

LAKE UNION BEAT

Vol. 1, No. 2

LIFE IN THE HEART OF SEATTLE

Tuesday, March 8, 2011



Photo by Lara Swimmer Photography

Is Amazon Mutating? Kenmore Proposes Floatplane service to Vancouver

Amazon.com to lease Denny Triangle Tower

Amazon.com, which already has long leases for 2 million square feet of office space in and around downtown Seattle, is on the brink of another big chunk.

Its aim this time: a Denny Triangle tower that was completed in 2009 and has remained nearly empty.

A contractor filed a permit application on Amazon's behalf this week, for tenant improvements to floors 4 through 19 of the 36-story tower at 1918 8th Avenue.

Those 15 floors contain 300,000 square feet, according to the building's website. All but the top few floors of the tower are available. The building's owner, Schnitzer West, said last month that about 80 percent of the tower's 660,000 square feet of office space remained unleased.

A Schnitzer spokeswoman said Wednesday that the firm does not discuss tenants. Amazon representatives did not respond to media requests for comments.

Amazon has kept growing despite the recession, and its appetite for office space in greater downtown is voracious. When the online retailer takes 1918 Eighth, it will become the largest office tenant in greater downtown, said Peter Truex, senior managing director at brokerage Colliers International's.

"Amazon has become a key driver in the downtown office marketplace," he said.

Last year Amazon began moving into an 11-building, 1.7 million-square-foot headquarters complex that Paul Allen's Vulcan Real Estate began building for it in South Lake Union in 2007.

On top of the huge South Lake Union deal, Amazon also leased 180,000 square feet last year at Vulcan's 2201 Westlake.

The 1918 Eighth tower, at Eighth Avenue and Virginia Street, is a few blocks south of Amazon's other buildings, closer to the downtown core. The lease could make a large dent in downtown's high office vacancy rate, now pegged in the high teens.

Amazon's growth is good news for downtown, said Kate Joncas, president of the Downtown Seattle Association.

"When a company like Amazon locates downtown, it has a huge impact," she said. "Its large employee base attracts other businesses to the area, and helps to add vibrancy to an entire neighborhood, as we're seeing in South Lake Union."

Amazon made a 2010 profit of \$1.15 billion as its annual sales increased 40 percent to \$34.2 billion. Amazon's website lists more than 1,800 job openings in Seattle, ranging from author-relations coordinator to software-development engineers.

Kenmore has revived plans to open service between the Vancouver and Seattle Harbors to take advantage of growing business and tourism connections between the cities.

Kenmore Air vice-president Tim Brooks said the company wants to operate three flights daily during the spring, summer and fall between its Lake Union hub and Vancouver, and two flights daily in the winter.

But the company faces obstacles, he said, including high landing fees proposed by the Vancouver Harbour Flight Centre and a demand from Customs Border Services Agency to recover the cost of passenger inspections.

Brooks, the airline's director of flight operations, said his company backs a bid by the Vancouver Commercial Seaplane Operators Association to build a separate, not-for-profit terminal.

The so-called Harbour Hub would connect directly to public transit services and would kill the new \$18-million VHFC. A coalition of float plane operators are vehemently opposed to that facility, partly because the privately-owned operation is demanding fees that tack on \$12 to the price of each one-way ticket.

The coalition has the political backing of several mayors of B.C. coastal communities, who say the extra fees deter floatplane travel and harm communities.

Brooks said Kenmore supports the coalition's call for Harbour Hub, which he believes will be more economical and efficient for both passengers and airlines.

"We had met with the developers of the Vancouver Harbour Flight Centre, and it simply would be too expensive for us. The fees they want to charge would not make a business case for us opening this scheduled service."

The CBSA cost-recovery demand is also an obstacle for both proposed centres. CBSA had originally agreed to provide customs services as part of its existing Vancouver Convent Centre cruise ship services but is now demanding cost-recovery for the float plane operations.



Urban @ Surf

LAKE UNION BEAT

EDITOR: Peter Charles Hansen
(Peter@lakeunionbeat.com)

LAYOUT: Tom McCluskey

CONTRIBUTING WRITERS: Kevin Bagley, Deanna Duff, Linda Adams, Tina DeSchane, Brian Peterson, Shane Harms, Wendy K. Leigh, the universe, Caleb Knox, & c.d. milton.

PUBLISHER: Lake Union Beat Press

AD DEPT: sales@lakeunionbeat.com

Mailing Address and contact info:

2226 Eastlake Ave. East

#200

Seattle, WA 98102

(206)787-2080

Original works Copyright 2011 by the **LAKE UNION BEAT** and/or Peter Charles Hansen unless otherwise noted. Artistic pieces are not intended as non-fiction unless clearly stated.

Deadlines:

Editorial, all submissions, and ads are due by 5:00 PM the Thursday prior to publication.

We are advertiser-funded and appreciate your support. Paid advertisements in The **BEAT** do not reflect the opinions of Publisher, Editor, or Staff.

Thanks to Flickr user craigemorsels, Shamrock Design, the University of Washington, Kenmore Air, eastlakeseattle.org, wallingfordblog.com, Mohai, SDOT, Apositivealternative.com, and Seattle Flying Dragon Boat Company for their contributions this issue.

A very special shout-out to Ryan Murphy and Harald Holmen for their beyond-the-call-of-duty contributions this issue.



Swedish to Open Clinic in South Lake Union

New facility in Phase 2 of Amazon headquarters represents first primary care clinic in SLU

SEATTLE – March 2, 2011 – Vulcan Real Estate today announced that Swedish will be opening a new primary care clinic in South Lake Union, representing the neighborhood's first medical clinic. Set to open in mid-April, the new clinic will be located in the second phase of Amazon.com's corporate headquarters on the corner of Mercer Street and Boren Avenue.

"Swedish will be a welcome presence in South Lake Union, delivering sought-after health care for workers and residents in the neighborhood," said Ada M. Healey, vice president of real estate at Vulcan Inc. "A new clinic will complement the growing number of services and amenities in the area, and we're looking forward to having Swedish become part of the South Lake Union community."

"The South Lake Union clinic will incorporate several health care innovations designed to deliver an incredible patient experience," said Swedish Medical Group Vice President Ray Williams. "We are committed to delivering the highest quality, value and service to our patients."

The Swedish Medical Group, a collection of over 800 primary and specialty care providers, is opening its second downtown Seattle primary care clinic. The new 14,000-square-foot facility in South Lake Union will be home to four doctors and two advanced registered nurse practitioners. It will have extended hours to accommodate work day schedules and will be open from 7:00 AM – 7:00 PM.

The new clinic has an innovative design that will improve patient access and quality of care, resulting in increased patient satisfaction. Each physician will work with his or her own dedicated team of health professionals to provide one-on-one, patient-focused care. Swedish is also introducing a walk-in option at the new clinic that will offer an

opportunity for patients to receive same-day services for common ailments at a lower cost. This unique model will help physicians and nurses deliver an improved level of care while adapting to ongoing health care reform.

About Swedish

Established in 1910, Swedish has grown over the last 100 years to become the largest, most comprehensive non-profit health provider in the Greater Seattle area. It is comprised of three hospital campuses – First Hill, Cherry Hill, and Edmonds; freestanding emergency departments and ambulatory care centers in Ballard, Issaquah, Mill Creek and Redmond; a network of more than 40 primary-care and specialty clinics located throughout the Puget Sound area; and Swedish Visiting Nurse Services. In addition to general medical and surgical care, Swedish is known as a regional referral center, providing specialized treatment in areas such as cardiovascular care, cancer care, neuroscience, orthopedics, high-risk obstetrics, pediatric specialties, organ transplantation and clinical research. For more information, visit www.swedish.org.

About Vulcan Real Estate

Vulcan Real Estate directs all real estate activities for Vulcan Inc., a Paul G. Allen company. The company's experienced, talented team of real estate professionals offers a full range of development services from site selection to build-to-suit construction. Its real estate model is based on quality, sustainable development that builds new value across the entire community. To date, Vulcan has delivered nearly 3.7 million square feet in 19 new office, biotech, residential and mixed-use projects in South Lake Union. The company has approximately 1.1 million square feet currently under construction and/or planned for delivery by 2013. For more information, visit www.vulcanrealestate.com.



For Sale: \$485,000

House Barge Water Music



- Fine wood interior & exterior
- Infinity cast iron fireplace
- Japanese soaking tub & shower
- Sauna
- Easily towed anywhere
- One owner
- Solid fiberglass thicker than average hull
- On-board heat
- Thermal pane windows
- Built-in dinette comfortably seats 6
- Plenty of storage space
- Queen-sized sleeping loft
- 11' x 15' Salon space
- Plumbing installed for washer / dryer
- Front & rear decks
- 60 Amp power
- Hookups for phone & cable
- Moorage available for lease or sale

Contact: Call 206-452-9080 or e-mail mattheis@serv.net for more information.



There Be Dragons on the Lake! The Seattle Flying Dragon Boat Club

Dragon Boats. Perhaps you've seen them cruising or flashing by on Lake Union where Seattle Flying Dragon Boat Club practices more than 200 times a year, year-round. Dragon boat racing is the oldest continuously practiced team sport in the world, dating back 2,400 years in China where it continues at that country's national sport. Over the millennia the tradition has evolved into an international competitive sport. An estimated 50 million participate in dragon boat paddling yearly in more than 100 countries.

The Seattle Flying Dragon Boat Club's Lake Union boats 41-foot long, 3.5 feet wide and weigh 550 pounds empty; between 3,000 and 4,000 pounds when fully loaded with 20 paddlers, a steersperson at the stern, a drummer on the bow and an ornate dragon's head and tail affixed to the ends.

Are dragon boats fast? Practiced crews pulled water skiers on Lake Union recently. They participate in sprint racing on courses ranging from 200 meters to 2000 meters at speeds up to 13-15 kph. The world's record on a 500 meter course was recently set at 1 minute 43 seconds by a Philippine team during World Championship competition.

The Flying Dragons you see on Lake Union practice year-round and participate in 8-10 competitive events annually. Their first major event is a demonstration dragon boat race as a feature of the annual Opening Day of Yachting Season hosted by the Seattle Yacht Club the first weekend of May. Then follows a variety of sprint races in Vancouver and Victoria B.C., Seattle, Portland, Kent, San Francisco, Oakland and other venues. When you Google "dragon boat race" its amazing how many opportunities there are to compete each year. An interesting fact about dragon boat racing is that the host of the race usually provides the boats and the course. The teams - ranging from six to more than 200 at larger venues - bring the paddlers and the spirit of teamwork and competition.

The attraction of dragon boat practicing and racing seems to be the fun of a highly social sport with everyone focused on an all-out-effort to be first to the finish line. A unique element of dragonboating is that there is no "super" athlete or group of competitors that are more important than others or key to a team's success. With paddling rates up to 80+ strokes a minute the most critical factor is teamwork and timing along with the use of identical paddling technique. Twenty paddlers sitting two on a bench with only 30" between them must paddle and blend as one or boat speed is quickly sacrificed. The fun most often mentioned by dragon boat teams is the joy of being outdoors, the camaraderie, competition, physical development and the opportunity to develop a skill that contributes to the success of the group. There are no "heros" or "heroines" in dragonboating, just 19 other team mates to blend with, work with and aspire with toward common goals.

The paddling method used by the club engages the legs and the body's core instead of the arms and back, providing a full-body workout at each practice. Also, club members change sides on a regular basis while practicing so as not to always engage one side of the body. Paddlers say they like to avoid the "lobster look" of one over-developed arm.

The Seattle Flying Dragons have been operating on Lake Union since 2004. The club is a registered 501(C)(3), moors it's fleet of dragon boats along the shoreline at Kenmore Air, 950 Westlake Ave. N. and is an active member of the Working Group with the new Lake Union Park.

The paddlers you see on Lake Union range in age from 14 to 87. The minimum age for members is 18, but paddlers from age 12 and up can always paddle for free when accompanied by an adult. The Seattle Flying Dragons always offer a "first three times are free" program to allow people to try the sport out three separate times to see if it appeals to them. If so, club dues are \$100 annually, payable in January and \$50 after the racing season eases off in September. Considering that the paddlers are on the lake more than 200 times each year, each practice "costs" about 45-cents were someone to attend them all. Whether trying dragonboating for the first time or as a long-time paddler all equipment required is always provided and no reservations are needed. Regular practices are held every Monday and Wednesday at 6 PM, Saturdays at 8:00 AM and Sunday afternoons at 3:00 PM.

When you see or pass a dragon boat on Lake Union please wave and say hello. With their focus on teamwork, heads down and pulling water in unison they may not be able to return your wave but your kindness is always appreciated.

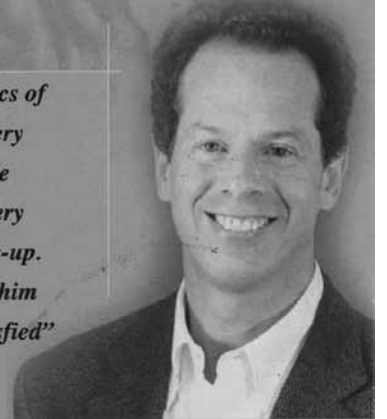
For further information, contact Lee Bjorklund, coach, 206.523.4518, email to leebjorklund@hotmail.com or check out the club's website at SeattleFlyingDragons.org.

SPECIAL INTRODUCTORY OFFER!!

*Get Well
AND Stay Well*

"Dr. K is one of the best docs of any kind in Seattle - he's very knowledgeable about a wide range of health issues, is very caring and has good follow-up. I've sent several friends to him and all have been very satisfied"

-A.H., Seattle



Dr. Lincoln Kamell, CCSP
Eastlake Chiropractic Center, P.S.
SERVING SEATTLE SINCE 1990

Dr. Lincoln Kamell, CCSP
Certified Chiropractic
Sports Physician

www.EastlakeChiro.com

Eastlake Merchants Association



The Eastlake Merchant's Association would like to invite business owners in the neighborhood to come and get acquainted with your counterparts. Join us at Lake Union Crew on March 24. We'll ply you with food and drink as well as ideas. Find out what's in the works with your peers and consider joining us to add your voice.

March 24
5-7 p.m.
Lake Union Crew
11 East Allison

Lake Union Beat Writing Classes and Workshop

Thursday nights - 7:00 PM
Relaxed atmosphere - All levels welcome
Attend once, twice, or the entire series
Limited Class sizes - Please call to reserve

The Beat's Private Library
Eastlake Avenue and Boston
206 787 2080

With Peter Charles Hansen and guests



UW Announces Vision For Student Experience in Renovated Husky Stadium

SEATTLE—In the next step of project development, the UW department of intercollegiate athletics announced a vision for the student game-day experience in a renovated Husky Stadium. The plan, which keeps tickets affordable for students and does not implement a student fee, includes an enlarged Dawg Pack section which will move to the west side of the stadium.

"Gathering student feedback was a priority for us, and after hearing from a wide range of sources we feel confident in our process," UW athletic director Scott Woodward said. "We heard consistently that students were opposed to a student fee and that ticket affordability was important, and we are happy that our vision is aligned with both of those student priorities."

The \$250 million renovation will be entirely privately financed, with \$50 million to be raised through major gift contributions, and the remaining \$200 generated through new annual revenues associated with the stadium. Overall seating capacity is expected to remain similar to the current capacity. Groundbreaking is scheduled for November 2011, and UW has announced it will play the 2011 Apple Cup and its 2012 home season at Qwest Field.

"There is no better time to complete the project than now," Ron Crockett, Husky Stadium Advisory Committee member said. "Financially, this is an aggressive campaign and we all need to be prepared for changes with the renovation. The end result will put us all in a much better place."

With state-of-the-art amenities, a dedicated student entrance, student concessions, closer proximity to the field, engineered stadium acoustics, sustained ticket affordability, and improved video-board presentation, the student experience in a renovated Husky Stadium is expected to shift in a positive way.

"The renovation means so much to Husky Football not only from a recruiting and student-athlete development and competition standpoint, but from a fan perspective as well," Steve Sarkisian, head football coach, said. "A renovated Husky Stadium will be the very best college football venue in America. It will give Husky fans something to be very proud of, and we look forward to making the Dawg Pack the best student section in the country as well."

In developing the vision, UW ICA leadership has met numerous times with student groups including the Associated Students of the University of Washington (ASUW), UW greek system representatives, the Washington Student-Athlete Advisory Council (WSAAC), UW graduate students, and current members of the Dawg Pack. ICA will now assemble a Dawg Pack Task Force who will aid in creating and implementing ideas for the student experience.

"Student involvement is huge to us," Woodward said. "In meeting with our project architects, we have expressed that developing a tremendous student experience is a top priority. We will make sure that the Dawg Pack stays together, stays loud and affordable, and stays a focal point of Husky Stadium."

Student Experience Q&A

Q: Does the decision have to do with finances?

A: Yes. Financially, UW ICA is a rarity among athletic departments in the NCAA. The athletic department is

entirely self-sustaining and is not receiving financial support from the state or university for the renovation project. Furthermore, UW students do not have an athletics student fee associated with their tuition, as students at many other NCAA institutions do. The regent-approved funding model has determined that ICA must raise an additional \$15 million annually to cover debt service associated with the renovation, and the location where the Dawg Pack previously sat is prime seating inventory. ICA must generate increased revenue from that area to meet its funding model. Without a move of the student section, the renovation is simply not possible from a financial standpoint.

Q: Where do students currently sit in Husky Stadium?

A: When factoring in the seating that the band occupies, the average student seat is on the 20 yard line. Only approximately 275 of the 5,960 Dawg Pack seats are located between the 40 yard lines.

Q: Is the student section important to ICA?

A: Students are at the core of what we do. What students bring to Husky athletics from a home-field advantage is so important that we've assembled a task force to help make decisions about the student experience as we move forward with the project.

Q: Will the Dawg Pack remain as big as it currently is?

A: Yes. Depending on decisions made by the Dawg Pack Task Force, the department is hopeful that the Dawg Pack will increase in size. Regardless, it will not be smaller.

Q: Will the band stay together with the Dawg Pack?

A: Yes. The energy created from the blending of the band and the Dawg Pack creates a great amount of enthusiasm. The band will move to the west side, along with football and athletic department guests and prospective student-athletes.

Q: What do student tickets currently cost?

A: The cost of a student season ticket in the Dawg Pack section is 40 percent of the cost of a normal ticket, without fees. A student ticket for the 2010 season cost \$125.

Q: Who has UW ICA leadership met with through the process?

A: UW ICA leadership has met with the Associated Students of the University of Washington (ASUW), the Washington Student-Athlete Advisory Council (WSAAC), graduate students, and current members of the Dawg Pack. Additionally, UW ICA has held focus groups with UW students on the subject.

Q: What are other institutions doing?

A: 14 schools that have renovated or built stadiums in the last decade (including Auburn, Georgia, LSU, Michigan, Minnesota, Ohio State and Virginia Tech) do not have students seated on the 50-yard line, and over half of the 14 institutions have a student fee which helped fund the renovation.

Q: What are some of the unique features about the new student experience?

A: A dedicated student entrance on the west side of the stadium. Architectural decisions based on the feedback of the Dawg Pack Task Force. State-of-the-art amenities, student concessions, closer proximity to the field, engineered stadium acoustics, sustained ticket affordability, and improved video-board presentation.

Game Over

By Peter Charles Hansen

One day last fall I found myself inside one of the most magnificent vintage farmhouses on Bainbridge Island. The owner runs a sort-of boarding house for the elderly, an alternative to the typical nursing home environment. She is a nurse, but the place is by no means a hospital. It feels like a warm country home.

I was doing some volunteer driving on a Saturday for a senior friend who needed to transport some stuff to her daughter's house, where she anticipated she'd eventually move. Being a loyal Husky, the football game against USC was on the truck radio as I pulled into the driveway. It was a close game; the Huskies were down by two with a few minutes remaining.

But I had given my word and now, standing outside the truck looking at me like a jilted lover, was my friend. She tapped on the window, so I reluctantly turned off the radio and stepped out.

Kiss Kiss! (she's a big kisser) and we're inside the house, and yes I started to admire it, and the smell of something amazing from the kitchen. But, more importantly, wait! Is that the game I hear blaring from a room down the hall?

I shuffled towards the sound as my friend headed off to her room. At the end of the hall the door was propped open and there it was. The most beautiful sight I had ever seen (that day anyway), a 42-inch flat screen covering a wall, with the entire Husky offense appearing nearly life-sized, on a scoring drive that would fill a man's heart.

On the other side of the room was an elderly gent lying in a four-poster bed, deep in sleep.

"Get up man"! I wanted to yell. "How can you sleep? Can't you see we're about to make a field goal and win the game?" But of course I didn't say this, he looked so calm, and besides, the owner and another housemate stepped in just then to watch the game, so I had company to get excited with.

Sure enough, the Huskies did make that field goal in the final three seconds and we all jumped up and down and high-fived like college kids. Between the tremendous volume on the television, and our antics, I was somewhat surprised to see that the old guy was still asleep. But I'd visited many nursing homes and really, other than these passing thoughts, didn't think much else of it. Old guys sleep, just like my old dog. I intend to sleep a lot when I am old too.

Meantime my friend had made her way back to find me so we continued on. For about twenty minutes I carried several boxes and pieces of small furniture out to the truck from her beautifully appointed room, which overlooked a pasture filled with flowers and geese. I hoped her new place would be as special, and almost asked her why she didn't just hang out here until the cows came home. But I wasn't sure if we were quite at that frank stage in our friendship.

Anyway, just as I was roping the load in, an ambulance pulled into the driveway without a siren or flashing lights, and a couple of white-coated men hopped out and entered the house. Moments later they returned and removed a gurney and went back in.

The next time they came out they were carting my sleeping Husky fan, visible for a few seconds before they slipped the sheet over his face. The men nodded over at us, pushed the gurney in, slammed the door shut, got back in, and drove away.

Just like that.

Then the owner came out to say goodbye. She waved at the guys in the ambulance as they pulled out of sight.

"Poor dear, didn't get to see the winning drive," she said to us. "He sure loved his Huskies. Passed away in the third quarter, and I didn't have the heart to turn the TV off."



We're unabashedly Husky fans here at the Beat. The beautiful campus graces the north shore of Lake Union's Portage Bay, and several of us are alumni. Therefore we officially dedicate this new monthly page to Dawgs and Dawg-lovers!

Support your community newspaper

Place an ad in the Beat!

Reach 15,000 immediate neighbors!

Visit our rate page at lakeunionbeat.com

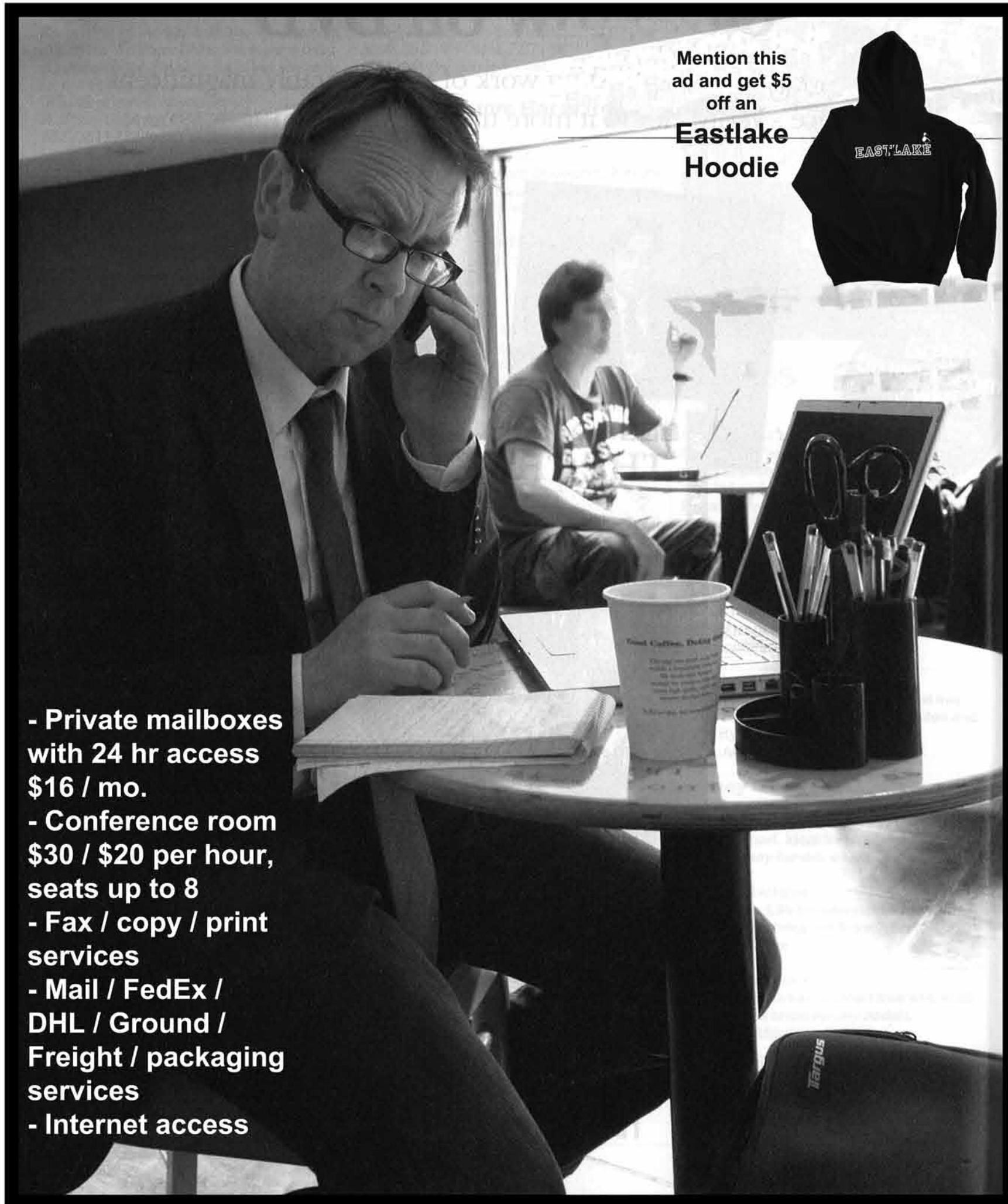
Or call (206) 787-2080



coworkingeastlake

www.coworkingeastlake.com

“Working” from the cafe again?



Mention this
ad and get \$5
off an

**Eastlake
Hoodie**



- Private mailboxes with 24 hr access \$16 / mo.
- Conference room \$30 / \$20 per hour, seats up to 8
- Fax / copy / print services
- Mail / FedEx / DHL / Ground / Freight / packaging services
- Internet access

Try the new coworking space at Eastlake Mail instead.

You might just increase your productivity.

Less distractions, more privacy, actual office amenities; everything you need to feel like you can be the productive person you imagined you could be when you gave up the office. Monthly plans starting at \$75. Full time plans at \$275. Drop in days for \$25. Come in for a free drop in day to find out how it could work for you.

Only at Eastlake Mail

2226 Eastlake Ave. E.

206-323-0508



MOHAI's Move To Lake Union Park

•The Museum of History & Industry (MOHAI) is excited to be moving to the Naval Reserve Building (Armory) at Lake Union Park in Fall of 2012. With MOHAI's move, the interior of the Naval Reserve Building will be completely restored and remodeled to accommodate the many new state-of-the-art exhibits destined to become hallmarks of Seattle's story for years to come. Construction began on Monday, January 10, 2011.

•MOHAI at Lake Union Park will have significantly more exhibit space than at the Montlake location. Visitors will experience the region's history through a chronological narrative and engage directly through a variety of interactive elements on the first and second floors. A dedicated gallery will provide space for travelling exhibits from major institutions around the country and the Armory's "bridge room" will house MOHAI's rich maritime collection so integral to the Puget Sound story. Five 35 foot high towers created as galleries in the round will illustrate major themes that have shaped the region, clearly illustrating relationships between past, present and future. K-12 students will learn the history of the region and beyond in a dedicated classroom and throughout the entire museum through MOHAI's education programs that fulfill state requirements and consistently improve student's classroom performance.

•MOHAI is planning to have a special "Raze the Ceiling" celebration in June of 2011 and will keep our Lake Union neighbors informed of our progress. For more information about MOHAI's move to Lake Union Park, go to www.historyismoving.org.

Current Exhibits and Programs

MOHAI has fun and interesting exhibits and programs that we'd like to invite the community to see.

•Cut from Nature: The Art of Richard Bennett: Now open until March 27, 2011, the exhibit features MOHAI's rich collection of Northwest artist Richard Bennett's original works as well as the works of his fellow artists.

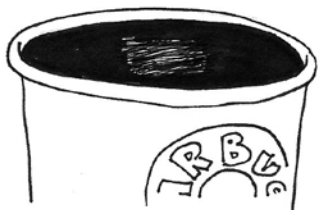
Richard Bennett (1899-1971) was a nationally known printmaker, painter and illustrator born in Ireland but raised in Washington State. He became an accomplished printmaker early in his career and would later become one of the nation's leading illustrators of children's books. Bennett illustrated over 200 books in his career including Mrs. Piggie Wiggle and The Egg and I by Betty MacDonald as well as the Paul Bunyan stories.

•History Is ____ Film Competition: MOHAI has launched the History Is ____ Film Competition, open to all ages and experience levels. Tell MOHAI what history means to you in 5 minutes or less. Open to filmmakers of all ages and experience levels. Entries accepted until April 1, 2011. For more information, go to www.seattlehistory.org/film.

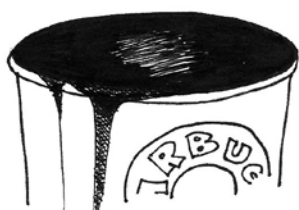


WOULD YOU LIKE ROOM FOR CREAM?

YES



NO



KEAST

ANDREW@KEAST.COM

seattle
PLAYWRIGHTS' COLLECTIVE

EASTLAKE HOODIES

\$35

XXL = \$38

GET 2 FOR \$60!

Get yours for the cool summer nights ... or get one for a friend. Order by phone & ship anywhere in the U.S. for \$8*, packaging included. *Remote zip codes will cost a little more.



Only at Eastlake Mail: 2226 Eastlake Ave. E. 206-323-0508

The Beauty of an Urban Lake

by Kevin Bagley

Seattle is nicknamed "The Emerald City" but this moniker doesn't come from the color of the buildings as in the land of Oz, but rather from the green trees and waters that surround and permeate the landscape. Central to Seattle, and part of its iconic flavor is Lake Union, a truly urban lake with a conglomeration of water based industries, waterfront restaurants, floating homes, marinas, houseboats, condos, offices, and other business. Despite this seemingly inhospitable mixture, much beauty shines through on Lake Union.

My wife and I have lived on Lake Union in a 72 foot paddle wheeler since 2006 and have become enamoured with the lake's charm, character, and vibrance. Our home is The KevLin (the name comes from our names; Kevin & Linda) and is one of four paddle wheelers on Lake Union. It is unique in that it is the only Dual Stern paddle wheeler, which provides for greater control as both paddle wheels can turn independently.

Yes, we have actually taken the KevLin out for a number of cruises on the lake. Most of these cruises were terrific, but one time, it was not so terrific (another story for another time).

Having always wanted to live on the water, we found that living in a houseboat was the most affordable way to accomplish this goal, especially compared to a waterfront home or a Floating Home (see my Houseboat vs. Floating home article in the previous edition to learn about the differences). Although we initially thought that houseboat living would be a compromise, we have come to know that this is not only the most affordable, it is the most amazing, and in-touch way to experience the water. This is truly waterfront you can put your toes in.

Living on the lake has given us the opportunity to photograph some of the outstanding scenes that happen much more frequently than you might think. Lake Union is alive with activity, both human and nature. These pictures were taken on and around the Lake and hopefully convey some of our enthusiasm about the Beauty of an Urban Lake. Surrounding the lake with equally vibrant neighborhoods like Fremont, Westlake, Eastlake, Southlake, Wallingford, University, and Portage Bay only serves to enhance the lake experience. In upcoming issues, I hope to share with you some of the fantastic images of these neighborhoods. We would love to hear from you. E-mail us at K@SpecialAgents.net.

Together with my wife, Linda, we have created Special Agents Realty which focuses on living on and around Lake Union. We also work with people from all around the Puget Sound Area.

Check out our Special Agents ad.

Stand Up Paddle, Seattle Style

By Caleb Knox

Everyone's heard of the S.L.U.T. but more and more people are becoming aware of the S.U.P. in regards to Lake Union. More specifically known as 'stand up paddle boarding', the water sport saw its highest popularity in Seattle on record last summer.

Local surf shops expect to see another increase in popularity this summer based on the trend of the last four seasons. Last summer likely saw the most paddle surfers ever on Lake Union, many of whom renting boards from Urban Surf near Gasworks Park.

Washington might seem like an unlikely place for any type of surfing, especially one involving flat water. But Robin Ogaard, owner of Urban Surf said that retailers and manufacturers have been eyeing the potential of the region for the past few years.

"It's kind of surprising in a way," he said. "But there is just so much water, accessibility and active people that the Northwest is a great spot. A lot of manufacturers are like, God you've got a perfect set up. Its ideal."

True, the sport may be a very different experience than it would be in say, Huntington Beach. But advocates see additional qualities to the sport that go beyond the parallels to surfing and warm weather.

For Ogaard, the appeal of SUP came as somewhat of a surprise. "I didn't approach it as a sport, because I do kite-boarding, snowboarding and surfing which are more adrenaline type sports. For the stand up, it's not that same type of adrenaline, and originally I didn't know if I was going to be very into it."

It turned out to be other aspects of the activity that were the draw. "Its not an adrenaline sport," Ogaard explained, "but I thought, wow this is fun. I liked being in the element and that's really what keeps me in it."

The outdoorsy quality to the activity resonates well in Seattle, and Ogaard said that many people enjoy the scenery foremost.

"Sometimes its almost kind of a Zen like thing," he added. Other times I say, 'okay I'm pushing it today', and I get a heck of a workout."

Some enthusiasts primarily enjoy the fitness aspect, which enjoyed or not,

is certainly present. (One surfer joke goes, you can't go talk with a sup'er for five minutes without hearing the word 'core'.) The shoulders are the other focus as far as the paddling is involved, but since the position involves an unstable surface, all balance muscles from feet to head are activated as well.

Urban Surf reported some customers opting out of gym memberships in favor of paddling on a regular basis. Last season especially took off in regards to SUP popularity on Lake Union, partially due to weekly races and meetups that run from July to August. More information can be found at Urban Surf, which hosts the races near Gasworks Park.

The SUP industry has grown significantly during the last few years, allowing surf shops to purchase enough boards to be able to provide plenty of rentals.

For first time paddlers, Lake Union is a relatively easy place to start. Certain coves and angles offer protection from wind, currents, and boat traffic. The various views from within allow changes of scenery and good marking points. And fortunately for those intimidated by the cold, the lake offers a relatively warmer alternative to ocean water.

There is no official launching point for boards, but most public access points along the water can be used with common sense and courtesy to others on the lake. State law now

requires a life jacket although boards are generally tethered to a leash around the ankle.

Ogaard says that the sport has officially arrived in Seattle and is now taking on a local element. "The first couple summers we did it, I would ask people, 'where did you see it?' And they would say 'oh I was just in Maui' or 'I was just down in California'. Everybody had seen it somewhere else. And then that third year it was, 'oh, my neighbors got one.' So it became a local thing."

For now, the newness of the sport is a big draw. Simply being able to stand on water is an experience not quite like anything else. Ogaard added, "There are a lot of people who after doing it say, 'I can't believe I was just standing on the water. It's a very unique thing.'"



Where's Eddy?

By Peter Charles Hansen

Eddy the Irish setter practically holds court on the block where he lives. He's such a big huggable lug of a bearish dog that he's known to the neighborhood as Eddy the Teddy.

By his fifth birthday last summer, his magical effect on people had convinced his owner Robyn to enroll him in therapy dog classes, so that he could officially grace hospitals and other institutions with his presence.

Off he went then, for several months, to the wonderful school for this sort-of-thing up in North Seattle. Of course he passed with flying colors, and he had many supporters in the audience at the graduation ceremony. When he received his certificate/diploma on stage, the applause and shouts were the loudest of the day.

Eddy looked proudly out at the crowd as if to say, "Aw shucks."

Then it was time for cookies.

His first assignment had been lined up for some time. Robyn's grandfather was living in the Alzheimer's wing of a local nursing home, and her grandmother was a near-daily visitor there. His dementia was vascular, but the effects were nearly identical to Alzheimer's, although his physical body was also taking a hit, slowly curling back into a fetal position over the years.

But Grandpa wasn't really the reason for Eddy's first therapy mission. As distressing and prolonged as his situation was, he had plenty of family visitors and constant attention. This was not the case for many of his ward mates.

For those who have not been down a similar path, it can be jolting to witness the range of reactions people have when their loved ones lose their minds. For some families, it is too much to bear, and they cannot bring themselves to even visit.

It might seem easy to criticize this, perhaps call it heartless, but Robyn made no such judgments on those people whose lonely family members were all around her each time she visited. Instead, they became surrogate family themselves for that period.

And now, good ol' Eddy the Teddy could join in!

There was one case in particular Robyn had her/Eddy's heart set on. Maybe this man was even the catalyst to have done the whole dog therapy thing; his image had been gnawing at her.

His name was Dan, he wasn't very old, probably in his mid-70s, and he even looked pretty good, like a sporting coach who had been outdoors often. But he had advanced dementia, and spent most of his current life in a wheelchair, rambling incoherently.

Except at dinnertime. He had an exact routine every night, maybe as he always had. He would wait for his wife.

Once the patients were served their trays of food this man would roll his chair over to the visitor entry door and park himself there for the remainder of the evening. His tray remained untouched in his lap, and to anybody who entered he would ask, "Where's my wife?"

Then he'd explain that he couldn't eat until she got there.

But she never arrived.

She hadn't visited in over 14 months, and he hadn't finished his dinner in a year. Eventually the staff would lead him to his room and bed and he'd tearfully lie down as somebody lifted the tray away.

The next morning it would be as if nothing had happened and he'd go about his day inconsistently, maybe eating breakfast and lunch. But with military precision, at dinnertime, something would click, and the cycle would repeat.

Now one of the basic tenets in dog therapyville is that big dogs do not jump up on frail old people or fragile little people. Robyn had her plan, and she brought Eddy as intended at mealtime, and sure enough Dan was waiting at the door and asked about his wife.

But she forgot to factor in Pork Chop Night.

Not three seconds into the room and Eddy was up on two legs with the other two plowing thru Dan's delicious spread. To the squeals and screams of the entire dementia ward he polished off that sucker until there wasn't a canned pea left dangling from his Irish whiskers. Then, for good measure, he licked Dan a big sloppy one.

Of course Robyn was mortified and started to discipline Eddy as he began to poke around the room for dessert, but then Dan came to life and also began to call him and, needless to say, Eddy chose the happier tone of Dan and trotted back over.

The staff, tripping over themselves to clear the room of the commotion, halted when they came upon this sudden tender moment, Dan and Eddy in a big Teddy-Hug.

So everybody just let them be for a while, and for an hour or so the therapy went more as planned. Dan and Eddy became a couple of buddies. And though the ward director was very firm towards the embarrassed Robyn that such a thing could never happen again, she was moved by the lovefest and said Eddy was welcome back. That next visit was planned for the following week and all's well that ends well right?

Except for the next night and every night until they returned Dan sat by the door at dinnertime, his food untouched. Whenever somebody entered he'd ask, "Where's Eddy?"

Spring work parties beginning at Eastlake P-Patch

By c.d. milton

It must be spring, or close to it, because work parties are beginning at the Eastlake P-Patch. I walk by the P-Patch most days and it's always exciting when the garden begins to awaken from its winter slumber.

Rebecca Partington says that, unlike in previous years, they'll have work parties on Wednesdays and Saturdays but not Sundays. The times will be from 10 AM to 2 PM.

The first two work parties of the season were last Wednesday and Saturday from 10 AM to 2 PM. As always, people brought their own work gloves and water.

The P-Patch folks are working to finish the big expansion they did last year when they added 23 new plots to the garden's original 27. Seattle Mayor Mike McGinn dropped by last summer to dedicate the expansion.

Rebecca notes that if you'd like to get a plot, you need to come out and work for it. Get cracking!

If you have questions, contact Rebecca at rebeccaapartington@gmail.com.

Reprinted by permission

4 Your Eyes Only
OPTICAL BOUTIQUE
Presents
THE COLLECTION OF
alain miki

Sat Feb 19 12 - 5pm

Refreshments, exclusive discounts, and great fun trying on exceptional eyewear.

1815 N 45th St. Seattle, WA 98103
in Wallingford Center
206.547.7430
4YourEyesOnlyOptical.com

PORTAGE BAY GOODS

The gift shop for the thoughtful procrastinator

Sue Sanem
- owner -

Brouwer's Cafe

400 North 35th Street

Seattle, WA 98103

(206) 267-2437

<http://brouwerscafe.blogspot.com/>

Daily: 11:00 AM–2:00 AM

Happy Hour: 3:00 PM–6:00 PM

Rating:

★★★

Ratings guide:

★★★★ extraordinary

★★★ excellent

★★ good

★ fair



Photo by Flickr user craigemorsels

New to the realm of craft brewing, I was told by a friend, a beer aficionado, that he could not simply tell me the differences in a pale ale and a pilsner, I would have to taste it. And to do so, there was no better place than Brouwer's in Fremont. Being a rather curious animal, I took his advice.

Arriving at Brouwer's Cafe in Fremont, I first thought I was at the wrong place. The exterior is not your typical pub. The place looks as if it was lashed together from the scrap metal and wood of a derelict ocean-shipping vessel. But a happy hour sign revealed the daily specials, which occur daily from three to six, so I entered the large windowless subterranean space. Besides a few men at the bar, the place was a cavernous and barren cave. The stone walls and dark woodwork of this medieval establishment give a feeling of isolation from the world. Pink Floyd's *Dark Side of the Moon* was lethargically erupting from un-located speakers and a portrait of an unhappy and sickly monk gave me the feeling I might be in for an unpleasant experience or a complete reappraisal of what a pub can be, but the friendly bartender invited me to sit down instead.

I found a seat on the wood stool at the bar and noticed the scent of a barbecue smoker and a slight haze enveloping the dark room. A sun beam pierced the ether from the giant round skylight window and revealed a fusillade of over sixty levers that expel one of the oldest intoxicants known to man, beer: an alcoholic drink made from yeast-fermenting malt and flavored with hops, simple right? Not quite, and Brouwer's beer list is a tribute to the complexity of the brewing craft. The draught list was truly staggering. The beer comes from all over the world, but there is an emphasis for the Belgian and Washington varieties. Brouwer's also has included the fine zymurgy products of California, New York, Missouri, and Germany, to name a few. Words like "stout" and "bruin" make a beer lover smile and with the average price for an exotic pint being around six dollars, Brouwer's makes disciples of the bottle and other functioning alcoholics feel right at home.

I noticed there are not only many beers on draught, but also over two hundred different bottles and more than sixty varieties of another ancient elixir, Scotch. The scotch list is just as extensive as the beer, including a plethora of single malts and a short list of other whiskies—a good sign. Although I was eyeing the Glenmorangie Quinta Ruban 12 year, it was before noon, and me being a person of tremendous social discipline, opted for beer, ordering Chimay's Tripel. I was impressed to see the proper glass and even more delighted to notice the beer being warmer than where I have ordered it in the past. Serving beer in traditional glassware and around 45 degrees to enhance the aromas is just another tactic the extremely knowledgeable staff take to showcase the complexity of beer.

The food on the menu is imbued with the flavors of medieval times. Do not be surprised to find wild boar, turkey, elk and other wild game used in the many Belgian styled cuisines, not to mention the typical fried beer food found at Brouwer's. Try the lamb burger paired with the soup of the day and wash it down with a German pilsner or perhaps with one of the many Fremont Brewery ales. Another house favorite is the fried Great Lakes smelt, perfect with a tall glass of Washington's own Walkingman Homo-Erectus IPA. To top it off with desert, try the "Bier Float," consisting of Young's Double Chocolate Stout and two scoops of vanilla ice cream.

I left Brouwer's feeling more than just intoxicated; I left pleasantly full and with a new understanding of craft brewing. My friend was right.

Review by Shane Harms**Ask The Universe!**

Dear Universe,

I'm 53 and a survivor (barely) of two marriages. The greatest love in my life right now is my dog, a big fluffy Golden Retriever. My friends and family think I am crazy that I am not actively looking for (yet another!) mate. Some say it's unhealthy for me to be content just with my dog. But we are very content. He brings me so much joy and peace in my life, and I'm not sure if I ever want to get married again or even have a boyfriend! What are your thoughts? Is this natural?

— Lovegoldens

Dear LG,

I've been working on speeding thru that part of your evolution that makes you humans think that what works for one of you should work for another. In all of the galaxies the inter-species connection between Earth's dogs and people is one of the most profound. And that's saying a lot! (there are a lot of planets). If you are happy with your four-legged love there is no reason to pay these silly folks any mind. Maybe they're jealous. That's another thing I'm working on.

Dear Universe,

I live in Seattle and my twenty-nine year-old son just moved to Miami for no particular reason. That's pretty far. Do you think he's trying to tell me something?

— I Mapquested It

Dear Mapped it,

You think that's far? Have you mapquested the universe? HAHA, little joke there. Believe me, if you're going to be the universe you need a sense of humor. Anyway, yes, for you humans that is far, and of course he's trying to tell you something. He likes pastel colors and wearing thongs. Also, he's trying to get as far away from you as possible without a passport. Not to worry, it's probably because he's pushing thirty and thinks it's some big deal and he's having a meltdown. Do you know how old the universe is?

Do you have a question for the universe? Email universe@lakeunionbeat.com**A Moving Conversation: First Annual Dance Collaborative Event**

by Brian Peterson

The year 2011 seems to be shaping up well for the arts world in Seattle, especially for a city that is constantly presenting new work in all artistic disciplines. There is no exception at the Fremont Abbey Arts Center. On February 25th and 26th, the center triumphantly presented two nights of new dance works curated by the center's Artistic Director, Karin Stevens, fused with an audience talk back after each performance with the twelve hand-selected choreographers sitting in a round table with the audience in a non-threatening way.

"Conversation builds community, strengthens connections between people, and enriches our lives and learning." Says Stevens.

This first annual arts dance event installment: *A Moving Conversation: Movement Arts Event*, at the Fremont Abbey Arts Center. *A Moving Conversation* was an event with twelve of Seattle's emerging and established choreographers in dance performance. Marlo Martin, Andre Bouchard, Katy Hagelin, Victoria McConnell, Sarah Seder, Alex Martin, Freya Wormus, Keneniah Bystrom, Sarah Olds, Kristen Legg, Marissa Haga, and Markeith Wiley.

The Fremont Abbey hopes the conversation between the 2011 choreographers will strengthen relationships among the dance artists, provide further insight into making dance, and lead to meaningful support and development of their work.

In the weeks leading up to this event, the choreographers gathered for a table session to listen, plan, and plot the dance movements and while these choreographers are from different levels in experience, everyone was equal in this collaboration. All twelve choreographers had a pre-existing relationship with Fremont Abbey Arts Center. In the future there will be an open application process and a separate arts panel and not only Stevens.

A Moving Conversation is part of the Abbey's mission to be a vibrant community venue that provides a supportive space for artistic development and educational opportunities for the audience through creative events. The Mission at the Fremont Abbey Arts Center is to be a vibrant community venue for people of all ages and incomes to be supported in their artistic & social development through new collaborative arts & cultural experiences. The Abbey focuses on music, dance, visual, literary and culinary arts in formats including multi-arts performances, group classes & workshops, individual lessons, new exhibits and artistic life celebrations.

This is not the first time for the center to shine in the spotlight. In 2010, *The Seattle Magazine* named Fremont Abbey Arts Center the best (and last) "still-funky thing in Fremont" for their Best of 2010 in Arts. "Anyone who is feeling nostalgic for Fremont's pre-condo glory days of community solidarity should hie to volunteer-powered Fremont Abbey Arts Center", says Seattle Magazine writer, Brangien Davis.

SDOT Plans Spring Repaving of Dexter Avenue

The Seattle Department of Transportation (SDOT) is planning changes along Dexter Avenue N between Roy Street and Fremont Avenue N in 2011. This project is funded by the "Bridging the Gap" transportation levy approved by Seattle voters in November 2006 and is expected to help ease congestion caused by car, bus and bicyclist overlaps. This project will also improve the pavement condition by repaving the street.

Specifically the work is expected to:

- Install a buffered bike lane on each side of the street
- Remove the two-way left turn lane
- Provide dedicated left-turn lanes at busy intersections
- Provide dedicated load zones for businesses that need them
- Provide in-lane bus stops to improve transit speed and reliability
- Install dedicated bus islands
- Install street lighting upgrades
- Construct new and upgraded curb ramps
- Construct sidewalk improvements
- Install drainage upgrades

Roadwork is scheduled to begin in March and will begin just across the Fremont Bridge, spanning Fremont Avenue N (Fourth Avenue N) to McGraw Street. That phase is expected to last 2–3 months.

During construction, you can be expected to experience lane closures, left turn restrictions, pedestrian detours, parking and loading restrictions and instances of weekday and night work.

For more information on this project, visit the SDOT web site.

Family Ties: The Seattle Rep's "Brothers Size" wrestles with family dynamics

By Deanna Duff

Four out of five stars

Seattle Repertory Theatre, 155 Mercer St., Seattle; (206) 443-2222; www.seattlerep.org

The current production of "The Brothers Size" at the Seattle Repertory Theatre (playing through February 27) proves that Seattle's big boys of theatre can still be nimble and forward-thinking. While the play delves into timeless themes of family dynamics—love, hate, hope, disappointment—the staging, the acting and the very DNA of the play tread new ground.

Written by 30-year-old rising-star playwright Tarell Alvin McCraney, "The Brothers Size" is the second of his works to grace the Seattle Rep's mainstage. McCraney was a contributing writer to "The Breach," a triptych of post-Hurricane Katrina reflections that the Seattle Rep staged in 2008. "The Brothers Size" returns the audience to the Louisiana Bayou and visits the lives of two brothers—Ogun (played by Yaegel T. Welch), the older brother, a car mechanic by trade and world weary from playing parent to his younger brother Oshoosi (played by Warner Miller), the drifting, charming ex-con. A third character, Oshoosi's prison "brother" Elegba (played by Eddie R. Brown III), increases the family friction.

The stage itself is a seemingly barren expanse of concrete with nothing more than heaping piles of old tires. It echoes the grittiness and discarded dreams of the brothers. However, there is more buried underneath the rubber and concrete. Tires are configured to create a bed, chairs and a whole world that the audience did not initially see. Like the brothers, there is more than what meets the eye.

Likewise, the language of the play is brilliantly inventive. McCraney has developed a style all his own. The characters address the audience directly sometimes reciting stage cues (Oshoosi slams door) or improvising noises (Honk! Honk! replaces an actual car horn). The intent is to draw the audience into the action, but it also provides comic relief. When Ogun is particularly exasperated with his brother, the knowing asides spoken directly to the audience become a shared, inside joke.

The play also incorporates singing and some choreographed dance/movement. They are most evident during two dream sequences. While the first half's dream sequence is a bit belabored, both interludes are creatively presented.

McCraney's playwriting abilities are solid in terms of developing a story. He earned his MFA in playwriting at Yale and Seattle writing legend August Wilson was one of his mentors. You are always being drawn deeper into the narrative. The suspense is subtle, but builds. Will Oshoosi return to prison? What is the true relationship between Oshoosi and Elegba? Is there hope for any of these characters to find happiness?

What is most striking, however, is McCraney's ability to avoid creating "The Other." Sometimes when a play depicts circumstances that are foreign to the audience—race, economics, geography—it may evoke sympathy, but the audience does not identify with it. They leave saying, "How sad for those other people." In the "Brothers Size," maybe you haven't been to prison or struggled with drug addiction, but the characters are nonetheless experiencing the human condition like everyone else. Who are we? What are we meant to do? How do we love one another? Whether you live on the Bayou or a downtown Seattle condominium, you connect to the story.

"The Brothers Size" is one part in McCraney's trilogy of "The Brothers/Sisters Plays." I encourage everyone to see the current production and hopefully the Seattle Rep will stage more of McCraney's work in the future.



VOXX COFFEE

FEATURING

Stumptown

ORGANIC FAIR TRADE COFFEE

SANDWICHES & BEER

WHOLE BEANS

PASTRIES

WINE

AIR CONDITIONED

WiFi

2245 EASTLAKE AVE E

M-F 6AM-10PM SAT./SUN. 7AM-10PM

willow & bloom

One part couture. Two parts magic.

T 206.913.8779 W willowandbloom.com

POKEWEED by Drew Pocza

Panel 1: The character reads a newspaper titled "NEWS".

Panel 2: The character reads a newspaper titled "NEWS" with a speech bubble saying "FIGURES..."

Panel 3: The character reads a newspaper titled "NEWS" with a speech bubble saying "TODAY'S FORECAST. MOSTLY CLOUDY, WITH 70% CHANCE OF SUCK."

Pokeweed © 2010 Drew Pocza pokeweecdcomics.com

Nine Million in Unmarked Bills

3507 Fremont Pl N
Seattle, WA 98103
(206) 632-0880
<http://9m-unmarked.com/>
Mon-Sat 4:00 PM-2:00 AM
Sunday 11:00 AM-2 AM
Happy hour 4:00 PM-7:00 PM daily



Rating:
★★★★
Ratings guide:
★★★★ extraordinary
★★★ excellent
★★ good
★ fair

Chances are pretty high that you've never gone to a ransom bar – but do you really want to? Before you make any preconceptions about what a ransom bar might actually be, head over to the trendy new Nine Million in Unmarked Bills located in the Fremont area of Seattle. Just steps from the sign proclaiming Fremont as the “Center of the Universe”, this new modern bar and eatery has a Prohibition era theme, with cocktails named after famous gangsters like John Dillinger and Lucky Luciano. An antique manual typewriter at the entrance clutches a note claiming “this is a stick-up”, and owner Nate Rezac kidnaps you with his winning smile as soon as you enter the doorway. Nate and his stunning blonde bombshell wife, Valerie, case the room like a modern-day Bonnie and Clyde, chatting easily with guests, and making sure their glasses stay filled to the brim. Glass tabletops feature reproductions of real ransom notes obtained from the LAPD and NYPD law enforcement archives, demanding “put all your money in the sack” and “I know where you live.”

The Happy Hour at Nine Million in Unmarked Bills is a steal, with 10 to-die-for food items that cost \$5 each from 4 to 7 p.m. The “Lamb Sliders” are billed as “deconstructed” (whatever that means in foodie terms), and the ultra-iron-content fix of “Broccoli with Garlic and Kale” is sautéed in olive oil with pine nuts, chili flakes and garlic. “Truffle Fries” are infused with lemon pepper aioli, while “Spicy Prawns” are soaked in tequila habanero sauce and served over creamy polenta. Mojitos are also \$5, while well drinks are \$3.50 and house wines are \$4. When Happy Hour ends, the food continues until 1:00 AM, with menu items ranging from \$6 to \$14. Brick oven pizzas are served all day and night.

A long, sleek bar stretches across one side of the room, with an overhanging neon sign announcing “Prescriptions”, and a stock of bottles that would make Doc Barker proud. Specialty drinks include the John Dillinger (a shot of Bulleit bourbon and a piece of candy or rolled cigarette) and the DB Cooper (Aviation gin, muddled lemon, fresh ginger, Cointreau, champagne.)

The walls are quilted velvet, illuminated by a disco ball rotating periodically (which assumedly spins nonstop on special Thursday night DJ parties.) In a nod to Seattle's new bar bingo trend, the joint is held up on Wednesday nights by MC Bingo Bare Knuckles, who captivates with bingo and rock n roll. But afternoons and most weekday evenings are more laid back, with over 100 board games to play at your table, including Operation, Cranium and Outburst.

While Nine Million in Unmarked Bills is sure to incite the ire of some for its notable lack of thematic “political correctness,” it's a dynamite place where guests can relax and speak-easy, without getting their wallets hijacked.

Major credit cards accepted, parking is on street or nearby lots.

Review by Wendy K. Leigh

McCormick and Schmick's

1200 Westlake Ave. N
Seattle, WA 98109
(206) 270-9052
<http://www.mccormickandschmicks.com>
Mon-Thurs: 11:30 AM-12:00 AM
Friday: 11:30 AM-1:00 AM
Saturday: 10:00 AM-12:00 AM
Sunday: 10:00 AM-11:00 PM

Rating:
★★
Ratings guide:
★★★★ extraordinary
★★★ excellent
★★ good
★ fair

One of the most spectacular views of Lake Union can be seen from McCormick & Schmick's, a popular seafood restaurant among tourists and natives alike. Diners can enjoy watching the boats sail across the lake while sipping a glass of wine or partaking in their favorite cocktail. Customers can choose to dine lakeside on the deck or be treated to colorful fresh flowers and linen tablecloths in the dining room upstairs. The view is especially breathtaking when all of the city lights can be seen at night. Menus are printed each day featuring a variety of fresh seafood specialties, such as Mississippi Catfish or Virginia Littleneck Clams.

Enjoy Weekend Brunch on the Lake

Start the weekend off with a sparkling Mimosa while pouring over the many choices on the brunch menu. The Crab Cake Benedict and Grilled Salmon Oscar entrees come topped with creamy Hollandaise sauce that was exquisite. Vegetarians will be pleased with the Spinach and Goat Cheese Frittata featuring fresh wild mushrooms. Servers clad in black and white are always friendly and ready to help diners choose from the many entrees offered.

Custom Cocktails & Imported Beers

Hand crafted cocktails feature fresh squeezed juices during one of the finest Happy Hour's around town. Ranging from just \$2 to \$5, customers can choose from Chicken Quesadillas or Veggie Potstickers. For the seafood lover, Clams & Mussels are delicious in a white wine and garlic broth. Patrons may want to wash down a juicy half-pound cheeseburger with an ice-cold beer or treat themselves to the Buffalo Chicken Wings.

1 509 Wines
1300 N. Northlake Way

2 Johnston Architects, PLLC
100 NE Northlake Way, Ste 200

3 Fremont Brewing Co.
3409 Woodland Park Ave N.

4 Urban Earth - a Nursery in Fremont
1051 N. 35th St.

5 Gallery Notebleu
600 N. 36th St., 3rd floor

6 Kylie's Chicago Pizza
3601 Fremont Ave N. #101 (entrance on 36th)

7 Frame Up Studios
3515 Fremont Ave. N.

8 Fremont Jewelry Design
3510 Fremont Place N.

9 POTS Gallery
619 N. 35th St. #100 (alley behind PCC)

10 Hub And Bespoke
513 N. 36th St.

11 ArtFX Gallery
420 N. 35th St.

12 Studio R
315 N. 36th St., Suite 201

13 evo TimesInfinity Gallery
122 NW 36th St.

14 Ballard ActivSpaces
700 NW 42nd St.

The First Friday of every month from 6:00pm - 9:00pm

January - April 2011 lineup
www.FremontFirstFriday.com

1 arts venue
2 the troll
3 lenin
4 the rocket
1 interurban

The First Friday of every month from 6:00pm - 9:00pm

January - April 2011 lineup
www.FremontFirstFriday.com

More Than Just Seafood

For those that prefer a mouth-watering piece of beef, McCormick & Schmick's dinner menu features a choice of New York, Ribeye and Sirloin Steaks. If you're in the mood for surf and turf, consider ordering the Filet Mignon combined with Jumbo Shrimp Scampi. The potato croquettes and fresh veggies were a huge compliment to the meal. Customers with less of an appetite will enjoy the small plates, which feature entrees such as, Dungeness Crab Cakes, Coconut Fried Shrimp or Deep Fried Calamari. If you're in a hurry for lunch, their Seafood and Roasted Corn Chowder Soup paired with a Caesar Salad is sure to do the trick. The 10 for \$10 lunch menu offers everything from Linguine with Herb Seared Chicken to the Northwest Salmon Sauté garnished with fresh berries. All entrees include a choice of French fries, housemade potato chips, fruit salad or coleslaw.

Hours of Operation

Weekend brunch is served both Saturday and Sunday from 10 AM to 3 PM. Lunch is served daily Monday through Friday from 11:30 AM to 4 PM. Dinner is Monday through Friday from 4 to 11 PM, Saturday 3 to 11 PM and Sunday 3 to 10 PM. Happy Hour is Monday through Friday from 4 to 6 PM and 9:30 to 11:30 PM. Saturday from 3 to 5 PM and 9:30 to 11:30 PM. Sunday is 3 to 5 PM and 9 to 10 PM. Validated parking is available for a small fee. A variety of banquet rooms are offered for private events and parties. McCormick and Schmick's offers takeout service.

Pomodoro Ristorante

2366 Eastlake Ave E
Seattle, WA 98102
Phone: 206-324-3160
www.pomodoro.net
Tues-Thurs 5:30 PM-11:30 PM
Fri-Sat 5:00 PM-1:00 AM
Sunday 5:00 PM-10:00 PM
Monday: closed

Rating:
★★★★

Ratings guide:
★★★★ extraordinary
★★★ excellent
★★ good
★ fair

The Pomodoro Ristorante could be the very definition of your hole-in-the-wall restaurant. Perhaps the smallest space you will ever enter for fine dining, the chef's talent and history compensate for feeling as though you are dining with the people seated at the next table. If you don't mind being crowded on busy nights, reservations to this Spanish/Italian restaurant promise an evening of elegantly crafted food that takes you away to another place.

Pomodoro is an intimate, dimly lit restaurant with romantic candle sconces covering the walls, arches over the windows, and the smell of garlic and fresh bread permeating the air. The small grill is amid the dining area giving patrons view of Chef Antonio Blanco at work, preparing exquisite plates resembling those you might see presented on Iron Chef America. In fact, Blanco was presented with the opportunity to compete in the show but for whatever reason states, "I had to decline." His status precedes him as a cook in the Spanish Army in Barcelona as well as previously cooking for the King of Spain, the French and Spanish Ministers of Defense, and former President Bill Clinton among his other culinary accomplishments like his 2002 Chefs' Choice of the Year Award.

The menu offers Tapas (appetizers) between \$6.95 and \$12.95 such as Calamares a la Plancha (grilled calamari) and Fresh Alaskan Halibut Ceviche (raw, citrus marinated). Both dishes might sound intimidating to those with anything less than a sophisticated food palate, which was the case for me when reading over the menu. But as it turns out, Pomodoro is just the place to try exotic foods you never dared to taste before, as this master chef will superbly prepare them to perfection.

Every table is graced with a full-menu wine list and fresh bread with chimichurri. Entrées run between \$15.95 and \$25.95. Most of the entrées are "neo-traditional" pastas such as the Manicotti al Forno containing an interesting twist of walnuts mixed into the ricotta and spinach stuffing. A tableside flambé of banana, cherry, or peach for \$9.95 is an exciting desert to end a fantastic meal.

Pomodoro Ristorante proves that good things really do come in small packages. Located in the Eastlake neighborhood with free parking next to the restaurant, a hidden four-star meal awaits.

Review by Christina DeSchane



When Alanon Doesn't Fit: Workshop for Family and Friends offered Monthly

Seattle, WA, February 22, 2011

Most people have one or more friends or family members who are affected by their own addictive behavior. Unfortunately, addictive behavior often impacts other people in their social or family circle who simply don't know what to do to help. A Monthly Workshop in Wallingford is being offered at A Positive Alternative (in the Good Shepherd Center) to present some alternative and non-confrontational approaches that are different from Alanon (a 12-step group for families).

While Alanon is a great help to many people, it is not the answer for everyone:

Alanon relies on the "12 Steps" – common to both AA and Alanon, they originated with a Christian group that predates Alcoholics Anonymous. Alanon's literature is clearly Christian in origin. This alone makes the program unacceptable to many people. Many of Alanon's most devoted volunteers and leaders have been living with practicing alcoholics for years. Newcomers can leave feeling hopeless about chances for recovery. Family and Friends of higher functioning substance users often don't identify at Alanon. Alanon doesn't reflect what the literature shows to be effective for behavior change.

"What if Alanon Doesn't Fit?: Skills Training for Adult

Family and Friends" is a workshop that emphasizes the large role that can be played by family and friends that is positive and teaches skills in what and how to reinforce positive (reduced or non-drinking/using) behavior. Families have more power to influence change than any other single element in someone's life who abuses substances.

The Workshop is offered at A Positive Alternative (An Outpatient Alcohol and Drug Treatment Program that is non-12 step focused and has offered gender-specific group treatment since 1990.) The Workshop is led by Catherine Trestrail MSW, ACSW, CDP, Founder and Director. More information about APA and Catherine Trestrail can be found at www.APositiveAlternative.com. Pre-Registration is REQUIRED. Cost: \$125

The March Workshop is Friday March 11th from 6-7:30 PM

AND Saturday March 12th, from 11 AM-2 PM

The April Workshop is Friday April 8th from 6-7:30 PM

AND Saturday April 9th from 11 AM-2 PM

Contact: Catherine Trestrail 206-632-0966 <tel:206-632-0966> or 206-547-1955 <tel:206-547-1955> or Catherine@APositiveAlternative.com

4649 Sunnyside Ave N #200, Seattle, WA 98103

LAIR OF THE PSYCHIC CREATURE by Marc Palm



<http://swellzombie.blogspot.com>



Ice cream for breakfast? If it's bacon maple ice cream, yes!

So it is with much joy that we can finally report that the bacon maple ice cream we had at Molly Moon's last Sunday brunch lived up to our expectations. The combination of cold, sweet maple ice cream studded with chunks of bacon over a bowl of warm, steel-cut oatmeal was so wrong, and yet so right at the same time. Washed down with a mug of Vivace coffee, it was a truly heroic way to start a Sunday. Try it for yourself this Sunday morning between 9am and 2pm. But call first if you want to make absolutely sure that bacon is in the house.

REPRINTED BY PERMISSION



Seattle-Eastside area waterfront, floating home, and houseboat specialists (oh yeah, we sell homes on land too!)

Have you ever dreamed of living on the water but believed it was beyond your reach?

Would you believe you can live on the water for less than \$1600 per month, including slip fees? And we are not talking about some dark, damp, cramped, musty houseboat. No, this is a beautiful, new houseboat with vaulted ceilings, stainless appliances, real hardwood floors, a fireplace, big screen, quartz countertops, pantry with pull-out shelves, heated bathroom floor, murphy bed, copper color metal roof, real wood cabinets, large windows, 2 decks, and a spacious sleeping / storage loft.

Live the Dream for only \$169,000 + tax



Learn more about this and other ECO-Sea Cottages at www.AffordableHouseboats.com

Contemporary Style, Affordable Waterfront \$249,000 + tax

This modern, contemporary houseboat was built with style and was built to last! Constructed with aluminum pontoons and high quality low maintenance materials throughout. The modern style is carried through to the inside with beautiful high end stainless appliances, commercial rubber flooring, european staircase, and dramatic curved wall with bamboo tambour paneling. This houseboat features 2 bedrooms, 1 bath, spacious office, lots of storage, combo-washer/dryer, 2 spacious decks, and comes completely furnished with a 47" flatscreen. Enjoy faulous views of Seattle, Lake Union, and the Space Needel from this rented slip at Seattle Marina.



View more details about this houseboat at www.SpecialAgentsRealty.com

Gasworks Marina Houseboat in Owned Slip \$349,000

This charming housebarge (learn the difference between houseboats and housebarges at <http://www.specialagentsrealty.com>) is located in an owned slip at Gasworks Park Marina. Enjoy incredible views aboard this amazing 864 sf, 40'X12', 2 story, 2 bedrm house barge towards the end of the dock. Gasworks Park Marina includes ownership of the slip with unobstructed views. Completely remodeled gorgeous kitchen, newly refinished exterior and hull 2008. Newer Melie appliances, stack washer dryer included.



If you would like assistance with your home search, or would like to list your property, please contact us. We are very knowledgeable about the Ballard, Fremont, Wallingford, University District, and Laurelhurst neighborhoods. We are a small, independent brokerage serving the entire Puget Sound area with personal, attentive service. Our philosophy is to listen carefully, communicate frequently, and treat every client as a life long client. Give us a call and let us help fulfill your dreams.