his wish to give back to the community by attending MCC meetings and contribute his two cents by way of support. He says that serving as president now has upped the ante—from two cents to a nickel.

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

wondering: What's next? The answer again was publishing when Dan and partner Bill James founded Madrona Publishers in the living room of Dan and Sara's Madrona Place home in 1974. Sara had a job with the school district that disappeared with budget cutbacks but eventually got a better job at Alaska Northwest Publishing in Edmonds—also bringing her into publishing at work and at home.

Madrona Publisher's first book was *Superspill*—a fictional piece about a major oil spill on Puget Sound that attracted much legislative attention and clarified the importance of environmental safety in the Pacific Northwest. Levant said that book publishing is a very personal business and many of Madrona Publishers' early books were authored by people he knew from the neighborhood. These books included Jean Carlson's book on soccer, Bob Peterson's picture book, and Carol Richman's book for children. Unlike most small independent publishers that are founded to serve particular points of view, Levant wanted his company to be a general publisher—not unlike the many different branches found on a madrona tree. Levant explained that at the time independent book publishing was very hot on the West Coast. It was often described as “life-style” or “hot tub” publishing.

Madrona Publishers was soon able to move to an office on Elliott Avenue just north of the Pike Place Market with a staff of 12 people. His real brag is that the original \$7,500 investment led eventually to a publishing company with access to world markets and a couple of years of a million dollars in revenue.

Among books readers might recall was the *Best Places* series that Levant started with Madrona resident David Brewster. Sara Levant recounted the work done and fun that David and Dan had traveling the Northwest to identify best-place candidates. Dan says that for their first edition in 1977, the only four-star restaurant they could find in Seattle was the Mikado on Jackson St. He added that Seattle was a culinary wasteland at the time.

Although Madrona Publishers wound down in the early 1990s, Dan has consulted for over 25 years with Epicenter Press, Alaska's leading regional publisher. He expects his new project there to be his last in publishing. The book brings together Levant's passion for baseball (he says he grew up in Fenway Park) and his career in publishing. Titled *Shipwrecked: A People's History of the Seattle Mariners*, and due out in March, the book chronicles the recent history of the team under its present ownership. As Levant explains it, despite a terrific baseball park and enough great players, the team has never gotten near the World Series.

In the age of electronic publishing and information immediacy, Dan Levant believes the book is alive and well. Acknowledging that distribution and author payments and so many other aspects of publishing are being revolutionized, he notes that the book itself continues as it was, even as modes of publication are still being sorted out. Despite his protestations to the contrary, it seems likely that book publishing will find ways to keep Dan Levant part of the sorting-out process.

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

• *Madrona 5K Road Race*

In late summer the MCC is planning to host Madrona's first annual 5K road race. Run through our beautiful neighborhood and challenge yourself with some of Seattle's hilliest streets.

• *Halloween*

The Halloween tradition continues. Start your trick-or-treating at the Shelterhouse with sweet baked treats, then go on a spooky scavenger hunt throughout Madrona's business district

• *Holiday Wreath Sales*

Holiday Wreaths will be available for purchase this year, beginning at the Halloween event leading up to the holiday season. These will be perfect for gifts or your own decorations.

Madrona Community Council Meeting *Draft Agenda

- For February 7, 7:15pm at Madrona Playfield Shelterhouse
- » Metro King County representatives to discuss No. 2 route changes
 - » SDOT - Dave Allen to collect 34th Avenue tree removal feedback
 - » Neighborhood Appreciation Awards and day – we need volunteers and to plan next steps
 - » Discuss SNAP meeting scheduled for Feb. 9 at Madrona K-8
 - » Fund-raising and event planning for 2012 – Subcommittee meeting date?
 - » Madrona K-8 work party (non-monetary)
 - » Other business

*Please be aware that draft agendas can and do change.

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Holly Smith... (cont'd from page 1)

Because his father was a career Marine, Holly and his eight siblings moved frequently throughout their childhoods. Holly followed that pattern after graduating from the UW in 1980, living mostly in the Washington, DC, area before settling in Seattle about 15 years ago. He has lived in Madrona more than eight years, choosing it because he loved the neighborhood of the Peaceable Kingdom. Holly is an outdoor enthusiast who enjoys water skiing, wind and board surfing, and swimming in Lake Washington. But Holly says his passion is mountain biking, a pursuit that leads to road biking excursions as frequently as time permits. When asked to describe stellar mountain biking experiences, Holly noted he once saw a bear, mountain goats, deer, elk, and a bobcat all in the same biking year.

Madrona News readers will note that Holly's emails and other contact information usually list him as *Mr.* Holly Smith. He explains that he was named after a squadron mate of his father in Korea; both were Marine pilots. According to family lore, his mother swore that Holly was a nickname but his father said the squadron mate's real name was Holly. Later they learned that the man's name was Hollister, but Holly was the name on the birth certificate and Holly Smith it remains.

In addition to pursuing his outdoor interests and his volunteer work for the Madrona community, Holly is a project manager for an Eastside homebuilder and developer. He has previously worked as a budget analyst, a carpenter, and a manager for DC nightclubs.

Restaurant Bea to Open in Madrona

Chef Tom Black and public relations manager Kate Perry intend to open Restaurant Bea at 1423 34th Ave. Tom has been in the restaurant industry for 28 years, cheffing and managing at well-regarded restaurants in the Puget Sound area, including Fuller's, the Barking Frog, and Alderbrook Resort. A resident of Madison Valley, Tom was delighted to find a Madrona location for the new restaurant. Kate's background is in public relations and restaurant marketing. She looks forward to welcoming guests at Restaurant Bea's front door.

According to Black and Perry, the new restaurant's name doesn't have a specific origin. Rather it is intended to conjure up the wholesome, warm, and inviting environment the name suggested to them. Restaurant Bea will offer seasonal comfort food, which means a fluid menu built around ingredients at their peak. Black and Perry expect Restaurant Bea will appeal to many different Madrona and Seattle crowds, whether they visit for happy hour or sit-down meals that gather friends or family. They believe their venture will be a good fit for the neighborhood, both on offerings and on price.

Perry and Black expect to be open five evenings a week at launch, with possible weekend brunches to follow. They also hope to make the private dining space (which Black dubbed Little Bea) available for many uses, such as a weekday coffee meeting or group dinners. Black and Perry further encourage Madrona residents to suggest other uses for Little Bea. Residents are invited to stop by during construction and visit the new restaurant after its expected mid-February opening.




A Valentine's Day card for Juniper. It features a line drawing of a large flower with a stem and leaves. The word "Juniper" is written in a large, stylized, cursive font. Below the name, it says "HAPPY VALENTINE'S DAY!". At the bottom, it lists the business hours: "Tue-Sat 11 a.m.-6 p.m. :: Sun 11 a.m.-5 p.m." and the address "3314 E. Spring St., Seattle, WA 98122". The website "juniperinmadrona.com" is also listed.

Juniper

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Tue-Sat 11 a.m.-6 p.m. :: Sun 11 a.m.-5 p.m.
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juniperinmadrona.com



An advertisement for GIRLIE PRESS. It features a stylized, high-contrast illustration of a woman's face with long, wavy hair. The text reads: "HEAVY DUTY INDUSTRIAL STRENGTH GIRLIE PRESS INC. PRINTING * OFFSET * LETTERPRESS * DIGITAL". It also states "LOCALLY OWNED OPEN SINCE 1995". A small map shows the location at the intersection of E Olive St and 21st Ave. The address is "1658 21ST AVENUE SEATTLE, WA 98122". Contact information includes "T 206.720.1237", "F 206.720.1192", "INFO@GIRLIEPRESS.COM", and "WWW.GIRLIEPRESS.COM".

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Updates on Proposed Bus Route Changes

In addition to attending the Feb. 7 Madrona Community Council meeting (7:15, Madrona Playfield Shelterhouse), Metro confirms a community meeting in the Central Area Feb. 27 from 6:00-8:00 pm at the Washington Middle School Lunchroom, 2101 S Jackson St. Metro also hopes to get on the Feb. 9 Central Area District Council meeting agenda. For this and other public meetings on proposed bus route changes, see: metro.kingcounty.gov/have-a-say/calendar.html.

The purpose of these meetings is to give the public an opportunity to share their feedback and ask transit planners about the set of proposed changes for Sept. 2012 and what it means for them. Public comments will be gathered at the meetings and via an online survey found at metro.kingcounty.gov/have-a-say/get-in-the-know/projects/route-information.html. These comments will help shape the recommended changes that are finally sent to King County Council. The Council will hold their own set of public hearings in April/May prior to their vote on these major route changes.

The MCC website www.madrona.us provides a map of proposed bus route changes (see the .pdf attachment at the bottom of the page) as well as articles on proposed changes from recent issues of Madrona News. The website is a wiki; you can join to provide additional information on proposed bus route changes.

A Curmudgeon's Holiday Season


By Malcolm Harker, 37th Avenue


Madrona celebrated the holiday season with the traditional orgy of eating and shopping. On Capitol Hill they had Santa's Samba Band—maybe we can persuade them to samba up to 34th and Union next Christmas?

Local residents' holiday shopping favorites included fat screen TVs (the fatter the better) and iPhones. Your correspondent is reliably (?) informed that there's an app that tells you what your neighbors are watching on their giant screen; so you can out the Q13FOX closet Republicans – who needs diversity of opinion in “The Peaceable Kingdom” anyway?

The most awesome development is, however, rumored to come from a locally based discount shopping club. Following its successful multi-million-dollar Drink Local campaign, Madrona's liquor needs could conceivably be met by a 10,000 sq. ft. MadCo Liquor Lot on the site of Al Larkins Park at 34th between Pike and Pine. Anonymous sources also tell us that to compensate dog owners for the loss of a convenient doggie bathroom, MadCo is considering offering a valet mutt mitt service. So you can pick up a pint while Rex drops off whatever... According to Google Maps, it's downhill all the way from there.

Editor's Note: Author Malcolm Harker proposes a *Madrona News* series titled “Curmudgeon's Corner.” Above is his first submission; other curmudgeons also are welcome to send their commentaries on Madrona life and times to madronanews@gmail.com; Notes to Contributors are available at the same email address.




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Five Families Found Christmas Shelter at Julia's Place

Julia's Place at Madrona Grace Presbyterian Church launched for its first week over Christmas, providing a place to sleep, and delicious dinners and breakfast for five families of mothers and their children, all of whom are temporarily homeless.

These families experienced warm Madrona hospitality, thanks to an outpouring of support and the generosity of many residents. Madrona Moms donated furniture, appliances, toys, and more. Special thanks go to Betty and Ken Peterson and Nichole Peterson for their coordination efforts and to the Pritt Family Foundation for its financial support. "It was such an energizing experience to unite as a neighborhood to help bring Julia's Place to life," said Nichole Peterson.

Efforts are underway for Julia's Place to provide year-round shelter as well as participate in shelter rotations other churches offer. Currently 13 churches operate a family shelter on a rotating basis to address the great need for family shelter beds.

More organizational partners and individual volunteers are needed to open Julia's Place all year. Religious and community groups are invited to become organizational partners, which means providing meals and volunteers for a week at a time. While Julia's Place has already received most of the in-kind donations it needs, the following items are still needed: refrigerator, dishwasher, clothes washer, clothes dryer, vacuum cleaner, toaster oven, Ping-Pong table, bulletin boards, and a computer.

For more information, visit www.madronachurch.org or contact shelter@madronachurch.org.



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Take Your Favorite Bottle out to Dinner

By Jim Maloney, Madrona Wine Merchants

Whether it is part of a new flirtation or a longtime romance, you can take that favorite bottle of wine with you when you dine out. Visiting your local wine shop before dinner can suddenly expand a restaurant's wine list from a few bottles to a few hundred. Think of the versatility--whether you have something special in mind or just want something different from what the restaurant offers. And remember, great dining is founded on matching good food with good wine.

In exchange for opening and serving you wine in the bottle you bring, restaurants charge a corkage fee that varies from place to place. I conducted a survey of Madrona restaurants to report what each charges. They all seem very reasonable when you consider the service you are getting, which is not only for uncorking and pouring the wine, but for providing glasses and cleanup.

- St. Clouds \$15
- Bistro Turkuaz \$20
- Madrona Pub \$8 to \$10 (ask your server)
- Naam \$10
- Pritty Boys Pizza \$10
- Café Soleil \$10
- Restaurant Bea (not yet decided, so ask your server)

There is a little etiquette for bringing your own bottle to a restaurant:

1. Don't bring something that is on the restaurant's wine list. Madrona Wine Merchants has wine lists for several Madrona restaurants, so you can check this out in advance.
2. Bring a quality bottle of wine. It doesn't have to be expensive, but don't take something that is very low price. There are other reasons to avoid drinking poor-quality wine, but that's a topic for another day.
3. Tip as if you ordered a bottle off the menu. Your servers are doing the same amount of work, so don't short them.

Bon appetit.



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Coyote Central

Coyote Central is well established in its new headquarters at 23rd and E. Cherry. Middle school kids who are cooking, welding, breakdancing, or making music, fashion, and custom bikes are bringing new life to the vacant corner. Registration is now open for Coyote's spring break courses and spring term for out-of-school workshops for 5th to 8th graders. To register visit www.coyotecentral.org.

The Valley School


The New Year has launched well at Valley School. Our annual Open House for both current and interested parents is Feb. 2 at 7:00pm, beginning in the Meeting Room at 3014 E. Thomas. Reservations are not required and all adults are very welcome. This is a once-a-year opportunity to hear directly from two classroom teachers at different grade levels. Admissions tours for next year continue through February on Thursday mornings. For information about signing up for a tour, email info@thevalleyschool.org or call the admissions director, Gail Mensher, at 328-4475 ext. 2. The Valley School serves children ages 4 to 11 years in pre-kindergarten through fifth grade.

Welcome Madrona Babies:


Kristine and Casey welcomed their new son Tyson to Madrona this past November.

On June 5th Tony and Claire Carbary of 29th Avenue joyfully welcomed their baby Iris Evelyn Carbary.

Editor's Note: In ongoing efforts to connect neighbors to one another, the Madrona News can print birth announcements. If you are a Madrona family who recently had or adopted a child and would like to announce that event to the neighborhood, please send the following to nikki.lundin@comcast.net: you and your partner's full names, the full name of the baby, date of birth, and the street you live on (ie. 38th Ave.). Monthly email reminders also will be posted on the Madrona Moms distribution list.



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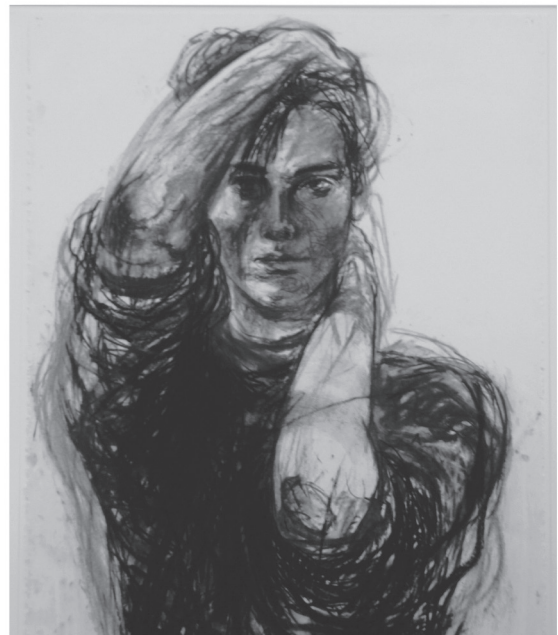
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Notable Neighborhood Activities

Entrepreneur Magazine named Lee Barnes, founder of glassbaby, their 2011 Entrepreneur of the Year. According to the article announcing the award, more sales at glassbaby means more giving. The organization currently donates seven percent of sales to programs that help cancer patients with lifestyle requirements not covered by health insurance; a future goal is to raise that figure to 10 percent. To date glassbaby has contributed more than \$650,000 to organizations such as the Fred Hutchinson Cancer Research Center and the Memorial Sloan-Kettering Cancer Center. Also in 2011 Barnes was honored with the "It's Always Something Award" from Gilda's Club New York City for her work to help cancer patients.

Wilridge Winery was recognized recently for two important achievements. Naches Heights (NH), Wilridge's vineyard land, was named Washington State's 12th American Viticulture Area (AVA). Any wine carrying the NH AVA must contain 85 percent NH grapes, which are further distinguished because vineyards in the new AVA are certified as biodynamic, organic, or sustainable. Founder Paul Beveridge explained that Wilridge has been farming on Naches Heights for five years and producing wine from grapes grown there for the past two years. Wilridge Wine can be sampled at The Tasting Room Seattle (1924 Post Alley) which *Sunset Magazine* named the "The Best Tasting Room in the West" in 2011.



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Central District Resident Runs for King Conservation District Board

Jennifer Bacon, a resident of the Central District, is running as a candidate for the King Conservation District (KCD) Board of Supervisors. KCD is a non-regulatory agency providing technical expertise and conservation programs to all district landowners. While they are well known for their work with livestock operations, KCD also provides support for city dwellers engaged in backyard conservation.

When asked why she's running, Bacon replied, "There is currently no urban voice on the board. I will bring an urban perspective and make connections between rural and urban conservation."

Bacon cites storm water runoff as an example, saying "If we can help landowners mitigate urban runoff, we can facilitate drainage in rural areas and improve salmon habitat at the same time." Constituents will not receive mail ballots. Instead, they can vote online at www.kingcd.org from Feb. 28 to March 13; in-person voting takes place at the District's Renton office on March 13 from 9:00am to 9:00pm.

For additional information, contact Jennifer Bacon at 414-8195 or jenbacon.kccdbos.candidate@gmail.com.

Street Trees Slated for Removal on 34th

By Sarah Westneat, 35th Ave.

Seattle Department of Transportation is planning much needed sidewalk repair along 34th Ave. and is seeking neighborhood feedback on how to proceed. They have already removed six trees across from Madrona Playfield and soon expect to remove three more trees on 34th Ave. between Spring and Columbia. SDOT takes community feedback very seriously.

In future, 29 more trees are slated for removal. We have started a committee to apply for grants for alternatives to removal and solutions for replacing any removed trees. Please attend the scheduled Feb. 7 MCC meeting to hear from SDOT. Please also join our street tree committee --we need technical and motivated support. To volunteer call me at 250-4998 or email SarahWestneat@comcast.net.

Madrona Auto Becomes Pike Station

By Tom Flood

The classic and iconic gas station at 34th Ave. and E. Pike has been a welcoming beacon in the Madrona business district since 1931. It is scheduled for January demolition. This property has enjoyed many uses, most recently as Madrona Biofuels and Dirty Hands Co-op, which manufactured and distributed B99 bio-diesel from waste vegetable oil provided by some neighborhood restaurants. A community celebration will be held at the site on Jan. 28 from 6:00-9:00pm. Please come by to say goodbye to a familiar neighborhood icon and welcome a new feature in Madrona's business district.

In February, site construction will begin on a mixed-use development project called Pike Station. This project has been in planning stages for eight years, and will result in seven new live-work townhomes. Next month's *Madrona News* will report on the new project's design; floor plans can be found and inquiries answered at www.pikestation.com.

Help Prepare Your Family and Community for Emergencies

The MCC invites all neighbors to attend the SNAP emergency preparedness community organizing meeting on Thursday, Feb. 9, from 7:00-8:30pm at the Madrona K-8 school library. As detailed in the January Madrona News, SNAP stands for "Seattle Neighborhoods Actively Prepare" and is a part of the Office of Emergency Management (OEM). The premise of SNAP is that neighborhoods should be self-sufficient for three days following a major disaster when 911 emergency response services are typically unavailable.

On Feb. 9 a trainer from SNAP will provide:

- step-by-step checklists to help attendees prepare a family disaster plan
- information about how neighbors can form groups, designate a leader and register with the Seattle OEM

Bring your emergency preparedness questions and learn more about how to better prepare your family, your block, and our community for a potential disaster.

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Madrona Dining and Sipping Society

By Audrey Seale, 36th Avenue

Lots of plans are underway for the Madrona Dining and Sipping Society in 2012. To hear about them and to join in, contact me at audreyseale@comcast.net with your request to join the email list. You don't want to miss the fun! New restaurants, old neighborhood favorites, neighborhood chefs in their restaurants, and even dinner and a show are ahead. Hope to see you there.

Immigration Series to Start

Starting with the March issue, Sandra Chait, author of *Seeking Salaam* and contributor to *Madrona News*, will launch an occasional *News* series on Madrona refugees, immigrants, and immigrants who became US citizens. Seven per cent of the neighborhood's current population consists of foreign-born residents, who contribute to the cultural and economic vitality of Madrona. Ideally, this series will highlight the experiences of both new immigrants and those who have been here many years or are now US citizens. Chait, a naturalized US citizen since 1980, says she still remembers how it felt to acculturate to American ways and how her British-sounding accent embarrassed her American children. If you'd like to share your experiences, or have a name to suggest or ideas to contribute, please contact Sandra at schait@comcast.net.

Play Madrona Mutt Matchup

By Andrea Matus-Magee, Randolph Place

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



Jeffrey - 32nd Avenue



Beaton & Lulu



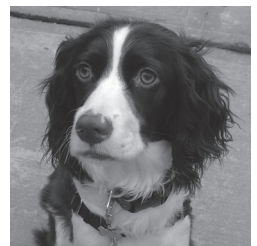
Leslie - Spring Street



Molly



Marisa - 31st Avenue



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Peace Corps Update

By Maggie Aspland

I have been in Kenya for seven of the 24 months in my Peace Corps assignment. It's a long way from my home in Madrona. I now live by a junction of two dirt roads, five kilometers from paved roads, public transportation, and the nearest village, and 1.5 hours from Nakuru, Kenya's fourth largest town. I spoke to my elderly mother the other day, and she was surprised that I had electricity and was not living in a mud hut. In Nakuru I can get anything. Recently a new Nakumatt Store opened; it's a small version of Target. They sell truffle oil for \$12 a bottle in a nation where average family income for the rural poor is \$1 a day.

I am attached to a Kenyan NGO that is an umbrella organization for approximately 350 women's groups. Each group has between 20 and 30 members who meet once a month to save and lend each other money. It is called table banking and is micro-micro financing. We just had our anniversary party and about 4,000 people showed up.

Even though I came to Kenya as a business volunteer, I have been involved mostly in health projects, such as teaching an HIV/AIDS school program for 10-14-year-olds. The current HIV/AIDS figures are getting better, with fewer people testing positive than in the past. But there are areas in the country where infection rates are as high as 24 percent. Although many people are HIV positive, the attached stigma is enormous, so people avoid being seen at testing centers to prevent gossip. Infection rates for women are much higher than for men, in part because Kenyan men are in denial that they could be HIV positive.

My latest project is a re-usable, washable sanitary pad which in Swahili I have named "Mwezi Poa, pedi za fuguliwa" which translated directly means: cool month washable pad. Next week I will begin teaching girls and women how to make the pads. This will really help girls who miss several days of school per month because they cannot otherwise afford sanitary pads.

Habari ya Mwaka Mpya, Happy New Year to all my Madrona neighbors. My blog is: <http://maggie-india.blogspot.com/>.

Chinese New Year and Tet Begin

Jan. 23 marked the beginning of Chinese New Year or year 4709 (4710 according to some) on the Chinese calendar, which consists of both Gregorian and lunar-solar calendar systems. Festivities traditionally continue for 15 days until the moon is brightest, taking this year's celebration into February. In China, people may take long holidays from work to prepare for and celebrate the new year by wearing red clothes, decorating with poems on red paper, and giving children "lucky money" in red envelopes. Red symbolizes fire, which according to legend can drive away bad luck. Long ago, people in China lit bamboo stalks, believing that the crackling flames would frighten evil spirits.

Vietnamese New Year, or Tet (which means the first morning of the first day of the new year), also began on Jan. 23 and is variously celebrated for 3-10 days. Like Chinese New Year is to most Chinese, this is one of the most celebrated holidays for Vietnamese. Homes are cleaned to get rid of bad fortune associated with the old year. According to tradition, everyone pays their debts, resolves differences with others, and gets new clothes and new shoes. Like the Chinese, Vietnamese people are very careful about what they do on New Year's Day because those events can determine luck for the rest of the year.

This is the year of the dragon in both Chinese and Vietnamese tradition; it is variously referred to as the Black Dragon, the Water Dragon, or the Black Water Dragon. Dragon years are believed to be lucky for anyone thinking of starting a business

(continued on next page)



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or initiating a new project because money is easier to come by. People born in the year of the Dragon (which occurs every twelfth year) are believed to be passionate, brave, and self-assured. At their best they are pioneering spirits; at their worst, they epitomize the old adage: fools rush in where angels fear to tread. In general people born under this symbol are believed to be blessed with good fortune. They are smart, enterprising, and have a wicked sense of humor and a natural flair for fashion.

Happy New Year to all once again.

Haydn Engelke, Eastern Elements Acupuncture contributed to this article.

February is Black History Month

Every month is “Black History Month” at BlackPast.org, but this fantastic website recognizes that many people particularly focus on African American history during the month of February. Accordingly, this online reference guide to African American History provides links helpful for teachers, students, and the general public who wish to commemorate Black History Month or learn more about our shared history any day of the year.

The website itself is a 10,000 page reference center dedicated to providing information on US African American history and on the more than one billion people of African ancestry around the world. Blackpast.org provides an online encyclopedia of famous and less well-known people whose contributions to black history are known. There are also links to hundreds of websites that document the history of people from African ancestry, including major black museums and archival research centers. The website also provides quick references to many more topics of interest.



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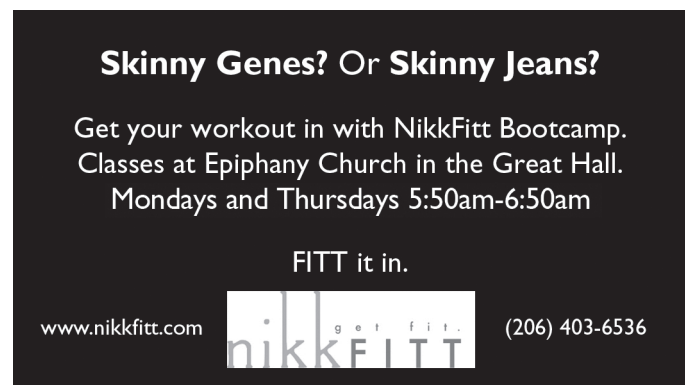
By NikkFITT (Nikki Lundin), E. Marion

How are your New Year's resolutions going? Not so great? Well, don't beat yourself up. By February, many people have stopped or given up on their New Year's resolutions, especially the fitness- and nutrition-related ones. But don't let a little slip up on your resolutions stop you from achieving your goals. You can incorporate small lifestyle changes to get you back on track. Here are a few suggestions to get you going again:

1. **Eat Breakfast**—I'm always surprised at how many people skip this important meal. Maybe it seems counterproductive to eat more, but actually your body needs fuel for the day. This meal should be your biggest of the day. Personally, I like fruit mixed with Greek yogurt, a hard-boiled egg, and a few almonds. I like to eat protein at most meals, because it will make you fuller rather than hungry. Stay away from muffins to avoid a muffin top.
2. **Climb Stairs**—We are lucky to live in a neighborhood full of staircases and hills. I like walking the stairs and skipping a step in between each. When I'm lunging between stairs it forces me to use and strengthen my core. If I don't have a lot of time, I do a route that I call "Short and Steep." I try to run as many hills and staircases as I can in a short amount of time. You can create your own route on the stairs or take on a bigger challenge by running up Madrona Drive a couple of times.
3. **Use the Buddy System**—Get a friend to work out with you. It's helpful and good support.
4. **You can Cheat**—One of the biggest problems with dieting is that people feel deprived of certain foods. I think one meal a week should be whatever you want. ONE meal, not a whole day of junk food. You are not a garbage can, so don't fill yourself up like one.

Remember, you have to start somewhere. Make small steps toward your goal. You can do this.


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MADRONA COMMUNITY CALENDAR

See the Madrona website at www.madrona.us. Alternatively, send your event in the format below to madronanews@gmail.com by Monday noon for Tuesday additions.

WEEKLY RECURRING EVENTS:

- MONDAYS** Tom Bennett and The Rolling Blackouts—Every Monday at St. Clouds. www.tombennettmusic.com
- MON & THURS** 5:50am – 6:50am **Bootcamp Class**—Get up early and get fit! Epiphany Parish Great Hall. Nikki Lundin, www.nikkifitt.com
- 1st & 3rd TUES** 8:00pm **Song Writer's Salon**—A not-so-open mic at Bottlehouse; contact comalrkin@gmail.com for information about performing
- WEDNESDAYS** 4:00pm – 5:00pm **Bible Study**—Epiphany Christie House Library, Epiphany Episcopal, 1805 38th Avenue, 324-2573. www.epiphanyseattle.org
6:00pm – 7:00pm **Spiritual Reading and Prayer**—Madrona Grace Presbyterian Church, 832 32nd Avenue. www.madronachurch.org
- THURSDAYS** 9:00am **Valley School Tours for Prospective Families**—Through February. Reservations required. The Valley School, 310 30th Avenue E, 328-4475
10:00am **All Threads Together**—Join for conversation and knitting, crocheting, needlepoint, etc. Epiphany Library, Deanna Killian, 524-1501
11:00am **Family Story Time**—Bring your preschoolers and toddlers to enjoy stories, rhymes, songs. Madrona Library, 684-4705
6:00pm – 8:00pm **Wine Maker Reception & Free Tasting**—Support our local winemakers at Bottlehouse, 1416 34th Ave www.bottlehouseseattle.com
7:30pm **AA/ALANON Meeting**—Great Hall, Epiphany Episcopal, 1805 38th Avenue, 324-2573
- FRIDAYS** 7:30am **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, Kathy Barker www.kbarker715@comcast.net
- SATURDAY** 2:00 – 4:00pm **Free Wine Tasting at Madrona Cellars**—1127 34th Avenue. For more information consult www.MadronaWineMerchants.com
- WEEKENDS** 9:00am – 5:00pm **Donate Used Goods**—Northwest Center Big Blue Truck. Grocery Outlet. www.bigbluetruck.org

- Jan 28 **Coyote Central Registration**—Begins for Winter Term out of school courses for 5th - 8th graders. Classes run Feb. 4- March 26. For information, see www.coyotecentral.org
- Jan 28 2:00–4:00pm **Reception**—For new Prographica Exhibit: Landscape Part I: Urban and Rural, 3419 E Denny Way
- Jan 28 6:00-9:00pm **Community Celebration**—Bid Adieu to Existing Buildings at 34th and Pike and Welcome Pike Station. Food, beverages, music provided; all are welcome.
- Feb 1 1:00pm-2:00pm **BOOM (Business Owners of Madrona) Meeting**—Amara meeting room. Contact Soni Dave-Schock madronabusineses@gmail.com
- Feb 1 7:30pm **Leschi Community Council Meeting**—Central Area Senior Center, 500 30th S. Diane Snell jdsnell1@comcast.net
- Feb 2 7:00pm **Valley School Open House**—For Current and Prospective parents. Meeting Room at 3014 E. Thomas
- Feb 4 9:00am–3:00pm **Neighborhood Work Party for the Leschi Natural Area**—Rain or shine we will meet at the Park entrance at 36th Ave and East Terrace. Gloves and lunch provided for participants. Contact Bunny and Fran Wood 323-2296 or Diane Morris 322-7648.
- Feb 7 7:15pm **Madrona Community Council Meeting**—Everyone welcome! Madrona Playfield Shelterhouse. Holly Smith, ho2lye@yahoo.com
- Feb 9 Time TBA (see www.madrona.us) **SNAP Emergency Preparedness Meeting/Training**—Madrona K-8 Library.
- Feb 15 9:00am–1:00pm **Homeless Cooking Wednesday**—Bring a knife and a cutting board. Donations of fresh food (no protein) and money always welcome. St. Clouds Restaurant. John Platt, john@stclouds.com
- Feb 25 10:00am–1:00pm **Friends of Madrona Woods Work Party**—Meet at the toolbox at Spring & Grand, Deirdre McCrary deirdre_jaymccray@msn.com



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