



# THE VALLEY VIEW

Newsletter of the Greater Madison Valley Community Council

Issue 153

madisonvalley.org

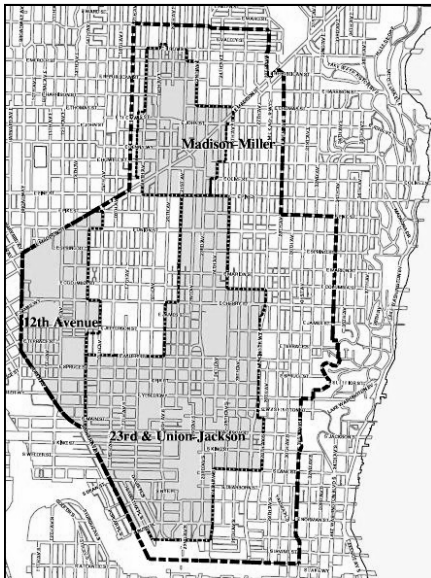
March 2008

## Growth, Development and Quality of Life:

### The Central Area Neighborhood Plan

by Adrienne W. Bailey

**Editor's Note:** *Adrienne hopes to provide a regular column to the Valley View concerning the Central Area Neighborhood Plan. This is her first column.*



Map of Central Area.  
Grey regions are Urban Village areas.

The Central Area Neighborhood Plan (CANP) was adopted in 1998 by the City Council and addresses goals for the Central Area's growth and development. Created by a Neighborhood Planning group, it is part of the City's Comprehensive Plan (Comp Plan) and proposes specific improvements for the Central Area neighborhoods, of which much of Madison Valley is a part.

Neighborhood Plans formed out of a requirement by the Growth Management

Act of 1990 (GMA) to address "effects of growth on transportation and other City facilities." The GMA requires full community involvement and participation. With our plan over 10 years old, information is obsolete or needs updating.

The Mayor has presented a proposed budget, process and timeline for updating Neighborhood Plans. The Mayor wants to "formalize and standardize" the Plans, and essentially turn the plans over to City staff. According to this proposal, the updating of the Plans is to be done by sector, one per year with 2-3 community meetings per neighborhood, and 1-2 meetings per sector.

But we don't have to wait for the City to amend our Neighborhood Plan—there is an annual amendment process we can do right now. Everyone in the Central Area needs to participate in the CANP Stewardship meetings and help form the various committees that correspond with the elements in the CANP. Then, by the time the City starts their process for the Central Area, we will already have what we want in place. We need to insist on this process being neighborhood-driven, not City-driven. Currently there is work being done related to Housing, Land Use, Building Codes, and Human Development. Additional committees formed under the CANP Stewardship are: Open Space Use, Urban Design, Economic

➡ Please see **Neighborhood Plan** on page 7

## Bush School: Proposal for MLK School

by Andrew Sproule

**Editor's Note:** *We invited parties interested in the MLK Jr. property to write an article for the Valley View. The Bush School's response is below.*

In 2006, when the Seattle Public Schools announced the closure of Martin Luther King, Jr Elementary, The Bush School expressed interest in gaining access to the property. As we explore ways in which the property might serve our needs as a school, we are guided by three very important principles:

1. We will work in partnership with the neighborhood and the community as we explore the potential uses of the former Martin Luther King, Jr. school property, optimizing the use of the site in support of the needs of both the greater community and of our school's program.
2. We will continue our commitment to fostering community partnerships in the use of the site, building on current successful partnerships such as:
  - Bush students tutoring in a number of Seattle Public Schools, which began with Martin Luther King, Jr. Elementary two decades ago.
  - The Bush campus serving as the site for the Rainier Scholars summer program.
  - Bush students working with NW Harvest, Fare Start, and other service agencies.
  - The Bush School's Diversity Speaker Series (now in its second year) partnering with Seattle Public Schools, KBCS 91.3 FM,

➡ Please see **Bush School Proposal** on page 3



## Events Calendar

**Bingo Night fundraiser** for T. T. Minor Elementary School: Mar 8, 6-9 p.m. at Yesler Community Center, 917 E. Yesler Way.

**Madison Valley Merchants Association.** Wednesday, March 12, 8:30 a.m. Café Flora, 2901 E. Madison St.

**Food Drive.** Through Mar. 17 at participating merchants. See p. 4.

**Greater Madison Valley Community Council.** Wed., Mar 19, 7:30 p.m. Bush School's Common Room (entry on E. Harrison St. & 34th Ave. E.)

**East Precinct Crime Prevention Coalition.** Thu, Marc 27, 6:30-8:00 p.m. at Seattle Vocation Institute, Rm #401, 2120 S Jackson St.

**Open Meetings with Mary Bass, Seattle School Board Director.** March 14 and 28, 6:00 p.m. Garfield Community Center, 2323 E. Cherry St.

**CANP Stewardship Meeting.** Thursday, April 3, 6:00 - 9:00 p.m. Garfield Community Center, 2323 E. Cherry St. See article, left.

**GMVCC ID Statement**

**The Valley View**

March 2008, Issue 153 · [www.madisonvalley.org](http://www.madisonvalley.org)  
*published nine times a year by the*

**Greater Madison Valley Community Council**  
P.O. Box 22278, Seattle, WA 98122

*Member of the Seattle Community Council Federation*

**2007-2008 GMVCC Officers**

**President:** Wallis Bolz · [president@madisonvalley.org](mailto:president@madisonvalley.org) · 329-3672

**Vice President:** Charles McDade

**Secretaries:** Ann McCurdy and Heather Searce

**Treasurer:** Jennifer Janzen

**Newsletter Staff**

**Editor:** Ann McCurdy · [editor@madisonvalley.org](mailto:editor@madisonvalley.org) · 568-7372

**Copyeditor:** Shawna McGarry

**Layout:** Frank Lawler

**Article submissions due by the 25th of each month**

*Monthly ad rates:*

\$35 (approx. 2" x 3.5") · \$80 (1/4 page) · \$150 (1/2 page)

*Circulation 2,200 / Yearly discounts available  
contact [advertising@madisonvalley.org](mailto:advertising@madisonvalley.org) · 568-7372*

**Help Keep the Valley View Going!**

I love working on the *Valley View*, but I can't do it all myself! Can you write a one-page article each month...or once every few months? (I always have topic ideas if you aren't sure what to write!) Can you call, visit or e-mail 2-3 businesses a month and ask them if they want to place or renew an ad? Can you layout the newspaper using Microsoft Publisher (we've optimized the process)? Can you collect the articles and edit them? All of these jobs can be shared, and we can step you through everything. We just need some extra help! Contact Ann McCurdy at [editor@madisonvalley.org](mailto:editor@madisonvalley.org) or 568-7372.

**GMVCC Meeting Minutes for Feb 20**

by Tom Searce

Charles McDade called the meeting to order at 7:30 p.m.

**Treasurer's Report:** Beginning balance was \$14,520.36, and ending balance was \$14,244.34.

**Future of the Valley View:** Discussed Ann McCurdy's pending departure as editor of the *Valley View*, and concern that no one has come forward to assume her role. Recognized that Ann's role encompassed more than layout and publication, but also advertising and content solicitation, etc. Suggested an online format (e.g. blog) of the *Valley View* might reduce the burden on the editor and increase neighbor participation. There was concern that a purely online format might leave behind those who have limited internet access or are less inclined to use computers. Whatever format the newsletter takes, it needs consistent contribution of content. An online/offline hybrid format is doable as well. Since the *Valley View* often runs at a \$100—\$200 loss, if it ceases to exist, this will shift the emphasis of our events (i.e. Spaghetti Feed, BBQ) from fundraising to community building. Lindsey Wishard volunteered to contact Ann McCurdy to discuss ideas for a possible transition to an online model. Adrienne Bailey agreed to reach out to student journalism programs at UW and Seattle U to see if a volunteer reporter base can be cultivated.

**Former MLK Site:** Peter Triandafilou announced that at the March GMVCC meeting an open forum would be held to discuss proposals for the MLK School property. Organizations that have an interest in the property have been encouraged to attend. Organizations rumored to have an interest include The Bush School, First AME, The Valley School, Epiphany School, and unnamed private developers. There is broad agreement on the council on the need for maximum transparency in this process. Likewise, residents are encouraged to make time for this meeting to review alternative proposals. Mary Bass of the Seattle School District Board of Directors, will be in attendance. A marketing effort to drive turnout at this meeting is needed. Heather Searce will post to the Yahoo group, Cathy Nunneley will post a

➡ Please see **GMVCC** on page 6



2703 East Madison  
324-4742

[baasartgallery.com](http://baasartgallery.com)  
**Karrie Baas, owner**

**Thank you to the Madison Valley residents for their continued support over the past 12 years**

**Enhance the Quality of Life through Wellness Care**

**Complimentary Consultation and Physical Exam For new patient only\***



**Dr. Sky Boulom, DC**

2800 E. Madison St., Suite 208 Seattle, WA 98112  
206-226-7339 · [www.seattlebiocranial.com](http://www.seattlebiocranial.com)

\*Must mention this Ad to be valid. Offer available for a limited time only.

Your neighborhood Realtors with over 15 years each experience in working in the central Seattle neighborhoods.

**Penny Bolton**  
**Rebecca Evans**  
Windermere

206-819-5643

206-465-4757

[pennyb@windermere.com](mailto:pennyb@windermere.com)

[agentevans@aol.com](mailto:agentevans@aol.com)



Organic Options Now Available!



511 28th Avenue East - [www.designeddinners.com](http://www.designeddinners.com)  
[Info.madisonvalley@designeddinners.com](mailto:Info.madisonvalley@designeddinners.com)

Visit our website to receive one complimentary entrée with your next visit to our Madison Valley location.

Enter gift certificate: #DD05051474598

## Who Lives in the Arboretum Neighborhood?

by John Potter

The "Arboretum Neighborhood" is busy, green, and full of interesting people. Our physical boundaries are East Galer on the north, the Arboretum on the east, 23rd Ave. E. on the west and E. Madison St. on the south. In our hilly neighborhood we have many different kinds of homes and people. We are impacted by where we are—the center of a city—with traffic, a high density of homes and changing demographics.

Some neighbors have been meeting and talking about our vision of the future. We love having the Arboretum on our border, being near Downtown and Lake Washington. Some are anxious about increased density in our neighborhood. Some are concerned about personal safety. Most would like to get to know our neighbors better.

Thanks to a "sparks" grant from the City of Seattle's Department of Neighborhoods, a group of neighbors organized a survey and collected input from 35 of our neighbors. Here's what we found out:

1. Over 60% of our respondents have lived in the neighborhood five years or more.
2. Almost 90% know six or more of their neighbors, and
3. Almost all of them participate in some neighborhood activity on a regular basis: project, potluck or block watch

When it came to identifying issues we should address as a neighborhood, the highest priority was given to:

1. Having safe places for kids to play.
2. Improving our green environment.

3. Dealing with land use issues (zoning, density, scale of development), and

4. Storm water management.

Personal safety, crime, access to the Arboretum, increasing connections with neighbors and traffic were slightly lower in priority. Our neighbors want to volunteer in neighborhood activities a couple of times a year. Helping with the Green Footprints project, and hosting a neighborhood potluck seemed to be the preferred ways to be involved.



## Bush School Proposal, *continued from p. 1*

and other community groups.

3. We believe the property should continue to honor the legacy of Dr. King.



### Aaron's Tip Top Chimney Services



*Local, honest, good prices. We offer the following services:*

- Chimney cleanings
- Tuck-pointing
- Crowns and counter flashing
- Minor masonry repair
- Chimney inspections

Licensed and bonded: #AARONTC935D7

Contact Aaron Hamilton at 425-770-5354 for a free estimate.

Our team of Residential Property Specialists are experts in finding the best homes for our clients, providing superior negotiating services on their behalf, and managing the transaction to a successful on-time closing. Contact Joy or Mark today for a no-obligation consultation.



### Joy Canova

(206) 818-1545

joy@northwestelegance.com

&

### Mark Gibson

(206) 423-0017

mark@northwestelegance.com



**COLDWELL  
BANKER**

**BAIN**

PUT OUR KNOWLEDGE ON YOUR SIDE

## Green Footprints on the Go!

by Eileen Maloney

On Wednesday, February 7<sup>th</sup>, Green Footprints Action Works invited the community to attend a presentation by Seattle Urban Nature and the Seattle Audubon Society on the project that began in our neighborhood last fall. Landscape architect Peggy Gaynor and renowned environmental artist Buster Simpson also joined the event to present some inspiring projects that they have completed in other parts of the city.

During the fall data collection phase, community volunteers mapped the neighborhood flora, fauna, water, impervious (concrete and asphalt) surfaces, and grass surfaces. Volunteers are creating a database from this survey that will allow Seattle Urban Nature to create maps of our neighborhood; which will reveal total tree canopy, the location of invasive non-native species (English Ivy, Himalayan Blackberry, Bindweed, Cherry Laurel and so forth) and the extent of impervious surface coverage.

In mapping the "private" spaces we discovered a city-designated wetland and lots of alleys and neglected public spaces. These discoveries inspired some great future project ideas during the "brainstorming" phase of the meeting. Everyone is welcome! For more information, go to [greenfootprintsactionworks.org](http://greenfootprintsactionworks.org) or call Eileen Maloney (325-9192) to be included in our contact list.



### Bailey-Boushay House

As one of our volunteers, *YOU* will have the opportunity to be a light in the lives of people living with AIDS/HIV.

Contact: David Pavlick · 720-2260

[www.virginiamason.org/bailey-boushay](http://www.virginiamason.org/bailey-boushay)

## What's Up On Madison

by Pippa Kiraly

The newest business on Madison is **Lavender Beauty Salon & Spa** (2840 E. Madison St), in the little house now painted a light, bright purple. Owned by Christine Kim and managed by Kelly Lee, Lavender opened in early February and offers manicures and pedicures, waxing, facial treatments and massage therapy. Hours are 9 a.m. to 9.p.m. seven days a week. 328-2400.

**Conscious Body Pilates** has just opened a second studio, at 3317 Union on the corner of 34th Ave in Madrona. "We're excited to expand our services with a bigger space," says owner Heather Searce. She also plans to integrate child care, since many clients are moms.



### Madison Valley Food Drive!

The Madison Valley Food Drive runs until St. Patrick's Day, March 17, to benefit The Food Bank @ St. Mary's. Look for the posters in the windows of Madison Valley merchants. They will accept food, hygiene, and baby. Please, no food past its expiration date! Cash or checks will also be gratefully accepted. Send to The Food Bank @ St. Mary's, 611 20<sup>th</sup> Ave. S., Seattle, WA 98144. **Some businesses are giving out discounts if you donate!**

*Clip this out as a reminder:  
Bring food to a Madison Valley business*

CONSCIOUS BODY  
PILATES

We're Expanding!  
Opening in Madrona  
at 34th and Union  
on Mar. 1st

Sign up for classes online at  
[www.709-core.com](http://www.709-core.com)



## Spring Fever

by Jennifer Karkar Ritchie

There is something magical about February in Seattle. Despite weeks of rain, snow and frosty temperatures, there is always one week in February where the sun shines and we are treated to abnormally warm temperatures. It inspires people to go for walks, contemplate sitting outside at brunch, and most prominently, to work in their gardens or yards.



Flowers for sale at City People's

Thus, with my neighbors, I find myself at **City People's** on a sunny Saturday afternoon buying top soil and grasses, and wandering the interior for brightly colored candles and home décor items that will bring a little spring inside. City People's convenient location at 2939 E Madison St. is an obvious find as it spans the entire block and has been a mainstay for as

long as I have lived here.

You will find everything you could want for the garden—from plants to tools to hoses to garden shoes. The interior boasts a section of beautiful inside houseplants (which I often make into gifts), as well as cards, books, furniture and vases. Last year we even purchased packages of healthy bugs and worms to combat some uninvited visitors that were eating our garden.

Despite the several months of winter that remain, the arrival of daffodils and crocuses is a wonderful primer for the warm months to come, and City People's is always my first stop.



## SUMMER LEARNING

### Classes and Camps for Students in Grades 1-12

The **Bush School's** Summer Learning Program offers students a wide selection of **challenging academics, experiential learning, arts, and athletics**, helping students succeed in the next stage of their education while developing a life-long love of learning.

#### INFORMATION:

Visit [www.bush.edu/summerlearning](http://www.bush.edu/summerlearning) for class and program descriptions. Classes and camps available June through August.

**CONTACT:** Todd Lengacher  
[todd.lengacher@bush.edu](mailto:todd.lengacher@bush.edu)  
 206-322-7978 x 7673.

## Merchants Sponsor Bingo Night March 8

by Ann McCurdy

Madison Valley lost its only public school when Martin Luther King, Jr. Elementary School was closed two years ago, but that hasn't stopped our merchants from supporting public education. The Madison Valley Merchants Association (MVMA) is sponsoring the Second Annual Bingo Night for T. T. Minor Elementary School on March 8, from 6:00 – 9:00 p.m. at the Yesler Community Center, 917 E. Yesler Way. It costs only a \$10 cover for ten games, plus additional \$5 games for big prizes. (Cash only, please.) With food from La Isla Pizza, and snacks, too, it should be a fun time.

When MLK Jr. was closed, its popular Montessori program was moved to T.T. Minor, and many MLK Jr. students moved there as well. The Bingo Night event is a fundraiser for the T.T. Minor PTA, with money going for additional activities for the students, such as after school tutoring. In sponsoring the event, MVMA not only donated \$500, but also many individual prizes, including prizes from Café Flora, City People's, Conscious Body Pilates Studio, Coyote Central, Fury, and Thrive Art School. Please thank our generous merchants by stopping by their shops and businesses!



 **City People's**  
*garden store + landscape design*

2939 E Madison St  
 Seattle, WA 98112

Garden Store: 324-0737  
 Landscape: 324-0963



**CAPITOL HILL  
 HANDYMAN**

JOHN PIERCE

310 23rd Ave East | Seattle Washington 98112  
 206 354 5395 | [john@capitolhillhandyman.com](mailto:john@capitolhillhandyman.com)  
 CAPITHH934BZ

*Peter A. Triandafilou, Esq.*

**Seattle Law Office**

**Madison Valley's Resident Attorney  
 Since 1993**

Wills & Estates · Real Estate · Lawsuits · Small Business · Taxes  
**(206) 720-0488 · [www. Seattle-Law-Office.com](http://www.Seattle-Law-Office.com)**

**Fresh Air**, continued from p. 8

fulfilled her dream of trekking in the Himalayas – no small accomplishment for a lifelong asthmatic.

Buteyko Breathing was developed by a Russian physician, Dr. Konstantin Buteyko, who researched the connection between many chronic conditions and *overbreathing*. Overbreathing, or "hyperventilation" as it is known, is defined as breathing more than your metabolic needs at any given time. Many of us take in too much oxygen and then release too much CO<sub>2</sub>. When the CO<sub>2</sub> levels in our bodies drop too far, the smooth muscles (such as those around your airways) constrict in an attempt to hold onto the CO<sub>2</sub>. This is what happens to asthma sufferers. According to Buteyko, an asthma sufferer's CO<sub>2</sub> levels are far too low. Originally designed for asthma sufferers, the method also extends to snoring, sleep apnea, and rhinitis. Chronic conditions such as fibromyalgia, chronic fatigue, high blood pressure, chronic cough, anxiety or panic, insomnia and other stress-related disorders also respond.

Buteyko Breathing is very simple, teaching how to keep your mouth shut day and night as you breathe, how to breathe from your diaphragm, and how to breathe more slowly and more lightly. Pippa Kiraly is a delightful, down-to-earth British woman who teaches people how to breathe easier and is herself a breath of fresh air.



**Meet School Board Director Mary Bass**

School Board Director Mary Bass has scheduled two meetings a month for everyone interested in Seattle Public School. A supervised play area will be provided for young children, along with snacks and beverages. These are free, open events occurring every second and fourth Friday, 6:00 – 9:00 p.m. at The Garfield Community Center, 2323 E. Cherry St. Bring your questions and concerns about education in Seattle, or you can e-mail your questions to [Mary.Bass@seattleschools.org](mailto:Mary.Bass@seattleschools.org)



**GMVCC**, continued from p. 2

notice in our community kiosk, and Peter Triandafilou and Charles McDade will create a banner to be displayed at the corner of MLK and Madison.

**SPU / Flooding Update:** Peter Triandafilou expressed concern that the Mayor's office is undecided and/or moving slowly in bringing either of the two final options for addressing Madison Valley's flooding issues—the Northwest Lobe Diversion and the 200 Block buy-out—to the City Council for funding. It is recommended that residents lobby the city council for their preferred option.




**Lifelong Easy Breathing**

With **BUTEYKO**, a natural method Safe, Successful Help for Breathing Problems

**PIPPA KIRALY**, Certified Buteyko Practitioner  
Buteyko Institute of Breathing and Health  
(206) 329-6604  
info@lifelongeasybreathing.com  
www.lifelongeasybreathing.com

**ART CLASSES** *Thrive* ART SCHOOL




▶ **LEARN MORE & REGISTER**  
www.drawingschool.com

▶ **TWO SEATTLE LOCATIONS**  
Ravenna & Madison Valley  
206.522.1659

Try one of our **FREE** Introductory Classes

**BELLA DOLCE**  
Bakery & Café  
206/325-9539  
2711 East Madison Street  
Seattle, WA 98112



We have Easter Cakes, Cupcakes and Cookies!



2808 E. Madison St.  
www.rovers-seattle.com  
206-325-7442  
*Home of the Chef in the Hat Since 1987*

**Friday Lunch 12:00PM – 1:30PM:**  
A La Carte Options from \$8 - \$24 & 3-Course Menus

**Tue – Thu Evenings From 6:00PM,**  
**Fri – Sat Evenings From 5:30PM:**  
A La Carte Options from \$9 - \$24 & Price-Fixed Menus


we're a madison valley-based business!

**Juxta Prose**

▶ need a new website? [www.juxtaprose.com](http://www.juxtaprose.com)  
▶ changes to your existing site? [info@juxtaprose.com](mailto:info@juxtaprose.com)  
▶ contact us, we'd love to help 206.324.3147

*create : experience : design : connect*

**Yesterday . . .**  
**She was our patient!**



**206-324-5389**  
**MADISON PARK PHYSICAL THERAPY**  
Therapeutic Associates

## Neighborhood Plan, *continued from p. 1*

Development, Transportation, and Infrastructure.

It is imperative that all groups come together, including business and property owners, community groups and organizations of the Central Area. All residents, old and new, regardless of socioeconomic status, must set aside our perceptions of who we or our neighbors are, and start working together for the mutual greater good of our community and our quality of life.

CANP Stewardship meets the first Thursday of each month at 6pm, at Garfield Community Center (2323 E. Cherry St.) To receive meeting announcements e-mail [Kismet.2000@Yahoo.com](mailto:Kismet.2000@Yahoo.com), and put "CANP Stewardship" in the subject.

See our Central Area Neighborhood Plan at: <http://www.seattle.gov/neighborhoods/npi/plans/central/>



**kismet**  
AVEDA SPA AND SALON  
ALWAYS FREE BRIDAL CONSULTATIONS  
ACCEPTING BRIDAL PARTY APPOINTMENTS  
3312 E SPRING ST. 206.860.0323 WWW.SALONKISMET.COM




## RANTS & RAVES

**RAVE** "While I can't volunteer for the *Valley View*, I read it each month and really appreciate the newspaper. I hope you can find some volunteers!"

**RANT** "My garbage can was very close to the sidewalk, but people were putting bags of dog poop in it. So I moved my garbage can, and now these people are putting the bags of poop on my sidewalk and steps! Please, if you own a dog, bring the waste home like you're supposed to!"

**RAVE** "Thank you very much for your article on the James Washington Jr. Art Scholarship (*Valley View*, Jan 2008)-- it brought my attention to the book *Spirit in the Stone* of which I was not aware. I live across from the Washingtons' home, which has been designated a historical landmark. Although both Mr. Washington and his wife passed away shortly after we moved into the neighborhood in 1996, they left a strong mark on the neighborhood, and "Mr. Washington"-- as he is always referred to--is well remembered. His studio was there behind the house, and I hope that eventually the creation of art there will resume."

Send your rants and raves and we'll print them anonymously, space permitting. Staff reserve the right to edit for length. Email [editor@madisonvalley.org](mailto:editor@madisonvalley.org) or send to Editor, Valley View, Greater Madison Valley Community Council, P.O. Box 22278, Seattle, WA 98122.



**Sweet Petula**  
SIMPLE LUXURIES FOR BATH, BODY & HOME  
Mention you saw us in the VALLEY VIEW  
& receive a bar of our  
luxurious bath & body soap  
2717 EAST MADISON STREET, SEATTLE WASHINGTON 98112  
{BETWEEN RUE DE LYON AND ALL THE BEST PET CARE}  
open MONDAY 11-5 · TUESDAY-SATURDAY 10-6  
w: SWEETPETULA.COM

Serving all your neighborhood real estate needs in the Madison Valley for over 20 years!



THE LANDMARK GROUP  
Residential-Commercial Real Estate  
3101 E Madison  
Seattle WA 98112  
206-325-6000  
[www.thelandmarkgroup.com](http://www.thelandmarkgroup.com)






The Valley View - Greater Madison Valley Community Council  
 P.O. Box 22278  
 Seattle, WA 98122

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

## Community Forum: What Will Happen to MLK Jr. School?

The school district closed Martin Luther King Jr. Elementary School two years ago, and now plans to sell or lease the property. Interested parties may include the Bush School, First AME Church, The Valley School, Epiphany School, and private developers. You DO have a voice in the future of our community! Come together with your neighbors to hear from the groups that want to develop this property, as well as hear from Seattle School Board Director Mary Bass. Express your opinions at our community forum, Wednesday, March 19, 7:30 p. m. The Bush School great room (on the corner of E. Harrison St. and 34th Ave. E.). This is presented by YOUR Greater Madison Valley Community Council. 

## Pippa Kiraly: A Breath of Fresh Air in Madison Valley

by Heather Searce



Pippa Kiraly  
 (photo: lifelongeasybreathing.com)

You may have noticed an ad in the Valley View for "Buteyko Breathing" and wondered what it was. I imagined a Japanese martial art or a form of meditation. Curious, I contacted the person behind the ad, Pippa Kiraly, our local Certified Butekyo Breathing Practitioner with Lifelong Easy Breathing based in Madison Valley.

After living with asthma her entire life, Kiraly discovered Buteyko Breathing in 2002, and since then, is symptom-free and no longer uses medication. Kiraly says, "By retraining the breathing back to more a more appropriate level, the asthma symptoms go away. When you breathe more lightly, you feel better."

Kiraly, originally from England, trained as a nurse at the Florence Nightingale School. She met her husband, a classical viola player with the Cleveland Orchestra, while visiting the US. In 2002 a naturopathic doctor recommended a website called "KickAsthma.com". She took her first Butekyo Breathing course and ten months later, she was "off the drugs." Kiraly was so transformed by the experience, that in August of that year, she trained to teach Butekyo in Seattle. She says that her background in nursing helped. In 2003, she

⇒ Please see **Fresh Air** on page 6



## ThomasHomeGuide.com

There is a difference between agents who simply sell real estate, and those who COMMIT to doing whatever it takes to serve you beyond your expectations. I've been selling real estate in your area for over 13 years and I take pride in knowing that my clients receive unparalleled attention in all aspects of the buying or selling process. If you would like a FREE market analysis of your home, please call.



**KIM THOMAS**

Windermere  
 Madison Park  
 206-601-4969  
 kimrthomas@aol.com

Windermere  
 Windermere Real Estate/Northwest, Inc.



Mark Herkert  
 Owner / Certified Arborist



**Madison Park Tree**  
 Pruning, Removal, Planting

Call for a free estimate      2514 E. Ward Street  
 (206) 322-4546                  Seattle, WA 98112  
 Licensed, Bonded, Insured      bethormark@qwest.net