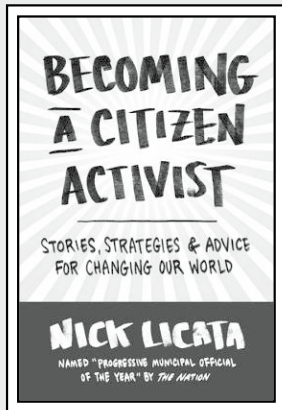


leschinews

March 2016 Issue No. 330

Leschi Community Council is a participating member of the Seattle Community Council Federation



A Conversation with Nick Licata

Recently retired from the Seattle City Council after 18 years, Nick Licata will discuss his new book: Becoming a Citizen Activist.

"Licata explains how to get organized, congregate power, and master the tactics for change. He is insightful in comparing effective communication with methods that just don't work. Licata's observations on the intricacies of power will empower any activist who wants to make a difference in today's world."

March 2 — book signing: 7-7:30pm, talk: 7:30-8:30pm

CENTRAL AREA SENIOR CENTER, 500 30TH AVE. S

inside the news

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**SAVE
THE DATE**

The Moorage Plans
April 7 meeting

Presidents' Message

Our February speaker, David Williams, was captivating as he explained how Seattle was reshaped to improve trade and transit. He spoke at length about reclaiming the Duwamish mudflats south of town (stadium area), and you don't want to know what is under there, but some day archaeologists might enjoy the multi-layers. The second area of reshaping was the Denny Regrade, which was a monumental task with the removed dirt being transported to Elliott Bay and dumped there. David had many old photos which he projected, and there seemed to be a constant stream of onlookers watching the leveling of Denny Hill. The third reshaping was the Montlake cut and the Locks; the original thought seemed to be that large ships would enter Lake Washington, but that didn't happen. More shoreline was exposed as the lake level dropped and Leschi's lakeside businesses benefitted. David graciously signed copies of his book for us after the meeting.

LURC (Land Use Review Committee) has been a big boon to the Central Area; they tackle projects early and give community input. Without this group, big projects would just occur and we would wish that we had been able to give some input before the project was completed. The value of the LURC process was apparent in the early review of the Promenade redo by Vulcan. Jeff Floor (LCC Board) is co-chair of LURC and brings us up to date on this impressive project (see page 4).

A big concern in this area is the fate of the small businesses along 23rd. The original agreement with SDOT was that the work would be confined to the stretch between Jackson and Cherry and once completed, they would move on to the next phase, Cherry to Union. Before we realized what was happening, it seems everything was torn up and even extending past Union, which should have been Phase 3. So two years of community meetings and agreements were for naught. Please read Barbara Parker's (Madrona News editor) article on this problem on the following page, and please try to patronize these struggling businesses while the construction work is going on. We attended a meeting on 2/6/16 of business owners and Kshama Sawant at the 701 Coffee Shop (NW corner of Cherry & 23rd) and ordered a Mocha Latte; it was delicious! Neighbors said the bagel sandwich is also a treat with the owner's own cashew butter spread.

We have begun planning for our annual Art Walk and invite interested persons to join the group as we want to expand into the park this year and we can use creative ideas! We are meeting on the 4th Thursday of each month at 3pm. at BluWater Bistro. Please join us!

Please note the article on the LCC elections (see page 6), which are held in May. Officers are term-limited, and as we step down, we need some new energy in these positions. We would also like to identify someone who is interested in helping with the newsletter as an associate editor. If you are interested, please email leschinews@comcast.net.

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

-Diane Morris & -Diane Snell

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Leschi Community Council

140 Lakeside Ave. Suite A #2
Seattle WA 98122-6538

Presidents

Diane Morris, 206.322.7648
Diane Snell, 206.726.0923
leschinews@comcast.net

Vice President

Janet Oliver, janetoliver@seanet.com

Secretary

Amy Fink
aefvpn@gmail.com

Treasurer

Kim Murillo
kim2938@gmail.com

Program Chair

Diane Snell, 206.726.0923

Parks and Greenspace

John Barber, 206.324.1548
barber-osa@comcast.net

Public Health and Safety

Tracy Bier
atbier@msn.com

SCCF Representative

Jeff Floor, jsfloor@gmail.com

Leschi Business Associate

Yousef Shulman
yousef@leschimarket.com

Newsletter Editor and Advertising

Diane Snell, 206.726.0923
leschinews@comcast.net

Production Manager

Kirsten Hopperstad
khopperstad@msn.com

Staff Photographer

open

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Small Businesses on 23rd Ave. Need Your Help

Madrona News Editor Barbara Parker writes this month's editorial. We both received calls from a worried business owner and Barbara graciously offered to write up the concerns.

The 23rd Ave. construction mess has created many challenges, but especially for small business owners on and near 23rd Ave. At present, only a single southbound lane of 23rd is open from Union to Jackson, and soon there will also be a southbound lane only along 23rd to Madison. And as we all know, cross streets are frequently closed for utility and other work, creating additional challenges for small business owners. But the construction mess is not going to get better soon. The timeline for completing work from Jackson to Cherry started late and is going to be extended by at least three months; construction between Cherry and Union was started earlier than planned; and it is not a sure bet that any phase of the project will be completed as scheduled.

A group of business owners on and near affected areas of 23rd met in late Jan. to discuss their concerns. Together, they agree that something they really need is for the public to be aware that businesses are open and need the public to support local area shops. Small business owners are especially vulnerable to downturns in traffic, so it is up to us to remember that and make every effort to boost our presence at businesses on and near the 23rd Ave. Doing so could be the crucial element to sustain small businesses and keep our neighborhoods interesting and exciting.

Going forward, small business owners intend to meet to collaborate on tactics that can help keep them all in business. Those assembled represent a wide range of businesses all along 23rd, including Earl's Cuts & Styles; Oda Barber Shop (which closed because of the construction); Update Barber Shop, Uncle Ike's; Sea Suds; 99 Cent Plus; Arco AM/PM; Magic Dragon Chinese Eatery; WGM Jeweler & Company; 701 Coffee; Midtown Center; and Flowers Just 4-U. For information about future meetings, please contact Sara Brereton at 701 Coffee at 779-5482 or 701coffee@gmail.com.

Following a Seattle Times front page article in early Feb. explaining the plight of 23rd Ave. merchants affected by construction, the City of Seattle agreed to reorder its construction schedule to reopen 23rd between Jackson

and Yesler in March, one to two months earlier than currently planned. The Office of Economic Development will also provide \$102,000 of new funding for marketing the area and business support — but not direct mitigation payments to area businesses. The city said the additional funding follows recent grants of \$220,000 for "economic and cultural development projects" in the Central District.

So for now: keep patronizing these businesses or stop in for the first time to show your support for small business owners in and near 23rd Ave.

Barbara Parker, Madrona News Editor

Note from Leschi News Editor: It has since been clarified by the city's Office of Economic Development that the promised \$102,000 is NOT in addition to the previously promised \$200,000 but is in fact, a reduction to \$102,000 despite the economic hardship. Many of these businesses are months behind in rent.

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Neighborhood and beyond

THE FOUNTAIN OF TRIUMPH

Our Art Critic, Susan Platt, presented an overview of James Washington, Jr., his artwork and his civil rights involvement at the February meeting of the Central Area Neighborhood District Council. It was important for all the members of this group to understand the importance of this artist and the need to preserve his work. We looked at the history of the fountain in our January issue and we presented Saviour Knowledge's beautiful piece on the meaning of the work in our February issue. We will continue to follow the progress of preserving the sculpture in this and future issues.

The assembled group seems to be of one mind in preservation, and the question on the table was how? A representative of the Historic Central Area Arts and Cultural District, Tyrone Brown, summed it up beautifully: It doesn't matter that the fountain doesn't work; it's a symbol and we need to insist it remains where it is. Since the meeting, there has been some activity via

email discussing the possibility of obtaining landmark status. It isn't an easy task, but if we are guided by the words of James Washington, Jr.: "I used my imagination to accomplish things other people assured me were 'impossible.'"

-Diane Snell

PROMENADE 23 REDEVELOPMENT

Some of the fog that has hung over the Promenade 23 site in recent years has lifted somewhat. At a February 4 community meeting hosted by the Central Area Land Use Review Committee (LURC – full disclosure: the author is a co-chair), Vulcan's design team led by Rundberg Architecture Group presented their early thinking for the shape of the re-development of the commercial land south of Jackson Street, east of 23rd Avenue. Using photographs and hand-drawn sketches, they walked the assembled crowd of over 100 interested residents through a vision of accommodating a new grocer, additional small retail, and over 500 apartments.

Many of the design moves are an undeniable improvement over the current state of affairs for this block, which by any definition is a strip mall, turning its big blank back to the residential blocks behind. The team's treatment of the exterior spaces shows a pleasing series of outdoor spaces – one at the corner, one at the current crosswalk from Walgreen's, and most significantly, a pedestrian route right through the heart of the site to the neighborhood to the south. At 60-feet wide, the path is the equivalent of a full city street and in fact recaptures the alignment of 24th Avenue that at one time connected the neighborhood to Jackson Street. Currently, 24th dies into a two-story block wall, the backside of Red Apple. Giving this route back to public access is serious commitment to the public good, and assuming there is adequate activity in the adjoining retail spaces, the whole ensemble of exterior plazas can contribute quite well to the community.

A trickier aspect of the redevelopment is foremost in the minds of the majority of attendees, however: affordability in the rising tide of gentrification and increased housing costs in this part of town. To many of the vocal residents assembled in the lobby of Ernestine Anderson Place, what the project looks like architecturally, or how it engages the public realm,

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pales in comparison to what a new development like this might do to rents throughout the area. Vulcan has offered their participation in the Multi-Family Tax Exemption (MFTE) program as one gesture toward this concern. The MFTE commits a project to providing at least 20% of the units at rates affordable to a person making less than 60% of the Area Median Income (AMI) for 12 years. Unfortunately, that income figure is based not on just the immediate environs, but the whole of King County, and many gathered contended that this skews the rents upward.

This issue raises an interesting conundrum: is it even possible for-profit developer – a well-meaning, locally based one, with a dedicated team of caring professionals even – meet that need for affordability within a capitalist context? The answer will be a fascinating one to follow over the next year, as this project moves through design and permitting, with a construction start slated for late 2017.

On February 17, Vulcan moved one step closer along that time line when it announced it had purchased the land straddling Jackson Street, for an announced sale price of \$30.9 million.

-Jeff Floor, Leschi CC Board member and Co-Chair, Land Use Review Committee

Note: Vulcan will be making a presentation on this project at the next Central Area Neighborhood District Council meeting on March 10 at 6pm. at the Central Area Senior Center, 500 30th Ave. S.

MOORAGE CONTRACT GOES TO FOSS

On February 8, Paul Wilkinson, Manager of Moorage for the Parks Department, announced they had selected Foss Waterway Management to improve and care for the moorage facilities. Foss has “embraced” the goals of the Project Advisory Team as follows:

- Maintain public ownership of the moorages
- Provide safe, accessible and affordable moorage for Seattle residents
- Protect shoreline habitat
- Improve public access and community benefit without compromising security
- Create quality facilities that are competitive in the marketplace
- Enhance the sailing heritage at Leschi
- Make moorages self-sustaining for ongoing capital upkeep and maintenance
- Ensure concessionaire quality with performance measures and regular auditing of the new concessionaire contract

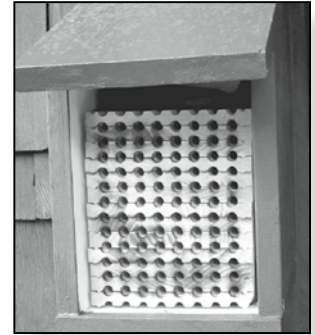
Both Paul and a representative of Foss will attend our April 7th meeting to discuss timelines and to answer any questions.

-Diane Snell

BEE SHELTERS

The bee shelters are in place at the homes of the bee stewards.

The bee cocoons will be placed in the shelters when the appropriate plants and trees begin to bloom.



STAIRWAY PROJECT

Ever hopeful that the sun will shine, we are tentatively scheduling our first stairway clean up for March 19 from 10-12am at the King St stairs from 30th to 31st. These are the stairs closest to the Senior Center; we like to visit these stairs at least twice in the cleaning season as many of the seniors use these stairs during their exercise class. It's important to keep them safe and as free of moss and debris as possible. We'll meet at the top of the stairs at 10am unless it is raining heavily. Brooms and straight edge shovels are good tool choices for this task. We bring the bags!



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LESCHI COMMUNITY COUNCIL ELECTIONS IN MAY

The Leschi Community Council holds elections for its 5 elected positions every two years. Current officers may NOT run again for their current positions as the bylaws stipulate that one may serve 2 two-year terms and we have reached that barrier! The elected positions are President, Vice-President, Secretary, Treasurer and LCC representative to the Seattle City Council Federation.

Basic requirements are the ability to attend the two meetings each month (the general meeting on the first Wednesday and the Board meeting on the following Tuesday.) The SCCF rep would have an additional meeting each month on the 4th Tuesday. There are no general meetings in July and August, but the Board continues to meet each month.

Briefly, the President chairs the meetings, the Vice-President steps in when the President is absent and also recruits folks to run for office in an election year, the secretary takes minutes at the meetings, the treasurer pays the bills and collects the revenue. Other duties are specified in the job descriptions for each position. Interested persons should email leschinews@comcast.net and request a copy of the job description (or call 726-0923 if you don't use email). And don't be intimidated; we have knowledgeable folks who can mentor and there are bylaws to guide us.

-Diane Snell

MARCH 26 PRECINCT CAUCUS

The precinct caucuses for those citizens planning to vote for the Democratic Presidential candidate will be on March 26th at 10:00 am. A precinct caucus is a meeting of voters living within a small geographic area. It is the first step in electing delegates to the Democratic National Convention and in participating in determining the Democratic Presidential candidate. To attend, you must be a registered voter, or will be by November 8th, and be willing to publicly declare you are a Democrat. There will be an election of delegates for those caucus participants interested in pursuing election to the next level, and ultimately to the Democratic National Convention.

The allocation of the delegates will be based on the number of attendees supporting a specific candidate or who

are uncommitted. Information regarding the number of delegates for specific precincts is not available yet.

No proxy voting is permitted. If someone is unable to attend due to religious observance, military service, disability, illness, or work schedule, a surrogate affidavit form (available at www.wa-democrats.org) must be completed and received by the State Party no later than Friday, March 18th.

Precinct numbers 1831, 1872, 1917, 1918, 1919, 1920, 2799, and 3673 will be meeting at Leschi School in the cafeteria and gym. (Please enter from the east side door.) Information regarding the meeting location for other precincts can be found at www.wa-democrats.org.

Resolutions concerning specific issues can be submitted. If time allows after delegates are elected, there will be discussion of the resolutions, but no formal action will be taken. The resolutions will be forwarded for action at the Legislative District Caucus (April 17th -1:00pm) and the County Convention (May 1st- 1:00 pm.)

The second step in the delegate selection process occurs Sunday, April 17th, 1:00 pm at the Legislative District Caucus where delegates elected at the precinct level face election again. The third step in the election process is at the Congressional District level, which will be on Saturday, May 21st. The Leschi area is in the 9th Congressional District (CD) and the 9th CD will be electing 4 women and 3 men to represent the 9th CD at the National Convention.

It's possible to seek election as a delegate at any level, but specific procedures must be followed. A total of 67 delegates are elected at the Congressional Caucuses, and an additional 22 delegates will be elected at the state convention in Tacoma, June 17-19. There are 30 "super" delegates (elected officials and party leaders) for a total of 119 delegates representing Washington State at the Democratic National Convention in Philadelphia, July 25-28th.

If you have questions, I can be reached at 206-324-2786.

-Gwen Rensch

Editor's Note: The Republican presidential primary for Washington State is Tuesday, May 24.

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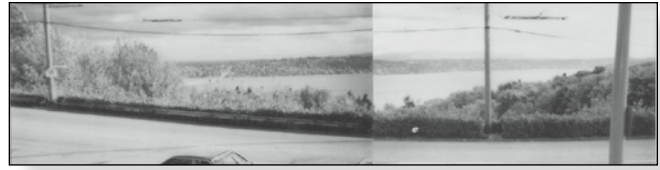
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COLMAN PARK'S UPPER SLOPE RESTORATION

Friends of Colman Park Vista is a group of Mt. Baker neighbors who want to restore a scenic and historic viewpoint to the western edge of Colman Park.

Colman Park was established in 1910 as part of the parks system developed for the City of Seattle by the Olmsted Brothers, the country's leading landscape architects. The original design for the Park had envisioned that the western edge of the Park, which terminates in a steep slope ending at 31st Avenue South, would be covered with low-growing trees and shrubs to provide a scenic viewpoint at the top of the slope. This feature is consistent with the Olmsted Brothers' concept of "borrowed landscapes" – using viewpoints to bring dramatic distant features, such as Lake Washington, the Cascade Range, and Mount Rainier, into the Park to enhance the enjoyment of users and visitors.

The original Olmsted vision has been undermined by the incursion of high-growing trees, particularly Big Leaf Maples. The trees on the western slope were cut approximately 25 years ago, in an attempt to restore the Olmsted vision. Unfortunately, scores of Big Leaf Maple stumps were left intact and produced dozens of suckers each. Today, the landscape envisioned in the Olmsted design has been undermined by the growth of these suckers, which have created a dense thicket-like wall in the spring and summer and spindly shoots and suckers during late fall and winter.



View from western edge of Colman Park - 1995




View from above western slope of Colman Park

Friends of Colman Park Vista has been working to restore the original Olmsted vision for the park. The gentle curve of 31st Avenue South where it meets the top of the slope provides breathtaking vistas of lake, mountains, and nearby communities. The location offers a beautiful example of the Olmsted concept of a "borrowed landscape". As a first step to restore the slope, we have applied for and received a Small and Simple Neighborhood Matching grant from the Seattle Department of Neighborhoods. This grant will fund an evaluation of the slope by a geotechnical consultant, the development of a Vegetation Management Plan by a landscape architect, and three public meetings (dates and times to be determined) where all interested parties can provide feedback. If the initial studies indicate that the restoration is feasible, we plan to seek funding for the second phase of the project, which would implement the Vegetation Management Plan and restore the slope to the original intent of the designers.

Our plan is to build a stronger community while working together to restore part of Seattle's heritage. We welcome feedback, comment, and help from all interested parties. Please address questions, comments or concerns to our neighborhood group directly by emailing margybr@gmail.com. We'd love to hear from you. Everyone is welcome at our regular monthly meetings at Bradner Gardens Meeting Room to discuss project status and progress. We'll post meeting notices via Nextdoor Leschi as far in advance as we can.

-Margy Bresslour


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ALERT SYSTEMS

At the January EastPAC meeting, we learned about 2 new systems for emergency alerts: one is AlertSeattle to receive warnings of emergencies and the other is Smart911.

AlertSeattle is a free service that you can sign up for to receive alerts through texting, email, and voice mail or on social media (Facebook and Twitter). You sign up online at alert.seattle.gov for the alerts you want: severe weather alerts, major traffic incidents, utility service disruptions and other safety and health alerts.

Although there is no charge for this service, there might be a cell phone charge on your end, depending on your service contract.

Smart911 is a service that enhances the information the 911 responder has for a cell phone number. Identifying the location of a cell phone caller is rather vague at this point. The example given was a real situation in Michigan, where the caller seemed unable to stop coughing to answer the 911 operator's questions and his location appeared to be in the middle of a lake. Fortunately the man's wife had completed the enhanced information for his cell phone which showed his actual address (on the lake, not in it) and other data that helped emergency responders reach the man in time to pull him from a burning house, unconscious but alive.

Smart911 allows one to create their personal safety profile, including address and phone number and even medical information that might be pertinent. One can add as much or as little as they wish. The speaker assured the group that it was a secure system; the only way the

personal data can be retrieved is when the caller uses the associated cell phone number to call 911. No one can access the information by name, address, etc.

Go to **Smart911.com** to create a profile. Again this service is free. It is currently being offered to unincorporated King County and in Seattle, eventually being rolled out to all county communities. One can imagine that this service would be especially important to those with health conditions, hearing loss or residents not proficient in English.

~Diane Snell

ROBINS AND SPRING

Robins have always been associated with spring. Emily Dickinson wrote "I Dreaded That First Robin So" in 1862, a depressive poem regarding spring as yet another season in the inevitable march towards mortality, while William H Drummond's "The First Robin," another 19th century poem about this red-breasted bird, was far more cheerful, claiming that the lucky person who saw the first robin of spring will be blessed with good luck. Personally, I prefer Mr. Drummond's take on everybody's favorite springtime bird.



An American Robin searching for food. Credit: Dakota Lynch

On Valentine's Day, I heard the first robin in many months. Although we are still firmly in winter, lowland snow generally becomes much harder to come by after Valentine's Day, and by the end of February, crocuses and camellias are in full bloom. Spring is no doubt around the corner. But after hearing all of the claims about the first robin signaling the start of spring, I had to research this relationship for myself. Are robins really the reliable indicators of spring that we believe them to be? It would seem like they must be; after all, they have been associated with spring for hundreds of years. However, the truth is more complicated.

Like many birds, the American Robin migrates southward for the winter and northward for the summer. Heck, the bird's scientific name is *Turdus migratorius*. They are capable of surviving in a wide variety of conditions, and can be found all the way from the far northern reaches of Alaska and Northeast Canada in the summer down south to Mexico and El Salvador in the winter. Robins migrate more based on the availability of food than temperature, with fruit and berries being their primary winter food source and insects and worms being their primary summer food source.

However, not all robins migrate southward. This is especially true for regions of the country with relatively mild winters, including areas of the West Coast. Robins forage for the few remaining berries on trees, bushes, and

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shrubs, but because our ground is not covered with snow for the winter, they have the option of eating worms and insects as well. Robins are less commonly spotted here during the winter because they are both less abundant and tend to spend more time high up in trees, but they are definitely around. Seeing a robin does not signal the start of spring.

On the other hand, hearing a robin is a generally a sign that spring is on its way. As the days get longer and temperatures get warmer, all those robins that migrated southward head back up north for the summer. Once they've arrived at their summer residences, they have one thing on their mind: making more robins. The robins that you hear singing are males both advertising their services to females and telling other males to stay out of their territory. So it's not the first robin you see that counts. It's the first robin you hear.

~Charlie Phillips

Charlie Phillips, a Madrona resident, just received his B.S. in atmospheric sciences at the University of Washington. He writes for WeatherOn, a local organization that provides forecasts, blogs and podcasts for the Pacific Northwest and has had his own weather blog since high school. Check it out at www.charliesweatherforecasts.blogspot.com/!

DR. MIKE'S DENTAL TIPS

Sleep apnea: can a dental mouthpiece be the answer?

What is sleep apnea?

Sleep apnea is a common disorder that causes cessation of or shallow breathing during sleep. Shallow breaths or a pause in breathing is frequently followed by a gasp or a snort and is sometimes accompanied by snoring. Very often, the person suffering from sleep apnea is unaware of the condition, since it doesn't actually cause you to wake fully, but simply move from deep sleep into light sleep. Generally, once the apnea is broken by a breath, normal sleep resumes—until the next incident. Unfortunately, these episodes can occur 30 or more times per hour, leading to poor sleep and fatigue or sleepiness the next day.

A family member or bed partner might be the first one to notice signs of sleep apnea, as it cannot be diagnosed by a blood test and is not usually detected during a routine office visit to a doctor. It is, however, the leading cause of daytime sleepiness.

Kinds of sleep apnea

The most common kind of sleep apnea is obstructive sleep apnea. This means that the airway becomes partially or totally blocked during sleep, causing shallow breaths or a pause in breathing. It is usually found in people who are overweight, but it can occur in anyone. Small children with large tonsils can suffer from obstructive sleep apnea.

Central sleep apnea is a less common type of sleep apnea. In this condition, the part of your brain that signals your body to breathe does not send the correct signals to your breathing muscles. Central sleep apnea can occur

alone or with obstructive sleep apnea. Snoring is not usually a symptom.

Risks associated with sleep apnea

People with sleep apnea have increased risk of heart attack, high blood pressure, stroke, obesity and diabetes. Sleep apnea can increase the risk of, or worsen, heart failure. Arrhythmias are more likely to occur, and the chance of having work-related or driving accidents is exponentially increased.

Treatment

There are several treatment options for patients with obstructive sleep apnea. CPAP (continuous positive airway pressure) is the most common therapy for sleep apnea, in which the patient wears a mask that provides a positive flow of air into the nasal passages to keep the airway open. However, some people cannot or do not tolerate CPAP.

The other leading therapy for obstructive sleep apnea is the wearing of an oral appliance, or mouthpiece. In order to keep the airway open during sleep, the appliance supports the jaw in a forward position, preventing the collapse of the tongue and soft tissues in the back of the throat. It is important to have a mouthpiece custom made to fit your mouth, as a poorly fitted one can cause discomfort and further disturb the patient's sleep. A dentist is the best person from which to buy an oral appliance.

Another therapy for sleep apnea involves surgery. Surgery is performed to remove and reposition excess tissue in the throat to make the airway wider. This may involve more than one procedure, and even after surgery, the patient may need to continue using CPAP.

If you believe that you have sleep apnea, your physician can arrange for a sleep study to diagnose your condition and come up with the best course of treatment.

~Dr. Michael Bilikas, 32 Pearls



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Culture Corner

SPECTRUM DANCE THEATER: AVANT-GARDE ON THE LAKE

By Susan Noyes Platt, www.artandpoliticsnow.com

In case you didn't know, we have cutting edge contemporary dance emerging from the Madrona Bath House on Lake Washington! In that unassuming space, Donald Byrd, internationally renowned choreographer and director of Spectrum Dance Theater since 2002, creates performances that combine experimental, but classically grounded, choreography with deep emotional content. Byrd believes that art is not just entertainment, but that, at its best, it "enlivens" and "transforms" people. His choreography builds on multiple sources, classical, modern, vernacular, pop, and spiritual.

As we watch his extraordinary company of dancers perform, we witness the extraordinary possibilities of the human body to express feeling through movement. In fact, according to one dancer I spoke with, Byrd's movements sometime take the dancers themselves beyond what they thought they could do. Likewise, Byrd speaks of responding to the physical diversity of the dancers and what they bring to a piece. The website explains that these dancers "occupy the space where the classical, contemporary, intuitive, cerebral, visceral, right brain, left brain, control and abandonment converge." Wow. That is stunning. Their movements shape suggested narratives in ever-changing relationships to space and

gravity, tension and relaxation, compression and expansion.

Byrd's aesthetically compelling choreography works in tandem with carefully chosen music that is global, contemporary, and classical. The music is part of the experience, not simply an accompaniment. Byrd creates structures that allow you to "enter into" the music, as he puts it. He can listen to music for months and then choreograph a work quickly and intuitively.

As a pioneering African American dancer (he danced with the Alvin Ailey company for two years, another norm-shattering African American choreographer) he began to think about race in relationship to his choreography early on. One example is the 1996 Harlem Nutcracker (I would like to see that performed here!). This year his season "#RACEish," "an exploration of America's 240 years of (failed) race relations" foregrounds race (other seasons have been "Love" and "War").

"#RACEish" began with a panel on "Invisible: The Dilemma of the Black Artist in America." Prominent cultural leaders Barbara Thomas and Valerie Curtis-Newton addressed the contradictions of creativity as a generative force that is not racial, at the same time that leaders in the creative community who happen to be African American in Seattle have to deal with white perspectives that they can only perform in the context of their race; they are still invisible as part of the mainstream still dominantly white culture, unless the white culture is "looking" for black representatives.

Two performances in late February foreground African American creativity: "Rambunctious 2.0," with all African American composers, including the little known T.J. Anderson. Anderson's music combines the vernacular and the spiritual with avant-garde musical sounds that



*"The Octoroon Ball" – Performed in Rambunctious 2.0 – 2/18-21, 2016
in the current season of Spectrum Dance Company "#Raceish"
Dancer: Alexis "Tilly" Evans Krueger, Photo credit: Rex Tranter*

reminded me of Stravinsky. Byrd's choreography sparks from that score a poignant and intense piece called "Spirit Songs."

The second program, "Dance, Dance, Dance," explores the little acknowledged "Africanist" aesthetic in mainstream music and modernism. According to Byrd, unrecognized African rhythms and movements ("angularity, coolness, pelvis thrusting and jutting, and rhythm") imbue George Balanchine's choreography. In early May, a "Rap on Race" will build around a 1970s conversation between anthropologist Margaret Mead and James Baldwin, in an unconventional format developed by actress Anne Devere Smith and Byrd. Finally in late June "the Minstrel Show Revisited," a difficult confrontational work, deals directly with racist stereotypes in the minstrelsy tradition, a tradition that actually continues to the present in many ways. That program forces the audience to engage with racism directly.

Spectrum Dance Theater was founded in 1982 with a commitment to diversity in both its dancers and its audiences. Today, we still see more dancers of color in Spectrum performances than in any other company in Seattle. Byrd's own willingness throughout his career to address racism as one theme of his choreography culminates in the current season. At the same time, his work always speaks to humanity and to the human experience. His approach to foregrounding race in these works is to demonstrate that African American roots and creators are a major nutritive force in contemporary life. But his purpose is not to segregate that force, but to integrate our understanding of contemporary creativity. Dance has a great capacity to embrace both the specific and the universal because its abstract form and movement is generated by the human body.

Spectrum today actively promotes dance in the community, not only with its own school that teaches hundreds of students from toddlers to grandmothers, but also with many outreach programs to public schools. Byrd fervently believes that the arts, far from the marginal position into which they are being gradually isolated, are central to the community, that they provide solutions to the challenges of our contemporary world.

We can all support these blazing artistic talents in our midst and ensure that Spectrum Dance Theater continues to be the most exciting venue in Seattle for dance that engages social issues and community involvement, by coming to their provocative performances and allowing ourselves to be transformed.

CURRENT AND UPCOMING MUST SEES

A special treat also awaits those who come to the Spectrum Gala "Movement" on April 16. The theme of the evening will be celebrating the Civil Rights Era. The advanced students from Spectrum's Academy will present a special program based on

their own choreography that explores their personal experiences of racism.

Kehinde Wiley "A New Republic," Seattle Art Museum February 11- May 8, 2016. Stunning exhibition of portraits of Africans and African Americans in art historical formats. It partners with Complex Exchanges: conversations with community members, March 23 Power/Privilege Charles Mudede and Rahwa Habte with a performance featuring Dani Tirrell 7-9PM Seattle Art Museum.

"Maroons / Photographs By Fabrice Monteiro," Marianne Ibrahim Gallery until March 12, 2016, Wed to Fri: 11-6pm, Sat: noon-5pm, 608 2nd Ave, Seattle, WA 98104. Monteiro

is a cutting edge African photographer. "Maroons" is the term for communities of free Africans who escaped slavery. The photographs are dramatic stagings of contemporary Senegalese men wearing recreations of iron implements used as slave restraints to discourage escape, based on historic descriptions and imagery.



AND ONE MORE...

Lecture: "Meet the Reporter: Lynda V. Mapes for a discussion of Elwha dam removal". March 8, 6-7:30pm. at The Royal Room 5000 Rainier Ave S, Seattle.



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Seeking Sustenance...

MARCH IS WASHINGTON WINE MONTH

March is Washington Wine Month. Let's focus on what our great state has to offer. Here are 7 Washington wines that you should probably be drinking, this month and beyond.

2014 Trust Riesling Yakima Valley / Ancient Lakes (\$14.99)

Steve Brooks is one of the most trusted winemakers coming out of Walla Walla. Pun fully intended. The Ancient Lakes' Evergreen Vineyard comprises 16%, while the balance of this vintage comes from Yakima Valley. Extremely well balanced and clean, with mineral notes and a dry finish. If you have sworn off Rieslings for being too sweet, think again, and Trust us.

2013 Ryan Patrick Rock Island Red Wahluke Slope (\$14.99)

Rich, ripe and concentrated are characteristics in the grapes coming from one of the warmest and driest growing regions, the Wahluke Slope, just north of Yakima Valley. The Rock Island is predominantly Cabernet Sauvignon, with barely 30% a blend of Merlot, Malbec and Syrah.

This wine has been a fan favorite from day 1 at Leschi Market, nearly 2 years ago now. It is an easy drinking, powerful red wine that is incomparable in quality for the price.

Wilridge Winery Rachel Red (\$15.99)

One of Leschi and Madrona's favorite neighborhood wineries partnering to support another Seattle institution. Wilridge Winery's Rachel Red, named after the famous brass pig greeting everyone beneath the iconic neon Pike Place Market sign, benefits the Pike Place Market Foundation. The Foundation provides a senior center, medical clinic, shelter, preschool, daycare, and assisted living to low-income neighbors who work and live around the Market. This blend is Cabernet Sauvignon and Syrah and makes for a great table wine with an even better purpose and message.

2013 Lobo Hills Cabernet Sauvignon (\$20)

Staying on the ultra-local kick, it doesn't get much more local than Tony Dollar's Lobo Hills Winery. He's a neighbor to all, just living and working down the lakeside in Seward Park. His production is small while his wines are growing ever more wildly popular. This 100% Cabernet Sauvignon offers tea and sage up front, leading towards big juicy plum, cassis and anise in the finish. Rich, balanced and full of life and flavor. A Washington Cabernet for \$20 that cannot be missed.

2013 Cadence Coda Red Mountain (\$23.39)

This current version of Cadence's Coda is 38% Cabernet Franc, 26% Cabernet Sauvignon, 22% Merlot, and 14% Petit Verdot. Spicy yet soft. Big yet elegant. This red blend from Red Mountain has it all. An incredible wine at an even better price, where most wines from this region are coming out at least double the price. Recent accolades include 5 out of 5 stars from the Leschi Tasting Panel as well as 93-points Wine & Spirits.

2013 Walla Walla Vintners Bello Rosso (\$30)

A really fun blend from one of the very first wineries in our state's history. An ode to a Super-Tuscan style at equal parts Sangiovese and Cabernet Sauvignon. Cranberry and raspberry on the nose mixed with herbs and pepper. Silky smooth texture leading to a dry finish. While I think all of the Walla Walla Vintners wines are well-crafted, solid offerings, there is just something different about the Bello Rosso that stands out above the rest.



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2009 McCrea Syrah Boushey Vineyard (\$34.99)

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I guess the point of all this is, it's Washington Wine Month. Try one of the above, or something else, but give Washington wine an extra look this month, you might just find something you like!

CHEERS! ENJOY!

Kenneth Benner, a Seattle area native, is a trained chef and has worked in such restaurants as Barbacoa, B.O.K.A. Kitchen + Bar, and Dahlia Lounge. Ken is the wine buyer at Leschi Market. He has a passion for learning, a meticulous palate and a tenacity for searching out the best for his customers while offering some of the most highly coveted wines in the area. His wine column is intended to inspire and explore new choices in wine, learn about wine with his readers, and share his knowledge and experiences in the wine world. Check out the latest at www.LeschiMarket.com or request to be added to email updates or send questions, comments, or suggestions to ken@leschimarket.com and follow the wine department directly on twitter at twitter.com/leschimarket.



MEET THE MOON

I have met the moon and it was a good experience. I had a breakfast meeting with our website guru, Allan, and we both enjoyed our breakfast entrees. Allan chose the Classic Breakfast and commented on how nicely spiced the sausage patty was. I fully indulged and ordered the Crispy French Toast, which was served with a healthy dose of black raspberries and an embarrassing dollop of whipped cream. I quickly spread the dollop over all the French toast so it didn't look like I was eating my way though a whipped cream Mt. Rainier. It was delicious; the crispy toast held up nicely to the berries (no soggianness at all). I can't resist berries in any form and these berries were delicately flavored with some kind of liqueur.

Our meeting lasted longer than our food, but our waitperson was very gracious. No one was waiting for a table. Service was excellent and although the décor is very modern with a black and chrome look, it still felt cozy. Both of us felt guilty about returning home empty-handed, so I took a huge chunk of sour cream coffee cake for my

spouse and Allan took a blueberry muffin to his wife. Jim said he had planned to save half the chunk of coffee cake, but it was so good, he just kept eating.

The Classic Breakfast was \$12 and the French toast was \$14 (but it was breakfast and dessert combined!). I want to go back for lunch and for dinner; stay tuned.



MEET THE MOON

120 Lakeside Ave., 206-707-9370

Hours vary—check website. No Reservations.

~Diane Snell

M. Suzanne Heidema

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LCC EXEC BOARD MEETING MINUTES**2/9/2016**

ATTENDING: Diane Snell, Diane Morris, Kim Murillo, Jeff Floor, Yousef Shulman, Amy Fink, Janet Oliver, John Barber, and Tracy Bier.

Treasury/Kim

We rec'd a \$1000 Sparks Grant as reimbursement for 2015 expenses. Kim made a motion to put the grant into a restricted fund to benefit the annual Art Walk. Diane noted that in doing this we would be forgoing general fund reimbursement to establish an Art Walk Fund. The motion carried, the vote was unanimous.

LURC/Jeff

The current issue is the Promenade 23 redevelopment project. Several LCC board members attended the LURC and Vulcan public meetings. Affordability – both with the project and how it affects the neighborhood -- was a big issue with the neighbors in attendance. Also, there was an emphasis on keeping local businesses in the neighborhood and big-box

stores out. Vulcan gave the impression they want their project to benefit the specific needs of the community.

23rd Ave Issues/Diane S.

Diane attended a meeting with small business owners and Seattle City Councilmember Kshama Sawant. The ongoing SDOT work on the street is taking a toll on their businesses. The construction has made it difficult to police to respond to crime in the area (e.g. jewelry store incident). Diane and Tracy recommended that the council write SDOT about the situation. The council also discussed a shopping flash mob idea Madrona came up with to help businesses on 23rd.

Parks/John

LESCHI MARINA - Parks rewarded the contract to Foss.

FEEDBACK ABOUT DOGS IN THE PARKS – Is there a possibility for an off-leash area? Just FYI that this is being discussed.



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Moorage, offices, shops and restaurants where Lake Washington Blvd. meets Lakeside Ave. - www.leschi-lakecenter.com

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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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CHEASTY BIKE PARK – The hearing examiner overruled the city's determination of non-significance, and the proponents will need to produce an EIS.

FRINK PARK – Some paths may have been built through wetlands; John and Darrell will inspect and report back.

Website/Yousef

Kirsten Hopperstad will work with Yousef on finding a hosting site and will work on the migration in June.

Stairways/Diane M.

Do we need to cancel the March stair clean due to weather? Also, if there are any stairways that should come first, please let Diane Morris know.

Programming

John proposed a general meeting featuring Foss to discuss Leschi Marina issues.

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The next Leschi News deadline is **MARCH 21**. Mail all articles, comments, letters, advertisements, and membership dues to this address:
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or email Diane Snell at **leschinews@comcast.net**

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march 2016 | calendar

MAR 2 Leschi CC Meeting: Nick Licata speaks about advocacy. Book signing at 7pm, talk at 7:30pm.
Central Area Senior Center, 500 30th Ave. S

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

MAR 8 Leschi CC Executive Board Meeting, 7pm. 128 30th (Diane Morris's)

MAR 10 Central Area Neighborhood District Council meeting, 6pm. Speaker from Vulcan on Promenade development.
Central Area Senior Center, 500 30th Ave. S.

MAR 12 Seattle Neighborhood Coalition, 9am at The Central (Breakfast: \$14)

MAR 18 Green Dolphin Street Lounge 6-9pm, featuring Surround Sound. Admission is \$20 for non-members and \$15 for lifetime members. Refreshments. No Host bar.

MAR 19 Stairway clean up: meet up at 30th & King at top of stairs. 10am. Bring brooms.

MAR 24 EastPAC, 6:30pm. Chardin Hall 12th & Jefferson (parking lot off Jefferson)

MAR 26 Democratic Caucus at Leschi Elementary School 10am. Three Leschi precincts caucus at this site: 1831, 1872, 1917, 1918, 1919, 1920, 2799 and 3673.

APR 2 Pratt's One Hot Night Open House! See art being created!
1902 S Main St, Seattle, WA 98144

Contact John Barber about String of Pearls work parties at **206.324.1548** and contact Darcy Thompson for Frink Park work parties at **206.325.4295**.

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or **leschinews.com**