

Sticker Shock with New Home Values?

King County Assessor Lloyd Hara will attend our September 2 meeting at the Central Area Senior Center to explain those shocking little cards we all received in the last month. Q & A

Leschi Community Council
program starts at 7pm

CENTRAL AREA SENIOR CENTER 500 30TH AVE. S

inside the news

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**SAVE
THE DATE**

September – 12 ArtWalk
**October 12 – Central Area
Candidate Forum**

Presidents' Message

This was not a quiet summer! Events and more events! And weather that seemed to have drifted in from California. June was not like other Junes and the garden crop is showing the effects of all that sun and warmth. Zucchini, anyone?

After our June newsletter was safely in Leschi homes, the Flo Ware event took place (June 13). It was successfully aimed at kids, with a Spin Art Table, Cotton Candy machine, chalk drawings and the ever-popular dunk tank. See our website for more info and photos.

Leschi CC had a table at Cal Anderson Park in July for the annual East Precinct picnic, and we continued our third-Saturday stairway clean-up project. You can find a write-up of the August clean up in this issue; June and July projects were posted on our website. We tried to keep the neighborhood informed with periodic website updates, but we had problems keeping up with SDOT and intersection closures. It was hard to get away and still keep up with all the construction changes. Our website guru, Allan Fink, created an informational poster for the kiosk by BluWater to refer folks to the LCC website for Leschi news during the summer when the newsletter is on a two-month hiatus.

Seattle Night Out was on August 4 this year, and one group had a BBQ at Flo Ware Park, complete with DJ. The group honored Thurston Muskelly, long-time community activist and president of the Leschi CC for many years. He was presented with a lifetime achievement award for all he has done for his community, and it seemed appropriate to hold the event in Flo Ware Park, as it was Mr. Muskelly who made the renovation of this park a priority for the Leschi CC. A tribute to Mr. Muskelly appears in the Neighborhood & Beyond section.

Members of the Leschi Business Association and the Leschi Community Council have been meeting for many months planning the Fourth Annual ArtWalk in the lakeside business area. Booths will still be placed before the businesses on the east side of Lakeside, but we will spill over into the park for children's activities and even into the lake for Dragon Boats. Our ArtWalk poster is an update of the poster last year by Art Messer. He generously offered his watercolor of a sailboat for last year's event, and to remember him, we decided to use the same drawing with the new date. (Sadly, Art died of leukemia last November after a yearlong struggle.)

We heard that Purple Wine Bar is moving into the space where Pert's once was. Renovations in progress now. And welcome to Stephanie, new manager at Starbucks. She joined our ArtWalk planning committee. Look for specials at some of the businesses on that day!

We are planning a Candidate Forum for our District 3 and the two citywide districts on October 12 at the Senior Center. Try to attend, as answers to questions help you decide who is the right candidate for you!

Be the change you want to see in the world. -Gandhi

-Diane Morris & Diane Snell

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Opposing active sports in our natural areas

OPPOSE THE PARKS DEPARTMENT'S ATTEMPT TO ADD ACTIVE SPORTS TO NATURAL AREAS

The Parks Department is considering giving the Parks Board and Superintendent the authority to place active sports facilities into Seattle's natural areas, like Frink Park, the woods by Peppi's Playground, and the Leschi/Lake Dell Natural Area. These are sports such as orienteering (tramping cross-country in the woods), mountain bike skills apparatus, rope challenge courses, and zip lines.

All of us who value nature in and of itself should be concerned. These sports nullify nature. The sports are about moving quickly through nature: a blur of nature for those moving and a disturbing distraction for those who experience nature as a place of wonder and subtle enjoyment. The sports listed by Parks as eligible for placement in sensitive natural lands are simply not appropriate. Rope challenge courses are dangerous if not supervised.

We neighbors sometime in the future may decide that something more is needed in our natural areas than nature experienced as itself, but it should be us who discuss and decide about a change, not those in Parks Headquarters.

The new policy that is proposed is called "Supplemental Use Guidelines." It would give the Parks Board and the Superintendent the authority to overrule the Frink Park/Upper Leschi Park Concept Plan (2002) and the Leschi/Lake Dell vegetation management plan (1998) which were collaboratively and inclusively developed by our neighborhood with Parks Department staff.

The same Parks staff, which recommends enabling the placement of new sports in natural areas, is the Parks staff that would evaluate proposals from sport purveyors and give an opinion of whether the community supports the installation of the sports.

The neighborhood-initiated plans for Frink Park, Upper Leschi Park, Peppi's Playground and the Leschi/Lake Dell Natural Areas describe how our natural areas should be restored with native plants and trails. The restoration work is accomplished mostly by volunteers and urban forest stewards from the neighborhood. The ultimate goal of these plans is to preserve the nature of our area and to offer an experience of nature to urban visitors.

Is it fair to rescind these plans by a top-down procedure? We say, "No!" How can an internal departmental process and a group of individuals who do not know our neighborhood



Photos courtesy John Barber and John Gibson

needs make as good a decision as we can locally in a managed, inclusive process? We neighbors sometime in the future may decide that something more is needed in our natural areas than nature experienced as itself, but it should be us who discuss and decide about a change, not those in Parks Headquarters.

This proposed process is wrong for the nature we need as a refuge from urban life and an insult of our ability as a neighborhood of self-determining what is best for our neighborhood.

More information is available by accessing the Park Boards webpage.

The Park Board is taking written comments until September 17, 2015. Let our opinions speak!

~John Barber

Neighborhood & Beyond

TAX ASSESSMENTS

It is said that there are two sure things: death and taxes. We will explore the mysteries of one of these subjects (taxes and assessments) at our September meeting. We are pleased to have the King County Assessor coming to shed some light on this business of taxes, levies and caps. Lloyd Hara has sent us his bio in case you are fairly new to Seattle and unaware of his long public career.

Lloyd Hara has a distinguished 40-year public service career. He is an advocate for taxpayers and for open, transparent and accountable government. Since being elected Assessor in 2009 and under his leadership, the King County Department of Assessments has won eight international and national awards for technological innovation and public engagement. Lloyd previously served as an elected Seattle Port Commissioner. He was also elected to four terms as Seattle City Treasurer and named the nation's best treasurer in City and State Magazine (now Governing). Additionally, he was King County's youngest County Auditor. Lloyd served as FEMA Regional Director; Chief of Budget Design and Development (WA State); Clerk of WA State House Ways and Means Committee; Adjunct Professor, Seattle University; and he headed the Municipal Institutes for Clerks and Treasurers. Lloyd retired after 22 years in the United States Army Reserve as a Lt. Colonel. He and his wife own a print broker business, and he is engaged with numerous boards and community based organizations. Lloyd is a graduate of the University of Washington with a B.A. in Economics and a Master's degree in Public Administration.

Please join us at 7pm on September 2 at the Central Area Senior Center, 500 30th Ave. S. for this illuminating presentation. We may leave with a better understanding of how assessments and taxes are related, even if we don't like the outcome.

-Diane Snell

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CALLING KIDS OF ALL AGES!

Join our artwalk parade on September 12 at 10:45am! Meet Captain Kimmie by the kiosk in front of Bluwater. Wear your favorite parade wear! Bring an instrument if you have one. (Noisemakers provided for the instrument impaired.)

Email leschinews@comcast.net to register for parade or call 206.726.0923

4TH ANNUAL ARTWALK

Our much anticipated ArtWalk will take place on September 12, a date which has proved popular with many neighborhood groups, but do put this one on your calendar. Our event will lead off with the biggest little parade (see call for kids of all ages). We will have the usual arts and crafts in booths lined up in front of the businesses on Lakeside Ave. You will find jewelry, glass art, photography, artisan candy, watercolors and even demos by the Dragon Boat Club. There are increased kids' activities in the park: a slippery slide if the weather cooperates.

Shave Ice by Park Postal. Special at Leschi Market: the Prime Rib Sandwich, a full half-pound of succulent meat for only \$10 during the hours of the Art Walk (11-4).

The stage will host a variety of musical groups, beginning with a trio reminiscent of Django Reinhardt's music: two guitars (Tom Wolken and Harla Tumbleson) and a violin (Hiroshi Matsubara). Folk standards and some tunes from current songwriters.

Check out our website for other groups performing.

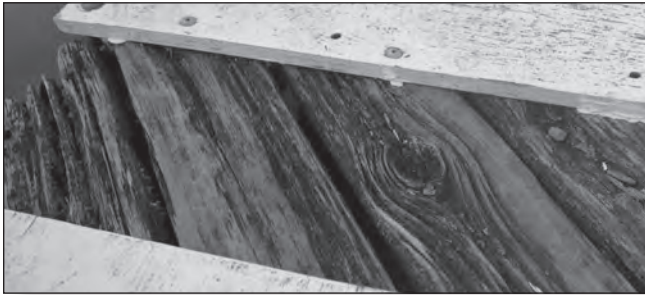
PARADE: 11 am.

ARTWALK: 11-4pm.

ISSUES AT LESCHI MARINA

Leschi's marina has long been a favorite berthing place for sailboats, which gracefully ply the waters of Lake Washington on Tuesdays and Thursdays. These slips are threatened under the Park's plan to bring in a private operator to repair and run the north and south marinas. The smaller berths bring in less in the way of rental fees; it is to the advantage of the company to have more large slips and reduce the number of small slips, and this was the plan that Foss submitted to Parks in their bid several years ago to become the operating entity.

A delegation of concerned residents from the Lakewood area and Leschi neighborhood met with Councilmembers Sawant and Harrell this summer to define the problem and



Photos courtesy Kim Murillo

ask for assistance in freeing up the \$4 million that former Mayor McGinn promised for repairs (subsequently approved by the City Council). This money sits with Parks, and the only visible sign of a “repair” is that plywood has been laid over the worst rotting areas...a safety fix, but not exactly a repair. Lakewood representatives brought data to show that based on their moorage fees, they could manage the marina without an outside operator.

Following those meetings (and an unsuccessful attempt to talk with CM Godden, current chair of Parks Committee), John Barber drafted a letter requesting release of the funds for the most needed repairs; this letter was signed by Leschi CC’s co-chairs and sent to CM Godden with copies to the Mayor, and CMs Sawant and Harrell. We have received no response to this request.

A call to CM Godden’s office just before press time brought forth the information that the \$4 million is being saved by Parks to help pay for repairs when they select a private operator on bids they expect to receive when the RFP is released at the end of the month. So, it could easily be the end of the year before an operator is even selected. And it does not sound as though they are entertaining suggestions that the marinas be publicly managed and maintained. It appears that private/public partnerships are the chosen path even when the private part is not needed. This does not bode well for the small boat owners.

-Diane Snell

■ *Editor’s Note: Over the summer we posted moorage info on our website to keep folks up to date.*

COMMUNITY ACTIVIST HONORED

Thurston Muskelly, a 60-year resident of Leschi, was honored on Seattle’s Night out at a BBQ in Flo Ware Park. This was an appropriate setting for the ceremony, as Thurston had brought about the renovation of the park over 10 years ago.

Thurston worked 38 years for the Federal Government, beginning at the Public Health Service hospital. It was during his time there that he was involved in one of the most meaningful projects of his career. He worked with Bernie Whitebear, labor leader Ray Pilgrim and Lou Messer, head of the retired military, to assess health care needs in the various neighborhoods and establish 16 free clinics, including the Country Doctor and the clinic in Pioneer Square.

Later, Thurston went to work in the other Washington, but kept his house in Leschi and traveled back and forth. He earned a degree in labor law and served as head of the federal workers’ union, AFGE.

When Thurston retired and returned to full time life in Leschi, it was not to a life of watching the world go by from his front porch. He discovered that the Senior Center was in trouble and he was soon in the thick of the battle to save it. He was President of the Senior Center Board for 10 years and was later to serve 10 years on the Leschi CC Board as its president, 5 years leading the Central Area Neighborhood District Council and 5 years heading up the Central District Council.



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Thurston and Seattle Police Chief O'Toole

Taking a good hard look at Leschi, Thurston quickly called for a renovation of Flo Ware Park and charged John Barber with that project. Many grants and much sweat labor completely redid that park with new playground equipment, a half basketball court and artistic tributes to its namesake, Flo Ware.

When Maisha Barnett wanted to renovate Powell

Barnett Park, she turned to Thurston for advice and assistance. Thurston rallied the Leschi troops behind the project, and a new park was created with state-of-the-art play equipment, handpicked by its users: children! When the Parks Department discovered it had some extra play equipment, Thurston found a spot for it: Peppi's Park. A 24-hour miracle resulted in the old equipment coming out and the new installed, thanks to Leschi residents. When Leschi was approached by the founders of the Seattle Girls' School, Thurston was welcoming and supportive.

Over the years, Thurston worked closely with the East Precinct and there was a big showing of police support at this event where Thurston was given a lifetime achievement award. Captain McDonagh was there along with the community police team: Jay Shin, Art Garza and Casey Sundin. Our new police Chief Kathleen O'Toole attended, where she met Thurston for the first time, and John Hayes found his way back to Leschi from the downtown offices where he now works. It felt a little like "old times" when we invited the police to Flo Ware for an annual dunking!

Thurston stressed the importance of working closely with the city officials, and he found some councilmembers quite receptive, including the late Richard McIver and retiring Council members Nick Licata and Tom Rasmussen.

When asked what he sees in Leschi now, he expressed optimism about the Senior Center under the energetic Dian Ferguson and Leschi Elementary School with a more vibrant PTA. He expressed concern about Parks with the new Metropolitan Park District. Will neighborhood parks continue to suffer as more money goes into the tourist-attracting areas like the planned Waterfront Park? And Thurston feels the biggest problem facing the community is the lack of volunteers in the 50 and 60-year age group. We have to agree, but we will take volunteers at any age!

Congratulations to Thurston for his achievements, his insights and his advice to those who carry on the torch. Thank you, Thurston!

-Diane Snell

SURVEILLANCE CAMERAS FOR HOT SPOTS

A desire for surveillance cameras in hot spots was expressed at the July 24 meeting of EastPAC (East Precinct Advisory Council). This group holds monthly meetings with the public and officers from the East Precinct to listen to the crime statistics hear about police successes and give the community a chance for input. Increased attendance from the residents around Powell Barnett focused the meeting on the problems there: fast-moving cars on the street behind the park with what appears to be young people shooting indiscriminately. Three homes have had bullets go through windows. This is not happening in the middle of the night, but often around 6pm when one would think it was safe to be outside. Troy Meyers, Chair of EastPAC, called for a vote; the outcome was heavily in favor of cameras.

At an August 6 meeting of the Leschi Community Council that focused on Powell Barnett Park, there was some support for cameras but no one came forward to start the approval process in their area. Troy Meyers explained the process: get a consensus of neighbors and then ask the City Council to approve the use of cameras. He described it as a "heavy lift." Once approval is gained, one needs to apply for a grant to pay for the cameras. SPD would monitor the cameras, but apparently, there is little in the way of stats showing how effective cameras are because SPD has no cameras in the city at present. Troy said that he would put a camera survey on NextDoor Leschi to get a sense of the community's take on this issue. Votes coming in seemed to be heavily in favor at last look.

There was an attempt to use cameras in Cal Anderson Park, but they were removed following neighbors' complaints.

Ask me about real estate when you see me in Leschi!

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The only operating cameras in Seattle now are the two installed at the request of ATF (federal agencies do not need City Council approval) One camera is at 23rd and Jackson St. and one at 23rd and Spring St., which apparently is focused on the parking lot of the old post office site. The not-smoking crowd around the coffee kiosk has withered away.

At the August 13 meeting of the Central Area Neighborhood District Council, the members voted in favor of supporting the EastPAC proposal for hot spot cameras. EastPAC meets on the 4th Thursday at 6:30pm at Chardin Hall (formerly Bessie Burton Sullivan Nursing Home). Address is 1020 E. Jefferson, but actually, the entrance to the parking lot faces Jefferson, just west of 12th and the athletic field. When you enter the building, the meeting room is to the right through double doors. These are important meetings; it is necessary to have two-way conversations about neighborhood safety.

-Diane Snell

SENIOR CENTER UPDATE

The monthly member meeting on August 19 was focused on the re-do of the entrance and the hallway. The existing carpeting has seen far better days and the Center was lucky to get good commercial grade carpeting donated! Walls will be painted and some cosmetic effects installed like covering the list of activities and the Bingo screen when there is a rental. Some difference of opinion was expressed on whether bright colors to energize seniors or neutral colors

-Diane Snell

(for the benefit of rental customers) should be used. Lighter wood was chosen for the front desk and it will be cut down to actual desk size so wheelchair users can see to whom they are talking. The current high counter is a barrier. And to the joy of Leschi CC's two Dianes, there will be uniform marked recycling containers. The same recycling system was requested for the Solarium, which is also frequently rented. The Facilities Committee will be making the final decisions, but will be guided by the wishes of the membership.

No figures were available for the Seafair Patio Party, which was well attended but it was felt that all expenses were covered.

The Senior Services Soiree will be held at the Museum of Flight on September 26. This is their big fundraiser for the year; admission is \$200. The sale of auction items provided by the Central Area Senior Center will benefit this Center.

A special dinner will be held on October 24 to honor the lifetime members of the Center. Catering by Darren Belcher; music; dinner free for lifetime members; \$35 charge for non-lifetime members.

RECYCLING TIPS

We learned many tips about recycling in our community meetings last spring but we still come across those difficult items...like a mattress. I checked Goodwill's website: they do not take mattresses or box springs.

So, what is the politically correct method for getting rid of an old mattress?

1. Leave it on the curbside and hope that a homeless person will see it as a viable item for their wilderness encampment.
2. Take it to the landfill.
3. Recycle that old mattress!

We chose option three; we figured we are always sending checks to environmental groups so we could afford to pay for mattress recycling and not add to the environmental burden. Apparently, landfill folks are complaining about the glut of mattresses, as they do not decompose quickly.

There are 3 places in the area where mattresses are recycled: one in Tacoma where they only charge \$10; one in Auburn where they charge \$15 and one in Renton where they charge \$20 per mattress or box spring. We decided to go to the facility in Renton, not that we wanted to pay more, but it seemed closer and I always get lost when I attempt to go to Auburn.

This place is called the Black River Facility and it is a full-fledged transfer station, but they have a truck where you place your mattress. It goes somewhere and is taken apart; all the pieces are recycled. It's at 501 Monster Rd. SW and I kid you not about the Monster Rd. part. And no, the woman who takes your money does not know how the road got that name. There is a concrete recycling facility there too (across the street), in case you have a yard full of unwanted concrete.

We left feeling quite saintly for about an hour but hoping that there weren't too many more old mattresses in our future.

-Diane Snell

A+

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LESCHI'S BEST FRIEND(S)

We love our dogs here in Leschi and in Seattle as a whole. Past surveys have indicated that we have more dogs than we have kids. As a mother, I have to say that teenaged dogs are much more pleasant to deal with than human teens. The dogs still like you! They love to see you come home; they love to see you fixing their dinner and they never say "That Again?" And at bedtime, you never have to wonder where they are...they are right there watching for the human signs of retiring. And they do look as cute on their doggie beds as our kids do when they are sleeping.

There are a few disadvantages. One is **the leash law**. One was not required to leash their children, but this is not so with dogs. You risk a ticket if you let your dog off-leash in Leschi Park or any area, which is not a designated off-leash area. There are several off-leash areas near by; we use Genesee Park's area. The dogs run until they just can't anymore, and once you get back home, they go down for a long nap.

The other main disadvantage is **the elimination factor**. Not many dogs learn to use a human toilet although I have heard that cats can often learn this. Dogs tend to perform these functions on what seems like impulse, sometimes in less convenient spots ...like the crabby neighbor's lawn, the one who complains about their barking. You are required to scoop the poop, and your neighbors would prefer that you take it home and dispose of it in your own garbage and not their receptacle. Some neighbors have complained that baggies of dog poop have appeared in their recycling bins. Come on, guys, they haven't figured out a second use for that yet! Some dog owners have their dogs carry it home by tying the bag to the leash or collar. Seems fair.



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The barking is another issue. One of our rescue dogs was an early alert system for the nervous woman she lived with previously, and she has continued that function for us although we don't really feel we need it. We really don't care if a neighbor walks their own dog down the street or a strange car uses the driveway to turn around and yes, we really do want that mailman to come to our house. We quickly try to calm the dog, but it's like the barking is hard-wired and old dogs (like old humans) do not find it easy to learn new tricks.

But you have just learned some new tricks: a leash and poop bags are an essential part of your outdoor adventures with Fido.

-Diane Snell

NEW CLASSES/EVENTS AT THE SENIOR CENTER

FLU VACCINE CLINIC

Wednesday, September 9, 1-2:30pm

Stop by the Central Area Senior Center on September 9 to receive your flu vaccine. Sign up by calling the front desk at 206.726.4926 to receive a reminder phone call.

TAI CHI SHORT FORM CLASS

Mondays from 10:30-11:30am (Starts September 14)

The Central Area Senior Center is starting a new Tai Chi class on Mondays! This class will focus on the 24-movement short-form Tai Chi and is the perfect way to get in touch with your body, mind and spirit! The very slow movements of the Yang Form are also good for conditioning the body and improving circulation. Class will provide modified techniques for seniors with physical limitations, such as using a cane. Class will be held downstairs (only accessible by stairs). \$4 for members and \$5 for non-members.

AARP DRIVER SAFETY COURSES

Monday, Sept 28 and Tuesday, Sept 29 – 9am-1pm
(Must attend both days)

If you are 50+ and would like to save money on your car insurance, sign up for our AARP Driver Safety Program by calling 206.726.4926.

AFRICAN AMERICAN CAREGIVER SUPPORT GROUP

3rd Wednesdays from 10:30am-12pm (starts September 16)

Are you caring for someone with memory loss? Join the Alzheimer Association's African American caregiver support group, which offers a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss.

GREEN DOLPHIN STREET LOUNGE

Friday, September 18, 6-9pm

Join the Central Area Senior Center for dancing, a no-host bar, appetizers and live music featuring Brandon Willis on September 18! Brandon is a saxophonist that brings a soulful sound and charismatic personality to the northwest jazz scene. Admission is \$20 for non-members and \$15 for lifetime members.

FREE ACUPUNCTURE CLINIC

Thursday, September 24, 1-2pm

The Central Area Senior Center is offering a free acupuncture clinic on September 24! This is limited to the first 25 people who show up! Acupuncture is safe and relatively painless and patients will receive five needles in each ear while seated. Some common conditions that acupuncture benefits includes energy, sleep, depression, anxiety, stress, joint pain, circulation, improved appetite, blood sugar balance.

~Joie Hsu, Program Coordinator,

Central Area Senior Center (CASC), Senior Services, 500 30th Ave.

South Seattle, WA 98144, 206.726.4926 ext. 209,

joieh@seniorservices.org, Tuesday-Friday: 7:30am-5:30pm

AUGUST ON THE STAIRS

The Lane St. steps work party on August 15 was a success even with a reduced work force. Some regulars were away and others had to leave early for other commitments.

Since our signs all say 9:30 to Noon, I arrived at 9:30 and began sweeping up and bagging pine needles, which can be slippery on the steps and they promote the formation of moss (even more slippery!)

I was joined by Janet Oliver, John Barber and Jeff Moor of our usual crew, and then a most welcome 33rd Ave neighbor, Larry, who turned out to be a powerful worker. Larry and Janet worked on clearing the gutters running down both sides of the steps. Larry also carried up a big bundle of bamboo that someone had cut and left to dry. He cut it into 6 ft. sections for ease of pick-up.

In all we generated eight bags of yard waste plus the bamboo. And due to our work last year cutting back overhanging greenery, the usual sight lines remain excellent.

The September work party will find us back at the King St. stairs near the Senior Center. This is a stairway, which seems to be heavily used by younger folks, who litter. Trash pick-up is the number one priority and then the usual cutting of invasive weeds. Our attempts to grow some native plants were not successful as it was just too dry to sustain new growth.

Join us on September 19 at the top of the King St. stairs: King and 30th Ave. S by the Central Area Senior Center) 10-noon. Bring snipping tools, brooms. We have gloves, grabbers, snacks.

~Diane Morris

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TREE WALK AND WORK PARTY

Seattle reLeaf is an urban forestry outreach program that encourages volunteers to hold events in their neighborhoods with the help of the City of Seattle. There are two events over one weekend coming up in September that a resident of Leschi is hosting.

LESCHI TREE WALK

Saturday, September 12, 9-11am

Leschi Elementary School

Join Tree Ambassador Adam outside Leschi Elementary for a tour of Leschi's diverse urban forest and learn how each of these trees contribute to our quality of life.

LESCHI TRIANGLE WORK PARTY

Sunday, September 13, 9am-12pm

35th Ave and S. Lane

Join neighbors to remove weeds, improve visibility, and clean up the traffic triangle to create a healthier environment for our urban trees on 35th Ave and S. Lane! Tools, gloves and instruction will be provided.



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DENTAL TIPS FROM DR. MIKE

The benefits of fluoride

From the time your baby's first teeth appear, their teeth should be brushed. Infants can have their teeth brushed with a soft brush designed for babies and plain water. No toothpaste is necessary and in fact should be avoided until the child reaches the age of one (and some research says two). This is because 95% of all dentifrice (toothpaste) has added fluoride, and since young children can swallow part or all of the toothpaste, fluoride can cause problems. We'll get back to that in a minute.

Back in the 1950s, when fluoride was first being introduced in toothpaste and in water, people were not sure whether it was a good thing. Now, however, with the advantage of time, we can easily see from the reduction in the rate of tooth decay that it has, indeed, been helpful. The process of adding fluoride to water and toothpaste is based upon sound and robust scientific research. And it's hard to argue with success!

Fluoride concentrations are reported in parts per million (ppm) and most scientific data show that concentrations of 0.7 - 1.0 ppm are safe and effective. The toothpaste you use will tell you the concentration in that tube, usually in the active ingredients. Water is fluoridated to a similar amount. In fact, fluoride occurs naturally in water. The most common form of fluoride is hexafluorocilic acid, which breaks down into water and sand. It can be obtained as the by-product of other chemical processes, and is readily found in nature.

Oral bacteria produce acid as a waste product in the consumption of leftover food particles in the mouth. This acid compromises the mineralization of the enamel on the teeth, allowing decay to start and progress. Fluoride not only helps prevent decay, but also aids in the remineralization of the teeth. It can actually repair the damage the bacteria have done! And since all mouths contain these bacteria, all people with teeth can benefit from fluoride, at least in their toothpaste.

Now, back to the problems that can be caused by too much fluoride. In scientific studies done on children, only about 3% of them show any detrimental effects from too much fluoride. This damage is called fluorosis, a discoloration of the teeth, either with white patches or, in excessive cases, brown spots. This is why it is important to teach children not to swallow the toothpaste when they brush their teeth.

There was a study done in 2006 that stated that fluoridation increased the chances of osteosarcoma (tumors in bones), but there have been no other studies that have shown the same results. In fact, the authors of the study admit to bias in their research, so without further proof of the claim (and it's been nine years since the study was done), it is safe to assume that fluoride does not increase incidents of osteosarcoma.

We consume fluoride all the time. For instance, tea may have more ppm than fluoridated drinking water, yet no claims are made that tea causes the problems attributed to fluoride. Anecdotal evidence is not adequate to justify those claims. The National Institutes of Health supports the fluoridation of drinking water because they have sufficient technical and scientific training to actually read and interpret the data from the studies that have been done, and they believe that not only is fluoridation safe, it is also beneficial.

In addition to fluoride in toothpaste and drinking water, twice-yearly fluoride treatments done at the dental office can be very helpful for both children and adults in preventing tooth decay. Your dentist or dental hygienist can answer any questions you might have regarding the benefits of fluoride.

-Dr. Michael Bilikas



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CULTURE CORNER

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A tall canvas house looms over us in the first room of “Constructs: Installations by Asian Pacific American Women.” Lynne Yamamoto’s *Whither House* honors Japanese-American farmers who could never put down roots. With no windows and doors, the house stands insecurely on log rollers. Up until 1952 “alien land laws” targeted Japanese farmers, preventing them from owning or even leasing land if they were not eligible for citizenship. Many lived in tent houses, tilled land, made it productive and then were forced to move on. And of course, after Pearl Harbor, in the spring of 1942, they were sent to internment camps, where they made even that inhospitable land productive. This simple white tent house that feels so large in the gallery, speaks to that history.



We pass into a narrow gallery, on its walls a row of small double locked cages containing a speaker. Kaili Chun’s installation, *Janus*, requires us to open the door and to listen. As an Indigenous Hawaiian, Chun deeply feels cultural colonization, both in history and in contemporary agriculture and tourism.

Kaili Chun, *Janus*, detail, 2010.

Steel cells, locks and keys, MP3s, audio speakers.

Photo by Toryan Dixon Courtesy of The Wing Luke Museum

Decontextualized indigenous artifacts from her past survive mainly in museum display cases. As we juggle the two keys and unlock the cage, we listen to the fragments of sounds (or silence), experiencing the disruptions of a trapped culture: waves or birds, or wind, or rain or people singing childlike songs. Some are silent. We feel the oppression as we relock the cages.

Yong Soon Min’s installation *LIGHT/AS/IF* subtly evokes the elusiveness of memory directly connected to the artist’s own traumatic loss of language and memory from a cerebral hemorrhage. On a wood plank, the artist carved tiny braille letters, quoting from Rumi “The wound is the Place where the light enters you.” Then, in the artist’s own words, “Invisible wounds are the hardest to heal. They throb with buried memories, telling me that the past is real and that I’ve survived. Of the visible scars, some are unbelievably seductive, as if turning a blind eye to the pain that was the source.” Braille, which the artist does not read, refers to the way she feels. Loss of sight, like loss of memory, alters our perception of our place in the world, present and past, a frighteningly disorienting experience. Nearby, another wooden plank holds a porcelain bowl of water. As the water slowly evaporates, it marks the passage of time, a metaphor for the slow extended time required for healing. A third piece, a wooden “tree wound” carved by a digital router, also echoes Min’s situation, one step removed from the creation of the work, one step removed from her former reality. A huge ball with texts referring to loss/wounds/healing rolls around in the midst of these subtle pieces, an uncontrolled game with unknown rules, much as life can be for those who lose their memory and the ability to speak.

After Min’s meditative work, Tamiko Thiel and Midori Kono Thiel, mother and daughter artists offer us exhilaration and adventure. Midori Kono Thiel’s Japanese calligraphy becomes abstract art as she writes each stroke of a character

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Terry Acebo Davis, *In Her House ... Tabanan ... Her Room*, detail
2015, Bamboo, tyvek, family photographs, wallpaper, found objects, mirrors,
bronze, bedroom furniture, banigs (traditional woven mats)
Photo by Toryan Dixon Courtesy of The Wing Luke Museum

on overlapping transparent sheets. Tamiko Thiel, with two engineering degrees, superimposes the calligraphy on an actual place viewed through a tablet or smart phone. In addition to the museum installation, “Brush the Sky” fl its words written in Japanese calligraphy at seventeen locations in Seattle. We can go, for example, to Pike Place Market, the Panama Hotel, the Japanese Garden or the International Fountain, hold up the tablet and read a Japanese phrase that pertains to the site. Each site has personal significance for the artists. At the International Fountain, for example, the calligraphy reads “Astonishment/Past Present Future.” Th ir friends Kazuyuki Matsushita and Hideki Shimizu designed the fountain as homage to our efforts to explore outer space at the time of the Seattle World’s Fair. The ords fl at over the site, and “augment it” as we see it on the tablet. A brochure in the gallery includes the Japanese and the translation of each site along with the bar codes.

Almost unbearably intimate, Terry Acebo Davis’s *In Her House...Tabanan...Her Room* honors her mother, as well as the experience of dementia. She asks us to take off our shoes and sit on the bed beside a pink bathrobe and a telephone receiver, suggesting an incomplete connection. A large photograph of her mother as a beautiful young woman hangs above the bed with family photographs on a nightstand nearby. A reversed clock suggests her dementia. As in Yong Soon’s work, we are looking at fragments, references to missing pieces, the sense of the coming apart or the

inability to put together, the real. In its place are mementos, photographs, scraps of writing.

Each of these installations invites us to participate: we walk around the house and smell its wood, we open steel cages, we touch the wood carved braille, we wander in the midst of the calligraphy and bring it to public sites, and finally we sit on the bed of an aging mother. We can explore and feel emotions we rarely have the opportunity to experience in an art museum in this subtle exhibition of interactive installations.

While you are in the Museum, you can also visit the “Bojagi: Unwrapping Korean American Identities,” in the downstairs gallery. “Bojagi” is a cloth made “Bojagi” is a cloth made of many pieces. It provides the metaphor for a multimedia and multisensory exhibition, with references to visual art, music, theater, dance, writing, education, and much more.

Finally in the corridor outside, several panels address immigration and deportation, the physical part of the exhibition “Belonging: Before and After the Immigration Act of 1965,” expanded online with a community digital exhibition with visual art and poetry. You can see that without leaving your home.

What you are shortly going to hear about from the Wing is the Bruce Lee exhibition, opening October 4. But before that razzle-dazzle, spend a quiet hour with “Constructs” and then visit “Bojagi” which closes on November 15.

~Susan N. Platt

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BRUNCH AT ST. CLOUD'S

This past month I have had brunch twice at St. Cloud's in Madrona. On both occasions, we were fortunate to secure a table in the courtyard (aka entry.) Since both times were on a Sunday, the dining room was very full and a bit noisy. Thanks to our wonderfully warm and too dry summer, sitting outside is a very pleasant experience (even with the occasional bus stopping by.)

On both visits, the food was delicious, no surprise with Leschi's John Platt as the restaurateur. I ordered Scrambles, scrambled eggs with four slices of crisp bacon and hash browns. The potatoes are grated long and not the least bit greasy. Grandma Hazel's coffee cake comes with the order (toast can be substituted.)

On one occasion my breakfast partner ordered the burrito, a huge flour tortilla stuffed with beans, peppers and scrambled eggs. She pronounced it wonderful and proceeded to eat the whole thing! On the other occasion, my friend ordered the Collard Greens and Pesto Scramble, with pancetta and asiago cheese. Another culinary hit!

~Diane Morris

Addendum: DESSERT at ST. CLOUD'S

I chose St. Cloud's for my August birthday dinner and we were fortunate to obtain a table in the back garden, a quieter enclave. The dinner was wonderful and of course, being a birthday, I was entitled to dessert. I ordered the

hot fudge sundae. It took me back to a rather bleak

childhood, where treats and adventures

were few and far between, but

the one high spot each year was a trip to the Paris Café, where we had hot fudge

sundaes. Ice Cream in the tall sundae glasses and a small

pot of hot fudge that one poured

over the scoops of ice cream.

I remember making a ritual of it, pouring just a bit at a time and dutifully eating that section. I think I stopped talking to my spouse that evening and was transported back to Flint, MI. If I hadn't been able to feel the breeze on my toes (I was wearing sandals), I might have thought I was in my black patent leather Mary Janes once again. If you ever need that kind of childhood fix, St. Cloud's hot fudge sundae is perfect in every way.

~Diane Snell



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LCC EXEC BOARD MEETING 06/10/2015

Attending

Diane Morris, Diane Snell, Janet Oliver, Jeff Moor, John Barber, Amy Fink.

Jeff—LURC

Focusing on 23rd Ave Action plan. Zoning changes are becoming solidified. LURC is looking at three areas of the action plan.

John and Diane M. —FloWare

Per Diane M., Christine and Katie “have done a dynamite job.” We’ll have hotdogs, pizza and drinks. There will be a dunk-tank for Leschi school principal/teachers. There may be a cotton candy machine. Hours are 10am-2pm. Canopies will arrive early. John has contacted the officer bringing the chess club. Officer Garza collected \$100 to offset costs. Diane Morris arranged a \$50 donation from Grocery Outlet.

John—Parks-Moorage and Powell Barnett

- Meeting at Garfield community center at 6:30 Thursday night about the Powell Barnett Fitness Zone area.
- Park Board/Natural Area – meeting on 25th of June – about making natural areas locations for challenge courses and bicycle skills courses.
- Judkins – The park is getting help from SDOT on clean-up/maintenance
- 23rd Ave Construction – Currently bus routes 48 and 8 are both on MLK, but they’re stacked up at stops. Janet suggested the circulator bus. Pros/Cons of changing the bus routes were discussed.
- Moorage – Peggy Tosdal – currently with Mt. Baker rowing center – has taken a position directing local moorages.

Recap of Wednesday General meeting

Pamila couldn’t attend. Housing was a big topic at the meeting. Kshama Sawant’s presentation and answers to the questions were well received. She is very interested in the moorage issue, especially as it could affect the Leschi Market. Diane Morris polled meeting goers and found they were impressed by the meeting and with Kshama.

Next Year’s program ideas

Moorage, housing density.

Lake Dell retaining wall

Diane S. has left voicemails and emailed Joshua Ericson. Per Maisha, he may have moved to a different position and been replaced with someone else. One of the nearest neighbors to the retaining wall contacted Diane Snell to say he doesn’t want Ivy. Diane S. will work toward involving neighbors in planning discussions.

ArtWalk

Next meeting is June 11 at The BluWater.

East Precinct/Crime

Partying in the woods near Peppis playground. There have been more/ongoing issues surrounding Powell Barnett Park.

Next Stair clean

Dearborn Street on June 20.

Next Newsletter

Submission deadline is August 18.

Oaxacan event at Blanche LeVizzo park, Sunday June 14 12:30-4:00 pm. Food, dancing, music.

LCC EXECUTIVE BOARD MEETING 7/6/15

Attending

Janet Oliver, Kim Murillo, Jeff Moor, John Barber, Diane Morris, Tracy Bier and Diane Snell

June minutes were approved by email.

Treasury/CD

Kim issued a report for June and clarified some debits that weren’t clear: one was to Grocery Outlet for snacks for the hopscotch event (we will be reimbursed) and the other was for Aurora Rents: dunk tank and cotton candy machine for the Flo Ware event. These last items are paid for by the Flo Ware restrictive funds. New expense in June is the annual insurance payment.

Microsoft Giving

Diane Snell had rec’d documents from Microsoft that they are updating their giving system. Kim took the information to complete for Microsoft.

LURC

Jeff said the focus has been on review of the SEPA checklist for the 23rd Avenue Action Plan. The group had divided into 3 teams to cover proposed zoning changes for the 3 main intersections along 23rd: Jackson, Cherry and Union. From what the teams have observed so far, the changes are for the most part reasonable, with the most significant issues being concerns about how to mitigate the proposed building height along Jackson (from the current 65’ to 85’). The most positive aspect of the document is the reliance on Incentive Zoning, which allows the added height only if the developer also provides a minimum amount of affordable housing. He also reported that the Bangasser property (aka MidTown Center, home to the Post Office at the southeast corner of 23rd & Union) is officially for sale. Interestingly,

the Internet sales literature makes no mention of the ongoing, community-based effort to develop “Africatown” at the site. (This is what is known to most of us as the Post Office site; southeast corner of 23rd & Union.)

Flo Ware event

An article & photos are posted on the website. Katie and Christine did a terrific job of creating a child friendly event.

Natural Areas

John Barber explained that Parks is interested in putting mountain bike trails and zip lines, etc., into the natural areas. He will forward a petition that opponents of this plan (Seattle Nature Alliance) are circulating.

Moorage

Diane Snell reported that Leschi’s concerns about the moorage are two: equity for small boat owners and no concession type business that will compete with the Leschi Market. There is a meeting on the issue Thursday (7/9) at 3:30 in Sawant’s office.

Mom’s March

Diane Snell is negotiating with the police department on a date for a Mom’s March from Flo Ware to Powell Barnett in a take-back-the park move. There will also be an attempt to get the wading pool filled once we have a date. Discussion re: what can be done about the violence? Program Ideas: No ideas were rec’d from Board members so Diane S. created a quick and negotiable list of possibilities for the Board to react to. Some suggestions were given about the September meeting: concentrating on the Powell Barnett issue.

After the meeting was adjourned, some stayed to talk about gentrification and PB issues.

Support your community by joining the Leschi Community Council!

We create awareness of neighborhood issues so residents may make informed and effective decisions.

LCC joins with the Leschi Business Association on ArtWalk and Halloween Spooktacular

LCC supports the Instrumental Music Program at Leschi Elementary

LCC supports volunteer activities in our local parks and on our public stairways

LCC supports the Central (Central Area Senior Center)

LCC produces the Leschi News 10 times a year

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The next Leschi News deadline is **SEPTEMBER 21**. Mail all articles, comments, letters, advertisements, and membership dues to this address:

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september 2015 | calendar

SEPT. 2 Leschi Community Council meeting, 7pm. Senior Center (see cover)

SEPT. 5 Leschi Natural Area work party, 9am-3pm, Lunch & tools provided, 36th & Terrace

SEPT. 7 Leschi CC Executive Board Meeting, 7pm, 128 30th (Diane Morris's)

SEPT. 10 Central Area Neighborhood District Council, 6pm, The Central, 500 30th Ave S.

SEPT. 12 Leschi's ARTWALK! 11am-4pm. Parade starts promptly at 11am.

SEPT. 12 Seattle Neighborhood Coalition, 9am, The Central (breakfast: \$14)

SEPT. 12 Block party at 23rd & Cherry

SEPT. 18 Green Dolphin Street Lounge, 6-9pm featuring saxophonist Brandon Willis
Admission is \$20 for non-members and \$15 for lifetime members. Refreshments and No Host bar.

SEPT. 19 Leschi CC stairway cleanup at King St stairs, between 30th to 31st.
Meet at 10am at top of stairs on 30th. Bring tools. 10am-Noon

SEPT. 24 EastPAC meeting, 6:30pm, Chardin Hall, Seattle U. (Parking off Jefferson past 12th on right)

**Contact John Barber about
String of Pearls work
parties at 206.324.1548 and
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parties at 206.325.4295.**

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