

M a d r o n a N E W S

www.madrona.us

Mar 2010
Issue No. 222

New Science Bring Closure to Old Madrona Crime

By Kim Herber, 35th Avenue

In 1968, James Keuler lived alone in his Madrona home tucked back into the trees on E. Schubert Place. He'd come to Seattle seven years earlier, a native of Chilton, Wisconsin and a 1942 graduate of Chilton High. In between, he'd spent a couple of years at the University of Wisconsin and managed a resort in Wisconsin. Soon after joining the US Army, James was one of the more than 300,000 troops who took part in the June 1944 Invasion of Normandy. He was the oldest of the four Keuler brothers.

James was often away from his Madrona home, traveling throughout the northwestern territory he represented for the Lord Jeff Knitting Company. Lord Jeff manufactured sweaters and other knitwear and James was one of their salesmen. He occasionally went to company headquarters in New York City, but usually he worked out of his home office on E. Schubert.

In 1968, Madrona was a much rougher neighborhood than it is now. James's home was burglarized several times. He decided it was worth the money to pay \$30 a month for an alarm system that connected directly to the Seattle Police department switchboard. He also gave at least one neighbor a key to his home.

Despite his precautions, during the weekend of June 8 and 9 that year, an intruder again entered James' home. Exactly what happened next is certain to only two people. What we do know is that the following week, James's friends grew concerned because he wasn't answering his phone. The neighbor with the house key let himself in and found James dead, apparently stabbed to death.

At the time of the murder, Seattle Police told James's parents that it didn't appear that the home has been robbed. When they came to Seattle from Wisconsin to bring their son's body home for burial, the police assured them that they were following leads and would do all they could to find James's killer. But the years went by.... Both Mr. and Mrs. Keuler passed without knowing who had killed their son.

This month, in 2010, the Seattle Police did finally contact James's family to say that they believe they have his killer in custody. Modern science identified the owner of DNA on a
(continued on page 2)

Madrona Community Council President's Corner

By Cynthia Stross, 35th Avenue

We spent part of the March Madrona Community Council (MCC) meeting discussing and voting on the nominees for the neighborhood awards. Each year, neighbors nominate neighbors for acts of service, heroism, generosity and kindness that have left a mark on this community. I had the privilege of learning about some of the people who live and work in Madrona and the large and small ways that people bring about positive change in the lives of their neighbors. We offer our thanks to the many nominees who

contribute so much energy to give Madrona its festivals, parades, social opportunities, and our business owners. We also offer our deep thanks to Amanda Kingsley, daughter of Nora Wood (for whom the Nora Award is named) for her willingness to share her original artwork of the Madrona Peaceable Kingdom for re-prints to help raise funds for the MCC. The awards were presented on Neighborhood Appreciation Day March 20 at a celebration in the Madrona K-8 School library.

(continued on page 9)

A Gap Year of Service

Lauren Honican, a senior at Garfield High School, was recently nominated CleanScapes, Inc.'s, "Waste Reduction Student of the Year" for her leadership of Garfield's YMCA Earth Service Corps. CleanScapes, Inc., is a local, environmentally friendly refuse-hauling company.



Photo by Todd MacDonald

Lauren has been instrumental in beginning the composting program at Garfield by writing grant-requests, educating and encouraging the student body, and being on compost duty nearly every lunch period. She furthered the club's range by starting Bike to School Thursday, planting an organic garden at school, and adopting a plot of land in the Madrona Woods.

Lauren grew up in Madrona and currently resides in Mount Baker with her parents
(continued on page 2)

In this Issue

- 2 Mayfair Seeking Volunteers
- 3 Easter Services
- 4 MD&SS at FareStart
- 5 Two New Local Businesses
- 6 Big Plans For BOOM
- 7 Neighborhood School News
- 8 Upcoming Madrona Events
- 9 YMCA Healthy Kids Day
- 10 Tips to Fight Pain & Clutter
- 11 Community Bulletin Board

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

cigarette butt left behind in James' home. The suspect, who is now in his 70s, has a long history of violence and has spent more than half of his life in prison. He has also been linked to an attack on a Central Area couple in 1972, an interrupted burglary in which the husband was killed and the wife kidnapped, beaten and raped.

Joe Keuler, James's nephew, said he wished everyone in the family could have lived to learn that the man accused of James's killing had been caught. "It's been a long time. We have been waiting for something to happen," said. "I know DNA has progressed over the years, I thought that somehow everything would come out."

Rest in Peace now, Madrona neighbor, James Keuler.

Mayfair Seeks Sponsors and Volunteers

The annual Madrona Mayfair event is right around the corner on May 15 from 9:30am to 12:30pm. If you have ever been to this event, you're in for a treat! It's a day of fun, free events focused on families and young children. It starts out with a parade down 34th Avenue and ends up at the Madrona Playfield, which is filled with activities. Last year we had a beautiful day and over 400 people attended!

Mayfair is going into its 31st year—how amazing! It's always a great way to connect with our community and the planning committee is already meeting to make 2010 Mayfair the best ever. But we need help to make it happen!! We are looking for volunteers. If you can help for a few hours the day of the event, we would appreciate it. Interested? Contact Nikki Lundin at nikki.lundin@comcast.net.

But wait, there's more! We are also looking for funding for this event. Historically, all the activities at Mayfair are free, underwritten by the Madrona Community Council. But to help cover some of the cost, we count on donations from the community and local businesses. We are looking for individuals or businesses to come through again and sponsor activities at the Madrona Playfield, such as pony rides, the bouncy house, and face painting. We are also looking for items to include in a raffle to help pay for the day. If you are a business owner or a member of the Madrona community and would like to give, contact Carrie James at carriejames@hotmail.com.

We hope to see you at Mayfair!!



DESIGNED TO SELL!

Maximize your home's resale potential with
Decor on 34th Staging & Design Services

Styles from Contemporary to Cozy!
Furnishings & Accessories

Complimentary Pre-sale Consultation 206 219 1500
annel@decor34.com teresa1@decor34.com

HELP-WANTED:

Madrona News Production Editor

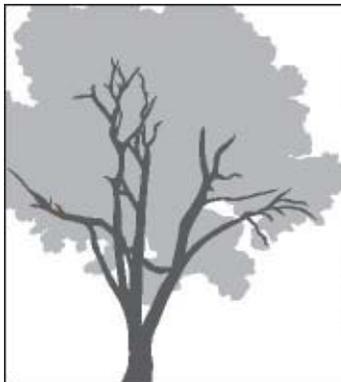
The *Madrona News* needs a new volunteer Production Editor to layout and design our monthly newsletter. Must be able to use PageMaker or InDesign and work to a monthly deadline, always Monday through Wednesday, usually the second week of the month. Time commitment depends on skill level, approximately 10 hours a month. Is it your turn to help? Email Kim at kdh5027@aol.com for more details.

Year of Service... (cont'd from page 1)

Judy and Steve Honican. Lauren was also recently accepted to Thinking Beyond Borders (TBB), a life-changing gap year program. She will defer college for a year to volunteer and travel abroad with 15 other Americans exploring global development issues through service learning, academic study, and home-stays. Hands-on experience with local grassroots organizations, rigorous reading material, and group discussions will enable her to study environmental conservation in Ecuador, public education in China, sustainable agriculture in India, and the AIDS epidemic and public health in South Africa. Lauren will develop a greater understanding of the economic and political systems that create inequalities and hinder development. Through first-hand experience, Lauren will gain the knowledge, understanding, skills, and resources she will need to one day start her clinic in an impoverished international community. After her gap year, Lauren will return to the United States to meet with representatives from the World Bank, United Nations, and International Monetary Fund. She also plans to synthesize her learning and present her conclusions to education and philanthropy groups.

To make this incredible experience possible, Lauren needs to raise a sufficient amount of money for TBB, a non-profit 501(c)3 organization. Part of her fundraising includes running the North Olympic Peninsula Marathon. Lauren is currently collecting dollars-per-marathon mile pledges, and larger pledge amounts; all donations are tax-deductible. Lauren is also seeking leads about foundations that give grants to non-profit organizations like TBB. She is also hoping her friends and neighbors will consider making donations. Lauren *will* pay-it-forward.

You can contact Lauren at laurenhonican@gmail.com or 618-6777. She would love to meet interested supporters in person to share details about the TBB program and her aspirations. You can leave words of encouragement or donations at her blog, www.laurenhonican.blogspot.com. To learn more about TBB, visit www.thinkingbeyondborders.org.



MADRONA TILE

Matt Black
206.225.6270
madronatile@gmail.com
www.madronatile.com

Happy Trails Through the Foliage

By Judith Starbuck, Grand Avenue

In February our focus in Madrona Woods turned to trail maintenance and clearing along Lake Washington Boulevard. But before that, high school students from several schools, members of the Zeta Psi fraternity, a student group from the UW on MLK day, and students from Edmonds Community College deserve special thanks for their energetic help with clearing, mulching, and planting during our regular work party in January.

At our February work party, Jacobo Jimenez, head of the Parks Department's trails crew, started putting gravel on our trails made muddy and slippery by winter rains. He'll be back on April 3 when a Seattle Works group will help him extend the gravel. If you'd like to get a good workout and learn from a master, join him at the north entrance across from 915 - 38th at 10:00am.

Our team of students from the Capstone program at the University of Washington have been doing muddy work during the last two work parties. They'll be using some of the Seattle Works participants on April 3 to continue their work in preparation for planting. If you'd like to work with them, sign in first at the entrance on 38th avenue.

The usual suspects will be holding our regular work party to do maintenance on March 27 from 10:00 to 1:00. Meet at the tool box at Spring and Grand. If you want to be on our email list, email Deirdre McCrary at deirdre_jaymccrary@msn.com. For more information about involvement in the Woods and natural area, contact me at judithstarbuck@msn.com or 322-2640, or visit www.madronawoods.org.

CELEBRATE EASTER AT EPIPHANY!

Sunday April 4th
Services at 8 am and 10:30 am

Easter egg hunt after
the 10:30 service

Childcare provided

Epiphany Parish
1805 38th Ave. at
Denny on bus line 2
206-324-2573
www.epiphanyseattle.org



Neighborhood Easter Services

The churches of Madrona welcome everyone in the neighborhood to join with them in worship this Easter season.

Madrona Presbyterian Church, 832 32nd Avenue, 328-2704

- **Maundy Thursday April 1:** 7:00pm Candlelight communion.
- **Easter Sunday April 4:** 11:00 service.

Epiphany Episcopal Church, 1805 38th Avenue, 324-2573.

- **Palm Sunday March 28 :** 8:00am & 10:30am Holy Eucharist with Liturgy of the Palms.
- **Holy Week March 29 & 30:** 6:00pm Evening Prayer in the Chapel with Lay Homilists Mike Evans, March 29 and Peter Melin, March 30.
- **Holy Week March 31:** 7:30 pm Taizé Service with Epiphany Choir.
- **Maundy Thursday April 1:** 6:30pm Agape Meal in the Great Hall and 7:30pm Maundy Thursday Liturgy with Epiphany Choir. Watchnight follows in the Chapel.
- **Good Friday April 2:** 7:30pm Good Friday Liturgy with Epiphany Choir.
- **Easter Eve April 3:** 8:00pm The Great Vigil of Easter with Brass Ensemble and Epiphany Choir. Champagne reception follows in the library.
- **Easter Sunday April 4:** 8:00am & 10:30am Festival Eucharist with Brass Ensemble. and Epiphany Choir. Potluck Brunch in the Great Hall between services. Easter Egg Hunt follows the 10:30 service.

St. Therese Catholic Church, 936 35th Avenue, 325-2711

- **Holy Thursday April 1:** 7:00pm featuring the St. Therese Choir. Soup supper preceding at 6:00.
- **Good Friday April 2:** 7:00pm featuring Shades of Praise & Jubilation Gospel Choirs.
- **Easter Eve Vigil April 3:** 8:00pm featuring the combined choirs.
- **Easter Sunday April 4:** 8:00am with St. Therese Choir; 10:00am with Children's Choir; 12:00pm with Shades of Praise Gospel Choir; 5:00pm with Jubilation Gospel Choir.

Garage Sale Heads Up!

By Janna Pekaar

Happy Spring to all our Madrona neighbors! It is that time of year again to spring clean your house and get ready for the annual Madrona Community Garage Sale Day.

This year's sale will be the end of May or beginning of June. We are looking for volunteers to help coordinate this event. We had lots of fun last year, and the sale was a huge success. Contact me at jannap@u.washington.edu for more info.

Dining & Sipping at FareStart

By Audrey Seale, 36th Avenue

Thursday evening March 4, 40+ members of the Madrona Dining & Sipping Society (MD&SS) headed downtown to FareStart for an evening of food and friendship. FareStart is no ordinary restaurant. It's a culinary job training and placement program for homeless and disadvantaged individuals. Over the past 17 years, FareStart has provided opportunities for over 3,000 people to transform their lives, while also serving over 3.5 million meals to those in need. And it's delicious!



photo by Audrey Seale

Neighbor Mike Flacco of 36th Avenue and Crush chef Jason Wilson

Every Thursday night a celebrity Guest Chef works with the students to prepare a three-course meal for 200 guests served at the FareStart Restaurant. Hard-working community volunteers serve the meal and 100% of the proceeds and gratuities go back into the program.

The March 4 Guest Chef was Jason Wilson of Crush. The volunteer wait staff was from Mattei Insurance. Neighbor Lillian Flacco described the space as one of the liveliest dining rooms in the city. Among those who enjoyed the meal were Madrona neighbor Bill Adamucci, a member of the FareStart board, and Seattle Council President Richard Conlin and his wife Sue Ann Allen of 34th Avenue.

As a bonus, Chef Wilson offered a discount on a 6-course dinner at Crush to anyone who brings their March 4 FareStart receipt to his restaurant during March. We all dashed home to make reservations! If you weren't there to get your special Crush receipt, you might want to make friends with someone who was!

Shouldn't you be a part of the fun? The MD&SS is a casual collection of neighbors and everyone in Madrona is invited to attend. We have several upcoming events:

- A visit Monsoon on 19th Avenue.
- A trip to McGilvra's in Madison Park; I understand it's Madrona-owned and has "the best burgers".
- A meal at June, the Indo-French fusion restaurant opening in the former Cremant space.
- An end of summer picnic at St Therese's catered by St Clouds.

To receive emails about our events, email me at audreyseale@qwest.net. We'd love to share a meal with you!

Thank You for Keeping Madrona in Bloom!

By Marie Doyle, 37th Avenue

It's time to say "Thank you, everyone" to all the Madrona neighbors and businesses who have sent in donations to support the Madrona Blossoms hanging flower baskets. Your contributions will bring the beautiful blooms to our neighborhood again this spring and summer—and smiles to many faces. Our baskets are now busy growing in their greenhouse and will be ready to us to hung in downtown Madrona in mid-May.



Created by Grace Schlitt-Lenz

If you enjoy this neighborhood decoration and color and you'd like to support the project, you can still send in a donation. Every gift is valued and valuable!

One basket, plus the evergreen holidays swags that hang from storefronts from November to February, costs \$275 annually to plant and maintain. So, consider sponsoring a basket or two as a family, or with a group of friends or neighbors. Think how fun it would be to travel down 34th Avenue and know that one of those baskets overflowing with color is yours!

To donate, make your check payable to "Madrona Blossoms, MCC" and send to: Treasurer, 1121 37th Ave., Seattle, WA 98122. Thank you for your support! If you have questions about the flower baskets, contact me at 323-6128 for more information.

MADISON HOUSE, LTD.
REAL ESTATE SINCE 1981

PEACEFUL RETREAT
GREAT OUTDOOR SPACES
AWASH WITH LIGHT

Madrona | Offered at \$849,500

BRINGING EXTRAORDINARY PROPERTIES AND PEOPLE TOGETHER

ANNE WILLOUGHBY NELSON
206.660.3055 | anne.w.nelson@comcast.net

www.madisonhouseltd.com

Wine Tasting Bar Opens at Wilridge

With a winery in the basement, what makes more sense than opening a space for enjoying and honoring wine upstairs?

Wine enthusiasts Soni Davé and Henri Schock couldn't think of anything more perfect. And so, Bottlehouse, a new Madrona wine tasting bar and shop housed in the iconic Wilridge Winery on 34th Avenue will open its doors early this spring.



Soni and Henri bring a passion for wine, design, and fostering community to this new project. As directors of the event production and design company, Root | Culture Lab LLC, they thrive on creating environments where communities can come together to learn, communicate and innovate. Their hope for Madrona is that Bottlehouse provides a gathering place for the neighborhood, as well as a setting to explore wine, beer, and local purveyors.

The shop promises to fill a unique niche in Madrona, with expertise and offerings of artisan wine to take-away or enjoy in the shop by the glass. Additional beverages served will include local coffees, teas, beer and a variety of bottled drinks. Local and artisan cheese, meats, and accoutrements will also be served at Bottlehouse. Come late spring, this hip, new urban winery will open a deck where guests can enjoy a crisp glass or bottle of their choice.

With Henri's background in the wine industry and Soni's expertise in the design world, they look forward to sharing their passion for wine with the Madrona community.

Bottlehouse invites you to dwell — drink and be well.

Mountain Flow Yoga Moves to Madrona

After one-and-a-half years in Madison Park, Mountain Flow Yoga has moved into the Bowling Green building in Madrona. Mountain Flow Yoga offers Power Vinyasa and Heated Flow Yoga; these are very athletic and movement-based classes during which you're guaranteed to move and sweat a lot as well as engage in deep stretching to gain flexibility and an increased range of motion. In owner Jaime Scates Schmitz's words: "As an athlete and meditator, I always wanted to like Yoga and I tried hard to connect with several different practices. It wasn't until I found Ashtanga and the Ashtanga-based Power/Flow classes that I knew I was home. I finally found a practice that allowed me to burn off enough tension in my body for my mind to actually settle into the practice. I found my peace in the challenge. I have a 4-6 days-a-week practice and I'm as strong and athletic as I've ever been—I give Yoga 100% credit."

Jaime is a Seattle native and has deep roots in Madrona as an Epiphany school alumna. She worked part time (in a real job) and taught Yoga on the side until her second child was born, at which point she knew something had to give. It couldn't be her children or teaching Yoga, so she sacrificed the real job and transitioned into just teaching Yoga. Tired of commuting and having an unconsolidated teaching schedule, she decided to open Mountain Flow Yoga to bring this amazing practice into Central Seattle. Jaime currently lives in Washington Park with her husband Peder and daughters Grayson (four) and Piper (two).

Gaining national attention for her powerful, dynamic style, Jaime has been honored to be a Lululemon ambassador. She has taught at the Sun Valley Wellness Festival and will be leading workshops at studios throughout the West this Spring.

She is joined by her amazing teaching staff: Alice Harper (Jaime's 1987 classmate and fellow Epiphany Alum), Madzy Besselaar, Autumn Jacobsen, Tara Mortenson, Libby Ludlow, Dora Gyramati, Jenny Michaels, and Regan Pasko. "I've worked hard to assemble a staff of some of the strongest vinyasa teachers in Seattle," Jaime says. "While we're a tiny little studio, a lot of our teachers come to Mountain Flow from the bigger studios, and the caliber of teaching is amazing. We're also a group of teachers deeply committed to our own practices and committed to sharing our love of yoga with you."

HEAVY DUTY INDUSTRIAL STRENGTH
GIRLIE PRESS™
CUSTOM OFFSET PRINTING

LOCALLY OWNED
OPEN SINCE 1995




1658 21ST AVENUE
 SEATTLE, WA 98122
 T 206.720.1237
 F 206.720.1192

INFO@GIRLIEPRESS.COM
 WWW.GIRLIEPRESS.COM

Norman B. Yelin
 Architect
 1517 Thirty-Fourth Avenue
 Seattle, Washington 98122
 P 206 323 2907 F 206 323 9156

Big Plans for BOOM!

By Nikola Davidson, 31st Avenue

The Business Owners of Madrona (BOOM) has already grown to 50 members in less than a year.

The group's mission is to support and promote Madrona's



businesses while honoring the neighborhood's history, diversity, and charm. In keeping with this vision, BOOM will be organizing three seasonal events to showcase the neighborhood's businesses in 2010.

The summer event, to be held in late July, will feature live music and will highlight Madrona's food and wine scene, as well as our many shops. The BOOM fall Halloween event will focus on family-friendly activities. The winter event, tentatively scheduled for the first weekend in December, will be a holiday open house for artists and boutiques, with food and drink specials.

BOOM is currently applying for a grant with the City of Seattle for a combined historical marker and kiosk where visitors to Madrona can learn about the neighborhood's vibrant history while discovering the multitude of Madrona businesses. BOOM is also asking the City for help with banners that can be hung along the commercial district, as well as large occasional banners to advertise neighborhood events.

BOOM's newest members are Soni Davé and Henri Schock, the owners of Bottlehouse, Madrona's new urban winery and tasting bar. "While launching Bottlehouse, we've learned how a grassroots organization like BOOM can nurture and foster the entrepreneurial spirit and communal environment in Madrona," said Soni. "We are excited about being part of the Madrona community and BOOM continues to be a priceless asset that links us to the larger community."

If you own a Madrona-based business and would like to join BOOM and be listed in BOOM's walking map and business directory is being updated and will be reprinted soon, just pick up a membership application from Barbara Banon's Edward Jones Investments office at 3304 East Spring Street or email me at nikola@earthsystemsnu.com.



PACIFIC NORTHWEST RÉSUMÉS
SHELLY HAVERKAMP
 P: 206.419.2068
 E: shelly@pnwresumes.com

Professional résumés for today's job market.
 Call or email today for a free résumé evaluation.

Need a new résumé? We can help!

Personalized approach. Locally owned.

www.pnwresumes.com

Play Madrona Mutt Matchup

By Melissa Baerwald, 30th Avenue

Who says people look like their pets??? To play Mutt Match-up, match the people to their dogs. The answers are on page 9.

What's your favorite Olympic sport and in what sport could your dogs win a gold medal?



Buddah

Ski Jumping! He has a lot of weight and gravity helps!



Michele, 33rd Avenue

Men's short track speed skating - Apollo Ohno!



Otis Red

The Labrador Biathlon: eating & swimming



Dain, 34th Avenue

Curling but I wonder why it's in the Olympics.



Max

Eating



Tom, 30th Avenue

Men's Alpine Super G

Moss Alley Motors, Inc.

Specialists in Volvo, Honda, Toyota and Subaru

932 12th Avenue, Seattle, WA 98122

(206) 325-3992

www.mossalley.com

Fine Mechanical Repair Since 1983

CUSTOM DRYWALL BY DENBY

30 years experience

Residential Remodel & Repair Specialist

Smooth Wall • Texture • Plaster Repair

References • CUSTOD*110LH

206-324-5218

Neighborhood School News

Students to Photograph CD History

Two teachers from Garfield High School are among the nine lucky Washington state winners of a \$10,000 Teachers and Technology grant from Qwest. With the money, Corey Louviere, a Fine Arts teacher, and Janet Woodward, a Librarian, will curate an exhibit of student photography documenting Central Area history.

An ambitious photo exhibit project will engage Louviere and Woodward's classes in an exploration of the history and culture of Central Area. Garfield High School, built in 1922, is itself one of many historical landmarks they plan to research. Students will document the multi-cultural topography of the area, where six bus lines converge. With their cameras they will capture the rich diversity of the various central Seattle neighborhoods, and how these different commercial and community centers speak to the unique character of the area's people and urban lifestyle.

In a series of field trips, students will photograph specific scenes, take notes and interview residents. Each student will select his or her best image for the exhibit and prepare statements that interpret the photograph and its context. Designed for peer review, project activities will have students develop rubrics that evaluate the quality of the images and the accompanying text, uploading their work and comments to a communal Web site. The best 20 photographs will be collected for public exhibit in local museums, libraries and community centers.

Louviere and Woodward feel strongly about the value of an inquiry-based learning project. In their grant application, they wrote: "The goal of this unit is to examine, identify and define authentic problems and significant questions for investigation, and to plan strategies that guide inquiry, construct meaning and communicate information ... [The project] incorporates instructional skill modalities that use oral, verbal, written and tactile methods for our diverse participants. Students...will engage in each modality individually — collaborating and producing a final piece by working at their own pace, learning from others and meeting deadlines."

The annual Teachers and Technology grant program identifies, highlights and recognizes teachers who are using technology in the classroom in new and innovative ways. The winning projects were chosen by representatives from Office of Superintendent of Public Instruction, the Governor's Office, Qwest Foundation, Microsoft and several educators.

St. Therese Auction Catches Fire

By Sandy Gunder

The theme of this year's school auction was Igniting Minds, Dreams and Faith—and boy did we ever! The February 27 event was very successful, and the money raised will help keep St. Therese a thriving and vibrant school.



A HUGE THANKS to Michon Wheeler, Erica Vincent, Kellie Valdry and Colleen Rideout who were awesome volunteers the night of the auction! They helped keep the silent auction bidders on their toes and kept everything organized. And thanks to Crystal Garrett and Roslyn Jinkens who recorded all the items during the live auction. In addition, the following parents helped with loading and delivery of auction items on Friday, set up on Saturday and clean up Saturday night: Tracy Allen, Angelo Banchero, Mario Banchero, Lynn Berry, Kenneth Buchanan, Howard Goldberg (and friend Wayne), Adele Richardson, Erica Vincent, Michon Wheeler, Catherine and Marshall Jones, Kellitra Bunton, Kat Freeman, Darcy Keller, Debra Mobley, Seneeka Colly, Yvette Moy (and friend Fiona), Geoff Coburn, You all contributed to a very successful evening. And a SHOUT OUT to Volunteer Chair Katherine Schomer who was instrumental in increasing our parent participation, and to our two amazing event co-coordinators, Gina Purdy and Aloria Mercer.

Also thanks to our 8th grade school ambassadors and high school alumni who helped and were great representatives of our school: Ambassadors: Christopher Adams, Tahj Stewart, Michelle Thomas, Zachary Valdry, Erica Vincent and Cici West. Alumni: Elliott Allen, Evan Banchero, Myra Brisky, Bryan Carter, Nick Davis, Maya Fraser-Philbin, Daniel Gehlke, Jackie Gunder, Granada Jasper, Eli Lazo and Skylyn West. Well done, St. Therese!

WHICH COLLEGE SAVINGS PLAN IS RIGHT FOR YOU?

Barbara W Banon
Financial Advisor
3304 East Spring St
Seattle, WA 98122
206-323-0440

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Giddens School

inspiring children to better their world

Preschool through 5th grade education grounded in the belief that critical thinking and social responsibility form the basis of an [academically excellent curriculum](http://www.giddensschool.org/).

www.giddensschool.org/

Neighborhood School News

New Programs & Schedule at Madrona K-8

By Madrona K-8 PTSA

Many things are going on this time of year at Madrona K-8. Our Girl Scouts have coordinated a drive to collect change for the Catholic Relief Services Haiti Fund. The girls wrote stories and decorated collection envelopes for all the classrooms. Thank you Girl Scout Miss Lyric for the awesome idea!

Our Art teacher, Ms. Stark, has been busy in her classroom. The students have made spirit flags and birdhouses to put up in our learning garden. Our writers have been busy publishing their last round of works; make sure to stop and take a look at some of it if you're in the building. We invited incoming families to come join us for Bingo on March 12. Bingo is always a popular event, and with our own Mr. Marcus as MC, no one was disappointed.

In February, Madrona K-8 adopted a new release time for middle school students on Wednesday. Through the end of the year, the school day will end at 2:35—not the usual 3:35—on Wednesdays only. This change brings the Madrona K-8 dismissal time in line with the standard school district schedule for all middle and K-8 schools. However, Madrona K-8 students and families will not be left without after-school care and activities. All current after school options, including Garfield Community Center, Miller Community Center, Rotary Boys and Girls Club, Yesler Terrace, Rainier Vista, and CDSA, will be open for students.

For all the other days of the week, the middle school release time will remain 3:35. Madrona K-8 offers its students this extra hour of enrichment because we believe in maximizing their learning time. For four days every week, this extended day schedule allows students a chance to take academic acceleration classes in reading and math, as well as enrichment classes such as karate, Spanish, painting, hip hop dance, double Dutch, yoga, yearbook, architecture, and drama. It takes extensive collaboration for the Madrona K-8 teachers to make these extra classes possible. By adopting this new release schedule one day a week, the school can ensure that teachers have enough planning time. Now they can devote Wednesday afternoons to the kind of preparation that it takes to provide quality extended day learning.

Spring is here and the PTSA is helping host another Madrona Neighborhood Appreciation Day in the school library on March 20, from 10:00am to noon. Hope you can attend. Our second annual Dine Out fundraiser is on March 25, and all the restaurants on 34th Ave. will be participating. We eat and they donate to Madrona K-8. It's a delicious time for all.

In sports, we've got track and field, volleyball, and soccer coming up. Many of our students are also playing Central Little League baseball this spring. A big thank you to all the volunteers for their encouragement and coordination of all our ball players. It's going to be an exciting season!

Dine Out for Madrona K-8 Fundraiser

By Rachel Katzenellenbogen and Jen Norling

Madrona K-8 has coordinated its second annual *Dine Out for Madrona K-8* fundraiser on March 25. All of the restaurants, cafes, and coffee shops on 34th Avenue have joined in supporting our neighborhood school by donating a portion of their proceeds that day to our PTSA, Panther Partners. With this generous support we are able to help fund the diverse enrichment programs offered at our school, including Spanish, karate, and science, a four-day environmental school program for all 5th-graders at Bainbridge Island's IslandWood, as well as the Madrona K-8 Learning Garden.

We want to thank our neighborhood businesses in happily partnering with us on this! We also hope to see all of our Madrona neighbors out and about for this all-day event. We want to see everyone sipping coffee and munching on a scone, sharing a nice meal out with your family and friends, and grabbing a cupcake for the trip way home – all the while recognizing that your crumbs and empty glasses will make a lasting impression on your local students' education.

Mutt Match-up Answers: Dain & Buddah, Max and Michele, Tom & Otis

2010 Madrona Neighborhood Events

Anybody want to organize a neighborhood clean up day? You tell us when and where and we'll show up to help you make Madrona beautiful. It does NOT have to be in April!

- | | |
|-------|---|
| Jan | 17 Martin Luther King Celebration,
Mt Baker Presbyterian |
| Mar | 20 Neighbor Appreciation Day
Jon Hughes, hugheslaw@gmail.com |
| April | TBD—Neighborhood Cleanup |
| May | 15 Mayfair Parade & Carnival
Paige Smith paige.eg.smith@gmail.com
TBD—Community Garage Sale
Janna Pekaar jannap@u.washington.edu
TBD—Madrona Blossoms Flower Baskets |
| Sept | TBD—Dining & Sipping Family BBQ |
| Oct | TBD—MCC Officer Elections
31 Kids' Halloween Party |
| Nov | TBD—Winter Greens & Holiday Lights |
| Dec | TBD—Christmas Ships, Bon Fire & Carols at
Madrona Beach |

**Seeking Event
Coordinators**

To get involved, contact Madrona Community Council VP of Events Paige Smith at 225-5821 or paige.eg.smith@gmail.com

Central District Gardening Events

By Jean Tinnea, CDNA

The Central District Neighborhood Association (CDNA) and its associated Garden Central (GC) steering committee are gearing up for spring. We want to invite you, our Madrona neighbors, to come a few blocks west to join us at our upcoming fun community-building events.

On April 3 from 1:00-4:00pm, CDNA volunteers will be planting flowers to fill the gaps on E. Union St. Everyone is invited to bring a spouse/partner and celebrate our work well done at a kid-friendly pizza party and movie at Central Cinema at 4:30pm. The GC has submitted a Small Sparks Dept of Neighborhoods grant application for funds to buy the plants.

On April 24 from 10:00am to 2:00pm the GC will host our FREE Spring Plant Exchange at 20th & E. Union. Bring cuttings or extra plants to share.

In early summer we hope to have a modest Central District Garden Tour to raise the matching funds needed for the CD Public Art Project. The idea is to put art all over the CD, not just on E. Union Street. We're already looking for gardens and volunteers. Our plans for fall include another FREE plant exchange in September, a presentation about winter gardening in October, and a wreath making workshop in December. Anyone at any time can put forward an idea for GC or CDNA events. Anyone else interested? Contact me at jean_tinnea@hotmail.com.

President's corner... (cont'd from page 1)

We heard from several neighbors who have projects they want considered for funding through the money from the Marianne Kraus bequest. Mrs. Kraus, a long-time Madrona neighbor, left the MCC \$50,000 to pay for neighborhood improvements in our parks and recreational opportunities. The MCC will formally hear proposals for funding requests for neighborhood projects at the May MCC meeting on May 4. Anyone interested in requesting money should download and complete the Application for Funding at the Madrona Community Council page of the Madrona website: <http://madrona.wetpaint.com/> The simple application asks for a basic project description and other information that will help guide discussion at the May 4 meeting. Applications are due back to me at cynistr@gmail.com by May 1. Please let me know if you have any questions.

I hope you can join us at the next MCC meeting on April 6 at 7:15 in the shelterhouse at the Madrona Playfield.

Lori K. Rath, Attorney/Mediator

- ◆ Estate Planning and Probate
- ◆ Separation/Divorce Mediation
- ◆ Relationship Agreements

Rath LAW & MEDIATION PLLC

lori@RathLawMediation.com | RathLawMediation.com

206.382.2573



Annual Partners With Youth Campaign

By Chip Byrne, MMEM Membership Director

The Meredith Mathews East Madison (MEM) YMCA is in the thick of the annual Partners With Youth fundraising campaign. This effort collects dollars for kids and families who desperately need the services the YMCA provides, but cannot afford the full cost.

There are several ways you can support the 2010 campaign. The first is to make a direct cash donation to change the future for youth and families in our community. Investments can be paid in full or in ten monthly payments. Visit the MMEM front desk for more details.

Another special option for our Madrona supporters is to eat out! Madrona neighbors Peter and Adrianna Johnson are the proud owners of McGilvra's Restaurant and Pub in Madison Park. Enjoy a meal at McGilvra's during March 2010 and the Johnsons will donate a portion of the proceeds to the MMEM YMCA Partners With Youth Campaign. McGilvra's is located at the end of Madison St. at 4234 E. Madison St. This local business supports this important campaign and so can you!

And don't forget—Healthy Kids Day is April 17! Join us at the MMEM from 10:00am to 1:00pm for fun and free activities for everyone in the family. Offerings include massages, a bounce ball house, face painting, prizes, and class demos. Members of the Seattle Fire/ Police Departments, the Woodland Park Zoo, and the Humane Society will be there along with various tools of their trades.

EVERYONE IS WELCOME.



BRIGHTEN UP WINTER DAYS

JOIN NOW SAVE UP TO \$125*

Regardless of the weather outside, the YMCA always has a healthy play space for your family. The YMCA has clinics, programs and activities for the whole family. And, one family membership gives you access to all 12 facilities and 10 pools in King County!

For a YMCA near you, call 206.382.5022 or click seattleymca.org/january.

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle is a charitable, non-profit membership organization serving King and Snohomish Counties since 1876.

*Monthly dues apply. Valid only at YMCAs in King County through January 31, 2010.

YOUR PLACE FOR THE WHOLE FAMILY



Look East for Health: Two Approaches to Treating Fibromyalgia

By Haydn Engelke MSA Lac., 34th Ave

Fibromyalgia is a syndrome, that is, a recognizable constellation of symptoms of unknown causation. The primary symptom of the Fibromyalgia Syndrome (FMS) is widespread muscle pain. The majority of sufferers are women between the ages of 34 and 56. Ten to twenty percent of those with FMS are severely debilitated.

As recently as 20 years ago, fibromyalgia was unrecognized. Currently, a diagnosis is made by first ruling out other conditions such as hypothyroidism, lupus, Lyme disease, and rheumatoid arthritis. Then the diagnosis is made, based upon the patient's history and physical condition. A history of generalized muscle pain and malaise coupled with the finding of 11 of 18 possible specific tender points is suggestive of FMS. Primary symptoms are pain, fatigue, and sleep disturbances. Secondary symptoms are stiffness, headache and facial pain, abdominal discomfort, irritable bladder, numbness or tingling, chest pain, cognitive disorders, environmental sensitivity, and disorientation or balance problems. While the cause of fibromyalgia is elusive, there are many events that are thought to trigger the onset, including viral or bacterial infection, trauma, or autoimmune disease. Theories pertaining to alterations in neurotransmitter regulation, immune system function, sleep physiology, and hormone control are all being explored.

Common western treatments are geared toward improving the quality of sleep and reducing pain. Because deep sleep is so crucial to bodily functions, the sleep difficulties that FMS patients suffer from is thought to contribute to their problem. Medicines that boost the body's level of serotonin and norepinephrine (neurotransmitters that modulate sleep, pain, and immune system function) are commonly prescribed.

Chinese medicine views fibromyalgia as a condition resulting from general weakness of the liver, kidney, spleen, and heart, caused by emotional stress, lack of sleep, poor nutrition, and disturbed body rhythm - in other words, the body is out of "sync." A Traditional Chinese Medicine practitioner completes a full assessment of a patient in order to accurately determine what imbalances are present. Treatment should be tailored to each patient's pattern. Acupuncture and Chinese herbal medicine can help control pain, increase energy, and improve sleep and other symptoms.

Contact www.Eastern-Elements.com for more information.

Get Help with Downsizing Your Life

By Anushka Rehn

Moving to the United States from my home in Trinidad and Tobago to attend college was a huge step in my life, as I was leaving my family behind and consolidating all of my possessions into two bags. But moving to Seattle from Washington, DC, to work for Microsoft was an even bigger step. I got first hand knowledge on how emotional and difficult it can be to downsize your possessions. I now live in the wonderful Madrona/Madison Valley with my husband and am utilizing my Microsoft work experience and my passion for helping people downsize into a career. I own a professional organizing company, and I help fellow residents organize, downsize, de-clutter, and complete spring cleaning with greater ease.

Most people we help have recently moved into a smaller place, had a baby, been through a divorce or experienced a death in the family. Or maybe they just want to clear the clutter. If you find yourself wanting to downsize or consolidate, here are three well tested tips:

Get Help. Have a friend/family member help you sort through your items. Set goals and timelines for completing your project. Ensure that your friend is not judgmental or likely to chat with others about your personal items. More importantly, your friend should be someone who is emotionally supportive and will keep you on task and accountable to your goals. Most of all, your friend should push you even if you don't want to push yourself!

Start Small. If you have a lot of material to sort through, downsize a small portion of it each weekend for about a month. By doing small sections at a time you give yourself small rewards so you have instant gratification by seeing a quick result. If you tackle the whole space or all the boxes at once you will quickly become overwhelmed.

Sort. To begin the sorting process pick a comfortable place in your home with lots of floor space, and get some large, empty containers or boxes. Clearly label containers "Keep," "Trash," and "Donate." All items that go into "Keep" you will rearrange in your home. "Trash" should be discarded immediately. And all "Donate" items go to charity. Be sure your friend takes those items to be donated or discarded with them, so you aren't tempted to keep anything or procrastinate disposing of it.

If you'd like more assistance, visit us at www.org-theory.com or call 328-6138.



Lakeview Kids' Dentistry
Stephen J. Stuehling, DMD, PLLC

703 34th Avenue Seattle, WA 98122 (206)251-7638
www.lakeviewkidsdentistry.com

Adoptions
Domestic Partnerships
Estate Planning & Probate
Wills

**SHORT CRESSMAN
& BURGESS PLLC**

Robert P. Morrison
Attorney At Law

999 Third Avenue | Seattle, WA 98104
(206) 682-3333 | www.scblaw.com

MADRONA COMMUNITY CALENDAR

WEEKLY RECURRING EVENTS:

- WEDNESDAYS 4:00 PM – 5:00 PM **Bible Study** – Christie House Library, Epiphany Episcopal, 1805 38th Avenue, 324-2573.
- WEDNESDAYS 4:00 PM – 7:00 PM **Free Open House & Wine Tasting** –With small plates and special retail pricing. Dulces Latin Bistro 1430 34th Avenue, 322-5453.
- WEDNESDAYS 5:45 PM **Weight Watchers Meeting**—Central Area Senior Center in Leschi, 500 30th Ave S., 726-4929.
- THURSDAYS 7:30 PM **AA/ALANON Meeting**—Great Hall, Epiphany Episcopal, 1805 38th Avenue, 324-2573.
- FRIDAYS 7:30 AM **Madrona/Leschi Citizens Against the War**—Quiet demonstration, 23rd & Union, letter-writing and coffee afterwards at Touga on 18th. Kathy Barker kbarker715@gmail.com.

- Mar 25 **Dine Out for Madrona K-8** – Restaurants on 34th Avenue will donate a portion of their sales to benefit student enrichment programs at Madrona K-8!
- Mar 25 6:00 PM **Tango Night!**—Sweat and smolder to the sounds of live Latin music. Reservations recommended for the special \$30.00 three-course Argentinean dinner. Dulces Latin Bistro 1430 34th Avenue, 322-5453.
- Mar 27 10:00 AM – 1:00 PM **Madrona Woods Work Party**—Working on the trails with parks meet at Spring & Grand. Deidre McCrary deidre_jaymccrary@msn.com.
- Mar 27 6:30 PM **East Precinct Crime Prevention Coalition meeting**—A neighborhood forum with community members and police. Seattle Vocational Institute 2120 S. Jackson St., www.seattle.gov/police/precincts/east/prevention.htm.
- Mar 28 8:00 AM & 10:30 AM **Holy Eucharist with Liturgy of the Palms**—Epiphany Episcopal, 1805 38th Avenue, 324-2573.
- Mar 29 – Apr 2 **Spring Break** – Seattle Public Schools closed.
- Apr 1 11:30 AM **Children’s Story Time** — Madrona Library, 33rd & Union, 684-4705
- Apr 2 9:00 AM **BOOM (Business Owners of Madrona) Meeting**—All Madrona business owners are welcome; membership applications available from Barbara Banon (Edward Jones, 3304 E Spring St) or from Nikola@earthsystemsnuw.com. Amara Office, 34th & Union.
- Apr 3 10:00 AM – 1:00 PM **Madrona Woods Work Party**—Working on the trails with Jacobo Jimenez, head of the Parks Department’s trails crew. Meet at north trail across from 915 38th Avenue. Deidre McCrary deidre_jaymccrary@msn.com.
- Apr 3 1:00 PM – 5:00 PM **Neighborhood Cooking for the Homeless**—Bring fresh ingredients, if you can. Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- Apr 3 1:00 PM – 4:00 PM **Central District Neighborhood Association Planting Party** —Fill in the gaps on E Union with spring flowers. Jean Tinnea jean_tinnea@hotmail.com.
- Apr 4 10:00 AM – 12:00 PM **Madrona K-8 Learning Garden Work Party**—We have tools and everyone is welcome. Madrona K-8, Rita Sheckler Rita@5500rpm.com.
- Apr 4 1:00 PM – 5:00 PM **Neighborhood Cooking for the Homeless**—Bring fresh ingredients, if you can. Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- Apr 6 7:00 PM **Intergenerational Book Group**—This month’s selection: “Life of Pi” by Yann Martel. Madrona Library. Jared 684-4705.
- Apr 6 7:15 PM **Madrona Community Council Meeting** – Madrona Playfield shelterhouse, Cynthia Stross cynistr@gmail.com.
- Apr 7 7:30 PM – 9:00 PM **Leschi Community Council Meeting**— Presenting a documentary about Feet First, a program to encourage students to walk to school. Central Area Senior Center, 500 30th Ave. S., Diane Snell, jdsnell1@comcast.net.
- Apr 8 11:30 AM **Children’s Story Time** — Madrona Library, 33rd & Union, 684-4705.
- Apr 8 6:00 PM **Central Area Neighborhood District Council Meeting**— Douglas Truth Library, 2300 E. Yesler Way. Max Liebowitz maxliebowitz@gmail.com.
- Apr 8 6:00 PM **Tango Night!**—Sweat and smolder to the sounds of live Latin music. Reservations recommended for the special \$30.00 three-course Argentinean dinner. Dulces Latin Bistro 1430 34th Avenue, 322-5453.
- Apr 10 9:00 AM – 1:00 PM **Neighborhood Cooking for the Homeless**—Bring fresh ingredients, if you can. Madrona Presbyterian Church, Darren Pritt darren@neighborhoodcooking.org.
- Apr 15 11:30 AM **Children’s Story Time** — Madrona Library, 33rd & Union, 684-4705.
- Apr 18 10:00 AM – 1:00 PM **YMCA Healthy Kids Day** - Fun & free activities for the family include massages, Seattle Fire/ Police Departments, Woodland Park Zoo, Humane Society, bounce ball house, face painting, free prizes, and class demos. Meredith Matthews YMCA, 1700 23rd Ave.
- Apr 15 11:30 AM **Children’s Story Time** — Madrona Library, 33rd & Union, 684-4705.
- Apr 22 9:15 AM – 10:15 AM **Epiphany Forum: Why & How Do I Pray**—Epiphany Episcopal, 1805 38th Avenue, 324-2573.
- Apr 24 10:00 AM – 2:00 PM **FREE Central District Plant Exchange** –Bring cuttings and your extra plans to share. Jean Tinnea jean_tinnea@hotmail.com.



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

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

m a d r o n a N E W S

WWW.MADRONA.US

Newsletter of the Madrona Community Council

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

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

April 9, 2010 Next MADRONA NEWS DEADLINE

Article Submission: Contact editor Kim Herber at 325-9923, 1522 35th Ave. or send material to kdh5027@aol.com and to production editor Christine Bender at christineb@conversation.com.

Advertising: Contact John Schuitemaker at 910-1111 or jschuite@comcast.net. Rates are on-line at www.madrona.us.

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

Madrona Community Council Officers

President	Cynthia Stross	860-7640	cynistr@gmail.com
VP Events	Paige Smith	225-5821	paige.eg.smith@gmail.com
VP	Mr. Holly Smith	285-9166	ho2lye@yahoo.com
VP	Jeremy Hudgeons		jbudgeons@yahoo.com
Secretary	Deirdre McCrary	325-9035	deirdre_jaymccrary@msn.com
Treasurer	Steve Orser	423-1412	steveorser@yahoo.com

Send tax-deductible donations to: 833 33rd Avenue, 98122

Printed by Girlie Press - 720-1237

Permit Holder: Seattle Community Council Federation
2511 W Montlake Pl E Seattle, WA 98112

Time Sensitive Material - Please Deliver Promptly

Get The Beautiful Smile You Deserve!



New Patient Special!

\$100

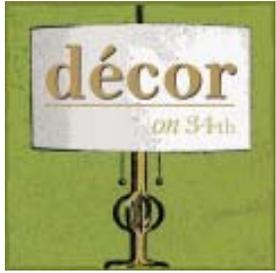
Toward Future Services with purchase of New patient exam, X-rays & Adult Cleaning

Not valid with any other offer.

LOREN A. TARR, DDS, PLLC
MADRONA FAMILY DENTAL

3306 East Spring Street • Seattle
206-324-5400
www.madronafamilydental.com
madronadental@w-link.net

...one smile at a time...one smile at a time...one smile at a time...



Exciting New Inventory Arriving Now!
Take advantage of our remaining Sale Days:
Art, Lamps, Floral Arrangements: 30-35% off
Furniture and Pillows: 25% off
Storewide: 20% off

Monday- Friday 11:00-6:00
Saturday 10:00-6:00, Sunday Closed

1421 34TH AVENUE
Tel: 219-1500
teresa1@decor34.com