

# LAURELHURST & WINDERMERE

July 2014

# *living*

A Social Magazine For The Residents Of Laurelhurst & Windermere



## **HAPPY 4TH OF JULY!**

Mid-Season Classic, Opening Day for Boating,  
Joey Kitchen and much more.



**RECENTLY SOLD BY BRAD AND NICK**



University Village Office-5000 30th Ave NE  
www.nwgrealestate.com



Nick Glant 206.910.4221 & Brad Cahill 206.930.4503  
nick@nwgrealestate.com    brad@nwgrealestate.com

**IMPORTANT PHONE NUMBERS**

- CITY CONTACTS**
- 911 Emergency
  - 206.625.5011 Police Non-Emergency
  - 206.461.3222 24hr Crisis Line
  - 206.517.2350 Poison Control
  - 206.386.7387 Animal Control
  - 206.684.7529 Laurelhurst Community Center
  - 206.684.4075 Parks Department
  - 206.684.2489 City Customer Service Bureau
  - 206.386.4636 Seattle Public Library
  - 206.684.3000 Seattle Public Utilities
  - 206.684.7400 Seattle City Light
  - 800.934.6489 Xfinity
  - 800.475.7526 Century Link

- SCHOOLS**
- 206.252.5400 Laurelhurst Elementary School
  - 206.252.4640 Sandpoint Elementary School
  - 206.252.5010 Eckstein Middle School
  - 206.252.4640 Hamilton International Middle School
  - 206.252.4810 Roosevelt High School
  - 206.425.8885 Villa Academy
  - 206.524.7452 Assumption-St. Bridget School
  - 206.527.7731 Bishop Blanchet High School
  - 206.577.2105 Seattle Prep High School
  - 206.368.3600 Lakeside School
  - 206.622.6596 O'Dea High School
  - 206.323.4272 Holy Names Academy
  - 206.525.2714 University Prep

- HOSPITALS**
- 206.987.2000 Children's Hospital
  - 206.744.3000 UW Medical Center
  - 206.320.2000 Swedish Medical Center
  - 206.223.6600 Virginia Mason
  - 206.364.0500 Northwest Hospital
  - 206.744.3300 Harborview

- USEFUL LINKS**
- www.laurelhurstbc.com
  - www.windermereighbors.org
  - www.wsdot.com
  - www.wsdot.wa.gov/goodtogo
  - www.laurelhurstcc.com

**DISCLAIMER:** Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of N2 Publishing but remain solely those of the author(s). The paid advertisements contained within the Laurelhurst & Windermere Living magazine are not endorsed or recommended by N2 Publishing or the publisher. Therefore, neither N2 Publishing nor the publisher may be held liable or responsible for business practices of these companies. **NOTE:** When community events take place, photographers may be present to take photos for that event and they may be used in this publication.



www.n2pub.com  
© 2014 Neighborhood Networks Publishing, Inc.

**AREA DIRECTOR** Keri Samuelson  
425.829.7088  
Keri@n2pub.com

**PHOTOGRAPHERS** Crozier Photography  
Tara Brown Photography

**CLIENT ACCOUNTS COORDINATOR** Justine Stromberg  
LHW\_ads@n2pub.com

**CONTRIBUTING WRITERS** Jane Hongladarom  
Jenny Hart Danowski  
Sue Dryer  
Lizzie Friedrich  
Aleya Ikkal  
Laura Hurst & Wendy Mere

**CREATIVE TEAM** Angelina Garcia  
Grant McGugin  
Healthier McIlrath  
Jenna Wood



**DR. BETH JACOBSEN, DDS**  
& **DR. BETH SHAW, DDS**

Offering our patients  
the highest standard of care  
in a warm and nurturing,  
family focused environment.

**WE OFFER:**  
Invisalign®  
Zoom! Whitening®  
Dentistry for all ages,  
including our themed Kids Days  
Televisions & Headphones  
for every appointment  
Preferred Provider  
for Delta Dental

4915 25<sup>TH</sup> AVENUE NE SUITE 107  
SEATTLE, WA 98105

206.381.0732

www.new32dental.com



This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring Laurelhurst & Windermere Living. These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting Laurelhurst & Windermere Living!

**ALTERATIONS**

Diane's Alterations & Tailoring  
(206) 524-9431  
www.dianesalterations.com

Toth Construction

(206) 242-9093  
www.tothconstruction.com

**FLOORING**

Seattle Style Flooring  
(206) 708-7696  
www.seattlestyleflooring.com

**INSURANCE AGENT**

American Family Insurance  
(206) 838-1266  
www.mariagonzalesagency.com

**ATTORNEY**

Robert V. Boeshaar, Attorney at Law,  
LL.M., PLLC  
(206) 623-0063  
www.boeshaarlaw.com

**DANCE**

Charla's Creative Dance  
(206) 715-2841  
www.charlajennings.com

**FURNITURE**

Bedrooms & More  
(206) 633-4494  
www.bedroomsandmore.com

**JEWELER**

Fremont Jewelry Design  
(206) 547-5551  
www.fremontjewelrydesign.com

**CHIROPRACTIC**

Olympic Chiropractic and Spine Fitness  
(206) 641-7595  
www.olympic-chiropractic.com

**DENTISTRY**

new32 Aesthetic and Family Dentistry  
(206) 381-0732  
www.new32dental.com

**HEATING & AIR CONDITIONING**

Ballard Natural Gas  
(206) 784-8101  
www.ballardnaturalgas.com

Michael Wm. Farrell Jeweler  
(206) 524-8848  
www.michaelfarrelljeweler.com

**CLOTHING**

A to Z Tees  
(206) 522-4570  
www.AtoZtees.com

**DERMATOLOGY**

Advanced Dermatology & Laser  
Institute of Seattle  
(206) 402-4797  
www.advanceddermatologyseattle.com

**HOME CARE**

Family Resource Home Care  
10700 Meridian Ave N, Suite 215  
Seattle, WA 98133  
(425) 455-2004  
www.familyresourcehomecare.com

**LANDSCAPING**

JA Garden Design & Maintenance  
(206) 330-6358

Felipa's Consignment  
(206) 524-7649  
www.felipasconsignment.com

Seattle Skin and Laser  
(206) 525-1168  
www.seattleskinandlaser.com

**HOME DECOR & INTERIOR DECORATING**

GR Home  
(206) 527-1962  
www.gr-interiors.com

**MED SPA**

Bella Fiore Med Spa  
(206) 792-9448  
www.bellafioremehspa.com

**CONTRACTOR**

HLN Construction  
(206) 225-8387  
www.hlnconstruction.com

**EYE CARE**

Roosevelt Vision  
(206) 527-2987  
www.rooseveltvision.com

**MORTGAGE**

Lakeview Mortgage  
(206) 718-5928  
www.lakeview-mortgage.com

**REAL ESTATE**

Brad Cahill & Nick Glant - NWG Real Estate  
(206) 910-4221  
www.nwgrealestate.com

**RETIREMENT COMMUNITY**

Merrill Gardens at the University  
(206) 676-5339  
www.merrillgardens.com

**TOY STORES**

Top Ten Toys  
(206) 782-0098  
www.toptentoy.com

Westwood Mortgage Inc.

(206) 526-2602  
www.westwoodmortgage.com

Cathy Millan - Windermere  
(206) 524-1100  
www.cathymillan.com

Mirabella Seattle  
(206) 254-1441  
www.mirabellaretirement.org

**VETERINARY**

Maple Leaf Pet Corner  
(206) 522-8335  
www.mapleleafpetcorner.com

**PAINTING**

All Covered Painting  
(206) 743-2665  
www.allcoveredpainting.com

Kim O. Dales - Windermere  
(206) 524-1100  
kimodales.com

Park Shore Retirement Community  
(206) 329-0770  
www.parkshore.org

Ravenna Animal Hospital  
(206) 522-2114  
www.seattlevetassoc.com

**PHOTOGRAPHER**

Crozier Photography  
(206) 714-6662  
www.crozierphotography.com

Lisa Turnure - Coldwell Banker Bain  
(206) 919-6605  
www.lisaturnure.com

**ROOFING**

Chet's Roofing and Construction  
(253) 887-0194  
www.chetsroofing.com

**WINE**

University Wines  
(206) 525-4340  
www.uwineseattle.com

Tara Brown Photography

(425) 770-3442  
www.tara-brown.com

Maiden & Knowles - Windermere  
(206) 524-1100  
www.maiderknowles.com

**SENIOR IN-HOME CARE**

Hyatt Home Health Care Services  
LeAnn Hyatt  
(206) 851-5277  
www.hyathomecare.com

**PODIATRIST**

Northwest Podiatry  
(206) 525-8869  
www.nw-podiatry.com

Trinity Real Estate  
(206) 910-4221  
www.fairviewlakeunion.com

**RESTAURANT**

50 North Restaurant  
(206) 397-3939  
www.50northrestaurant.com

**TILE & STONE**

Wilson Tile  
(206) 517-4438  
www.wtile.com

*Invest in your most important financial asset... Your Home!*

- Ductless & Forced Air Heat Pumps • Tankless & Conventional Hot Water Heaters
- Indoor Air Quality • Heating & Cooling Repair • New System Installations
- Annual Maintenance • Air Duct Cleaning • Forced Air Gas Furnaces



Nest Learning Thermostat

nest Certified Professional



**BALLARD**  
"Exceeding Expectations!"  
NATURAL GAS SERVICE  
www.ballardnaturalgas.com

**206.784.8101**



"Mr. Slim" Ductless Heat Pump

**MITSUBISHI ELECTRIC**  
COOLING & HEATING

# Publisher's Note



**Happy Fourth of July!** This is my favorite time of year as it marks a time to be grateful for our country and fun celebrations with family and friends. I hope everyone has a happy and safe holiday as well as a fantastic start to summer.

I want to thank all of our sponsors who make this magazine possible and I encourage you to look through the Index page and give them a call as you need their services. This is a list of businesses interested in supporting the development of the community and building great honest relationships with you. Is someone missing from the list that you know of who is doing good work? Let me know and I will see about adding them to the list.

I also want to thank all my friends and acquaintances in the neighborhood, who take the time to submit ideas each month and help us keep each issue fun and exciting. Without your help I am

certain the magazine would not be where it is today. **Keep those pictures so nominations coming!**

Finally, I want to give a shout out to everyone involved in putting together the 1st ever Golf Classic to benefit Camp Korey. We had to postpone the event due to some scheduling difficulties but stay tuned it will take place in September and be bigger and better than originally planned.



Cheers!

**Keri Samuelson**  
**AREA DIRECTOR**  
*Laurelhurst & Windermere Living*

Tara Brown Photography LLC  
tb@tara-brown.com  
425.770.3442  
www.tara-brown.com  
weddings | families | seniors

**TARA BROWN**  
PHOTOGRAPHY

**DIANE'S ALTERATIONS AND TAILORING INC.**  
3211 NE 45th Place Seattle, WA 98105 • Phone 206.524.9431

Mon-Fri 9am-6pm • Sat 9am-3pm  
*No appointment necessary, walk-ins welcome.*



**Walter F. Toth**  
**CONSTRUCTION**  
TOTHCONSTRUCTION.COM • 206.242.9093

# Popular Question: What is the Social Committee?

Do you remember “Mrs. Kravitz” from the popular sitcom “Bewitched”? She was the nosy neighbor lady that had to know absolutely everything that was happening in her neighborhood! If she only had a neighborhood newsletter like this, she could have stayed “up to speed” on her community without peeking into everyone’s windows!!

The “Social Committee” is kind of a modern group effort of a Mrs. Kravitz. Its purpose is to help us at the magazine have a bigger reach within the community by having members of the neighborhood come together

and share exciting things happening. A typical “Social Committee” normally consists of 3-8 residents that want to be more active within their own neighborhood or just know a lot of things going on. The goal is to meet once a month (if possible) and decide what they would like to see in the next newsletter. Simple as that, you say what you want and we make it happen. The meetings are fun and we have various prizes and drawings too!

Our meetings will take place the **3rd Tuesday of every month at 5:30pm. See you all July 20th at Tullys on the 5 corners intersection.** Just show up or contact [Keri@n2pub.com](mailto:Keri@n2pub.com) to let her know you want to join.

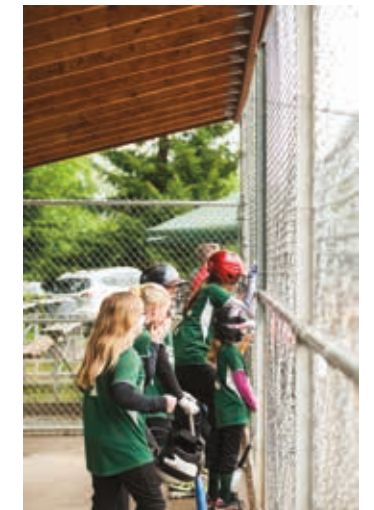
## AROUND *town*

### Northeast Seattle Little League Hit-a-Thon Fundraiser

Pictures taken by Tara Brown Photography

Sunday, May 4th the North East Settle Little League held its annual Hit-a-Thon at Laurelhurst Park, which is their only fundraiser. Funds raised will be used to pay for field and program improvements.

For more information about NESLL please visit <http://nesll.countmein.com>.



# kids **2** kids



## SO CRAFTASTIC!

Written by Lizzie Friedrich, age 11 and 5th grader at Laurelhurst Elementary.

Did you know that July 21st is National Junk Food day? (Sorry, parents, but we kids believe the more candy, the better!) We are celebrating by having sweets take over. Get ready for some delicious treats that you can make with some simple ingredients.



### Skittles Burger:

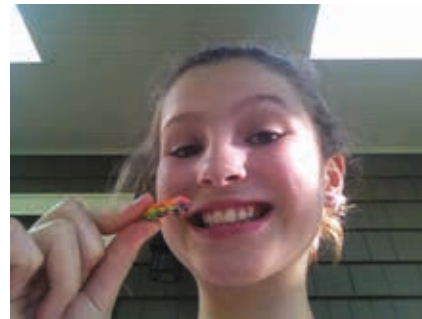
#### You will need:

- One red skittle (ketchup)
- Two orange skittles (buns)
- One yellow skittle (mustard)
- One green skittle (lettuce)
- One purple skittle (meat)
- A fork



#### Directions:

- 1.) Put the skittles in order like this: Orange, green, red, yellow, purple, then orange again.
- 2.) Smash each one with a fork (don't smash them with your hands, it hurts)
- 3.) Now that it's easier, put them together by crushing them between your hands
- 4.) Ta-da! You have a Skittles Burger. Enjoy!



### The Sweetest Popsicle Ever!

#### What you need:

- Sprite
- Gummy Bears
- Popsicle Molds
- Freezer

#### The DIY Part:

- 1.) Put the Gummy Bears in the popsicle molds but leave room for the Sprite.
- 2.) Pour the Sprite in, almost to the top.
- 3.) Put the sticks in.
- 4.) Place in the freezer overnight. In the morning you will have...
- 5.) The sweetest popsicles ever



Seattle Veterinary Associates, Inc., P.S.

### Ravenna Animal Hospital

4541 Union Bay Place NE · Seattle, WA 98105  
(Behind University Village North of Tully's)

(206) 522-2114 · www.seattlevetassoc.com

**University Wines**

**CHAMPAGNE, BOURDEAUX & BURGANDY**  
DIRECT Imports

**FREE WINE TASTINGS EVERY SATURDAY**

20% off prepaid cases of WA and CA wines both in stock and special orders  
15% off WA and CA wines all the time

5436 Sandpoint Way NE · Seattle, WA 98105  
(206) 525-4340 · info@uwineseattle.com  
Open Tuesday - Friday 11-7, Saturday 10-6  
Sunday 11-5, Closed Monday  
University Wines is now on Facebook too!

**HELP KEEP YOUR CAR, AND YOUR TEEN DRIVER, SAFE.**

**AMERICAN FAMILY INSURANCE**  
All your protection under one roof™

Our Teen Safe Driver™ program has been proven to reduce risky driving behavior in teens by up to 70%. And it comes at no additional cost.  
Call today for more information. Your dream is out there. So get it. We'll protect it.

**Maria Gonzales Agency**  
2232 Niv Market St Ste 203  
Seattle, WA 98107  
(206) 838-1206  
mgonzalez@amfam.com

## HAVING A MATTRESS NIGHTMARE?

**CAN'T FLIP YOUR MATTRESS?**

Single-sided construction does not last long, loses its shape and may contain toxic fire retardants.

**TRY OUR TWO-SIDED MATTRESSES**

Our flippable mattresses last longer, offer comfort and provide a healthy and restful sleep.

**Bedrooms & More**  
Family Owned Since 1972

**VISIT OUR STORE IN WALLINGFORD**  
300 N.E. 45th St. Seattle, WA 98105 (2 blocks west of I-5)  
[www.bedroomsandmore.com](http://www.bedroomsandmore.com) 206-633-4494

Join our "How to Shop for a Mattress" Class, every Saturday at 9:30 AM.

# ALEYA'S KITCHEN CORNER

Words and photos by Aleya Ikbal



4th of July is around the corner, families en-route to Seattle and friends are ready for a great BBQ. Nothing says summer holidays like a good old-fashioned BBQ. Whether you are planning on a small bar-b-q party in your house, at the beach club or at any park in Seattle on July 4th, chances are you are looking for some good BBQ recipes.

Laurelhurst is so close from Gasworks Park that every year my house becomes the hub to get together and grill some yummy food and then we all head out to Gas Works Park for the fireworks! Of- course we pack some food with us. Here are a few tips and tricks for your perfect July 4th Party.

It's perfectly ok to ask your friends to bring a dish. Feel free to ask friends to bring a side dish like potato salad, macaroni salad or any other type of pasta salad that everyone will enjoy on warm summer days. Don't forget to have plenty of beverages for your guests to drink as it will be hot, hopefully!

When it comes to themed decoration, red, white and blue is all you need. You might consider adding tablecloths, napkins and plates that are red, white, and blue or you can choose ones that have a picture of the flag or fireworks. Go all out and unleash your inner patriotic craze. If you pick your location right, then you might not need any additional entertainment. When we host a Bar-B-Q at the Laurelhurst beach club, we basically need no additional entertainment. On one hand there's Lake Washington to swim in and on the other hand there's plenty of activities to do like Volleyball, Table Tennis or simply just socialize with each other. However, if you decide to host a house party, you may have special activities for the kids as well as adults. You could quiz the kids on the history of 4th of July and if that seems too boring, reward them with a Popsicle for each correct answer! Whatever you have planned, be sure to inform your guests so that they know how to dress and if they need to bring a change of clothes. We all know the kids will jump right into the water!

Now here's the most important item. What to cook? Here's one of my favorite BBQ recipe for any 4th of July party! You can even add your own twist if you would like.



## Tandoori Chicken-BBQ

- 3 lbs. 5 oz. skinless chicken (about 2 lbs. if boneless)
- 2 teaspoons coriander powder
- 1 teaspoon cumin seeds (or 1 tsp powdered cumin)
- 1 onion (paste)
- 3 garlic cloves (1 teaspoon paste)
- 1 table spoon of ginger
- 1 cup thick plain yogurt
- 3 tablespoons lemon juice
- 2 tablespoons white vinegar
- 1 teaspoon paprika
- 2 teaspoons garam masala
- 1/2 teaspoon tandoori food coloring (If desired as you see at restaurants)



1. If you are using whole seeds, toast the coriander and cumin in a skillet until aromatic. Then, remove them from the heat and grind in spice grinder. If you are using powder then just toast the powder mix for a couple of minutes.
2. If you are using a food processor, put all ingredients except for the chicken in the food processor and blend until smooth. If you don't have a food processor or blender then mince the onion, garlic, and ginger very finely and simply stir ingredients together.
3. Cut the chicken into approximately 1 inch cubes.
4. Put the chicken in the bag with the marinade and refrigerate. Let the chicken marinate for 5 hours for best results. If there's not much time then marinate at least for 2 hours.
5. Once ready, remove the chicken from the refrigerator and put onto wooden skewers that have been soaked in water. (Please use gloves if you are using food coloring. The color will stain your hands)
6. Grill the chicken over high heat for about 10 minutes or until the internal temperature reaches 165 degrees Fahrenheit.
7. Enjoy great home-grilled Tandoori Chicken!
8. To cook in the oven, put the chicken on a wire baking rack on top of a baking sheet (without skewers) and roast on the top rack of the oven at 400 degrees Fahrenheit for 45 - 50 minutes, or until cooked.



## precious pets KONA

Pictures and Words provided by Jane Hongladarom

Kona is our very large, white, fluffy, smart, lovable, people obsessed, tennis ball loving Goldendoodle. He is definitely a family favorite and is spoiled silly around here. We take Kona on many walks around the neighborhood. He tolerates his animal friends but mostly his mission is to find a human who will pay attention to him.

When a person approaches he quickly sits and will not move until he has been acknowledged. He lives for the attention and really only goes on walks to be noticed. If you pass by our house Kona is usually peering out the front window watching for humans or anticipating the arrival of Kurt the mailman (one of his many favorites). On nice days we tie him out front where he is usually surrounded by an assortment of tennis or lacrosse balls (thank you Andersons) waiting to greet anyone who will say hello.

Kona's only vice (besides chasing the occasional cat) is managing to sit/lie on every piece of furniture we own. He has a hard time realizing he is a dog so in his mind what works for us is certainly fine for him. But we don't care because it makes snuggling him that much easier!



## MICHAEL W.M. FARRELL JEWELER

ESTATE JEWELRY, ANTIQUES AND CUSTOM DESIGN



5420 Sandpoint Way N.E. Seattle, WA 98105  
(206) 524-8848  
michaelfarrelljeweler.com | michaelfarrelljeweler@yahoo.com

# Sponsor OF THE MONTH



## new32 Aesthetic and Family Dentistry



Located in the Northcut Landing Building across from University Village in Seattle is new32 Aesthetic and Family Dentistry. The practice, which was originally opened in 2007, was acquired by Dr. Elizabeth Jacobsen and Dr. Elizabeth Shaw in May, 2012. They are delighted with the beautiful, state-of-the-art and convenient location of their office, and look forward to caring for patients from the Laurelhurst and Windermere area for many years to come.

Dr. Shaw and Dr. Jacobsen met over 15 years ago as undergraduate students at the University of Washington. Dr. Shaw graduated with honors with a molecular biology degree, and Dr. Jacobsen, who graduated from the UW Foster School of Business, completed her post-baccalaureate studies with a concentration in biochemistry. Their friendship continued as they pursued graduate degrees at the University of Washington School of Dentistry, and, over the years fostered a tremendous amount of mutual respect and trust. The relationship between

them, professional as well as social, was the foundation for their decision to pursue a career together. The many years spent at the University of Washington inspired in the two women a strong desire to serve the community that had served them so well, so it is no small coincidence that they elected to open their dental practice just a stone's throw from their beloved alma mater.

new32 Aesthetic and Family Dentistry is a general dental practice focused on serving both children and adults. The entire staff prides itself on the ability to care for all types of patients – from a child's first visit to the dentist, to an apprehensive and fearful adult, to a senior citizen who may need the assistance of a wheelchair. Dr. Jacobsen and Dr. Shaw are committed to providing all of their patients with



the highest standard of care in a warm, nurturing and safe environment, and they strive to ensure that a visit to the dentist is a comfortable and relaxing experience.

Drs. Shaw and Jacobsen feel strongly that prevention is the key to a healthy mouth, and, therefore, focus heavily on educating their patients about oral health care. They emphasize regular check-ups and cleanings, and good oral hygiene in between visits – all important factors in maintaining great oral health, and, subsequently, great systemic health. The doctors also routinely screen each patient for oral cancer at every visit, knowing that early detection makes it highly treatable.

There are a wide variety of services offered at new32, many of which are family-focused. Mom or dad and kids can



be seen at the same time, or one right after another. This flexible scheduling can help a nervous child see mom, dad, sister or brother do it first. Dr. Jacobsen and Dr. Shaw have a strong interest in facilitating positive experiences for kids, understanding that traumatic dental visits can leave a lasting impression on a child. To that end, the office has created a program designed for children only called "Kids' Days". These days include a fun theme and coordinating activities such as dress-up and costumes, kids' movies, balloons, prizes and don't forget about a trip to the ever-popular "Treasure Chest".

new32 also offers sedation dentistry for adults, ZOOM whitening for those busy patients on the go, and Invisalign tooth straightening with clear invisible trays. And every room is equipped with TVs and headphones, as well as blankets and neck pillows to make your experience as pleasurable as possible.

new32 Aesthetic and Family Dentistry's advanced techniques and equipment will give you healthy teeth and gums while minimizing the time you spend in the office. The beautiful state-of-the-art design of this office, in the



conveniently located Northcut Landing Building across from U Village, will make you forget you are at the dentist. And be sure to take advantage of the complimentary valet or self-parking under the building that will keep you dry on those all too frequent rainy Seattle days. Visit new32 and make your next visit to the dentist an enjoyable one!



*new32 Aesthetic and Family Dentistry is located at 4915 25th Avenue NE, Suite #107 Seattle, Washington 98105. For more information or to schedule an appointment please visit [www.new32dental.com](http://www.new32dental.com) or call 206.381.0732.*



**Where conversations end in  
“mmm...”**  
**Enjoy dining al fresco at 50 North - come on down!**



**50**

**FIFTY | NORTH  
GREAT GOOD FOOD**

**FREE, EASY PARKING! ACROSS FROM UNIVERSITY VILLAGE**  
**5001 25th Ave. NE, Suite 100 - Seattle 206.397.3939**  
**www.50northrestaurant.com**



*Welcome*  
**HOME**

*Featured Residence*

**LAURELHURST - 4548 52nd Ave NE**  
**4 Bed / 3.0 Bath**  
**SQFT 3,166**



Classic lovely Traditional on one of the prime dead end streets in Laurelhurst. Incredible views including Mt. Rainier! Elegant day rooms with hardwoods, French doors out to eastern facing view deck. Mature gorgeous plantings, private entrance to back yard. 3 bedrooms up, including Master Bath. Within the Laurelhurst Beach Club boundary.

**Lovely home! Offered at \$1,275,000.**

Contact Cathy Millan, Managing Broker Windermere Real Estate Co. Senior Transitions Specialist for more information. 206.228.8558 or cmillan@windermere.com



**GRHOME**  
**GRINTERIORS**

4520 Union Bay Place Northeast | Seattle | 206.523.1882 | gr-lifestyle.com

# Amazing ATHLETES

## Meet Maureen and Maeve Anderson: Mother and Daughter with a shared passion!

Pictures by Maureen Anderson and Greg Harper

Name: Maeve Anderson  
Age: 16  
School: Seattle Prep, Junior

SEAT #, SKULL OR SWEEP? Bow seat (1), sweep, but I also scull.

HOW LONG HAVE YOU ROWED? Since 8th grade. I was also playing lacrosse at the time, but once I started rowing, I never looked back.

WHERE DO YOU NORMALLY PRACTICE? ARE YOU ON A TEAM? I practice at Pocock Rowing Center and I'm on the Pocock Junior team. I'm in the Girls Varsity 8.

WHAT DO YOU LIKE MOST ABOUT OPENING DAY? How many times have you participated? I loved the crowd! Racing an entire two thousand meters, with screaming people lining the course was a wild experience. The last 500 meters in the Montlake cut were amazing; the noise and excitement made the race really incredible. This year was my first time racing in Opening Day.

WHAT HAVE YOU LEARNED FROM PARTICIPATING IN CREW? From crew I have learned the value of hard work and dedication. Racing in a boat with 8 other people depending on you, you learn to never give up, it's about more than you. When I race, I'm not only racing for myself, but also for my teammates. That makes the hardest parts of the race easier to transcend, to push through the pain and suffering.

WHAT DO YOU LIKE THE MOST ABOUT IT? I love how much joy comes with doing well. In a sport like rowing, there is a lot of pain but also a lot of reward. You learn a lot about yourself rowing. It is an amazing feeling to push yourself to your breaking point and succeed. The people are also amazing- my teammates are some of my closest friends.

WHAT IS YOUR FAVORITE MOMENT? We've been training all year for spring racing. Getting to race at Opening Day is a huge honor and I was so excited. My favorite part was coming into the cut. We made a huge move and in the last thirty strokes we moved through two other boats and just missed winning. It was so hard, but it's always worth it at the finish line.



Maureen



Maeve, far right

# Opening Day

Opening Day, the official opening of Seattle's boating season took place on Saturday May 3rd and was sponsored by the Seattle Yacht Club, University of Washington and Windermere Real Estate. Festivities included crew races, a sailboat race and the Grand Opening Day Boat Parade with the theme of Toys' Ahoy.

This year marked the 28th Annual Windermere Cup (a 2,000 meter rowing race through the Montlake Cut). High school teams through master's teams came to participate and this year the highly anticipated Great Brittan National Team, the reigning world champions in Men's Crew, participated in the regatta. The Husky men lost a close race by 2 seconds, but the Women's rowing team surpassed the Great Britain crew and celebrated a win! Thank you to Greg Harper for sharing pictures of the Day!



Crew Races



Boat Parade



# make a Difference



## LITTLE BIT THERAPEUTIC RIDING CENTER

Information and Photos provided by Little Bit Therapeutic Riding Center

Little Bit Therapeutic Riding Center's mission is to improve the bodies, minds, and spirits of children and adults with disabilities through equine-assisted therapy and activities.

We currently serve 230 individuals with disabilities each week, ranging in age from 2 ½ to 65 years old and representing over 60 different diagnoses. Our riders and patients experience a variety of physical benefits from their time on the horse, including increased core strength, improved balance, and better coordination. They also gain non-physical benefits including strengthening social skills, a boost in self-esteem, and bettering problem solving and decision making skills. On top of all this, our riders and patients have the opportunity to get out of a clinic setting and on the back of a horse, bonding with a 1,200 pound animal who works with them to accomplish goals, leading to a sense of empowerment and pride.

Little Bit was founded in 1976 by a woman named Margaret Dunlap. Margaret realized that riding her horse reduced the frequency and severity of her MS symptoms. From just 2 horses and 5 riders all those years ago, Little Bit has grown into an industry leader and is one of the largest riding centers in the country.

Throughout our over 30 years of service, Little Bit has touched countless lives. In addition to the 230 riders and patients we serve each week, 350 volunteers come through our doors every week to give their time in the arena.

We currently serve 230 people each week, which means we have 230 stories to share. Our riders and patients have reached milestones previously thought impossible, like Xander; after being told he would never walk, after riding at Little Bit for 4 years Xander took his first steps at age 7. Another example is Hunter, who is non-verbal, unable to translate his thoughts in to words – unless he is on the back of his horse. From life-changing milestones to daily accomplishments, like Graham now being able to



get himself in and out of the car, Little Bit affects our riders and patients' lives in countless ways.

Little Bit recently moved to a new facility in Redmond. With this move, we are poised to serve up to 500 people a week and become the largest riding center in the country. More importantly, our new home allows us to reduce the size of our waiting list, which currently has over 200 individuals waiting up to two years to begin services. With 17.5 acres we are growing our community of volunteers and supporters to be able to expand our services; in 2013 nearly 70 people came off our waiting list and began experiencing the benefits of therapeutic horsemanship.

*We are always looking for volunteers – whatever you're interested in, there is a way you can get involved. From helping out in the arena to administrative support, from event planning to landscaping, there are endless opportunities to give back. For more information, contact Volunteer Services Lead Jeffrey Isaacson: Jeffrey@LittleBit.org.*

Know a great organization that we should feature? Let us know! Keri@n2pub.com

## Introducing Seattle's best kept Secret. Park Shore in Madison Park



**CALL TO SCHEDULE A VISIT  
& enjoy a lakeside lunch.  
(206) 329-0770**



1630 43rd Avenue East | www.parkshore.org  
(206) 329-0770 | frontdesk@parkshore.org

A condo-style lakefront residence in Seattle's picturesque Madison Park neighborhood, Park Shore is an active, welcoming 62+ community with 360-degree panoramic views of Lake Washington and Mount Rainier – offering a full range of services for a luxury retirement lifestyle at a fraction of the cost of a waterfront condo.

# Are Your Feet *Ready* for Sandals this Summer?

Sandals and summer go hand-in-hand. But not when you suffer with **Onychomycosis---Toenail Fungus!** This “less-than-pretty” and often times painful fungal infection is quite common. The fungus causes thickened, brittle, or discolored nails. If undiagnosed and treated improperly, onychomycosis can cause the infected nail to deteriorate entirely and spread fungi to other areas of the body until further health complications ensue. The fungus invades through visible or invisible cracks and breaks in the skin. Factors that contribute to toenail fungus include: heavy perspiration, circulatory disorders, a weakened immune system from illness or medication, age, and walking barefoot in public facilities.



Follow these preventive measures to safeguard yourself from contracting onychomycosis. (1) keep your finger and toenails clipped short, (2) wear proper footwear in public facilities, (3) use topical or anti-fungal powder, (4) thoroughly dry your feet after showering and swimming, (5) wear appropriate socks that wick away moisture, (6) wash your hands after touching an infected nail to prevent the fungus from spreading, and (7) ensure that your nail salon practices excellent hygiene and cleaning between clients.

How can you treat toenail fungus? Up until now, the most common course of action has been topical and oral anti-fungal antibiotics. Topical treatments are usually ineffective. Oral anti-fungal therapy requires months of a daily dosage which can be hard on your liver and kidneys. Regular blood

draws are required to monitor your organs’ health and the patient must abstain from alcohol consumption while on the medication.

At Advanced Dermatology and Laser Institute of Seattle, we have an effective new treatment option to eradicate toenail fungus that does not require medication. Our Excel V advanced laser emits enough concentrated heat to kill fungal elements without destroying the integrity of the nail or stunting its future growth. This particular procedure requires little to no down following each treatment session. “Topical and oral anti-fungal antibiotics do not provide definite cures, but with the advanced Excel V laser, we have seen steady progress and definite resolution of infected toenails,” says Dr. Steven Greene, Medical Director of Advanced Dermatology and Laser Institute of Seattle.

So instead of hiding your toes inside shoes, consider a series of laser treatments and say goodbye to your onychomycosis just in time for summer sandals.

## JUNE PROMOTION:

BUY A PACKAGE OF 3 EXCEL V LASER TREATMENTS AND GET THE 4TH ONE FREE



4915 25TH AVENUE NE SUITE 207 WEST SEATTLE, WA 98105  
206.402.4797 WWW.ADVANCEDDERMATOLOGYSEATTLE.COM

## Northwest Podiatry, PLLC

**Brendon A Moodley, DPM**

Diplomate, American Board of Foot & Ankle Surgery  
Certified in Foot and Ankle Surgery

**Offering treatments in**

- Foot and Ankle fractures
- Heel pain
- Diabetic foot care
- Bunions
- Hammer toes
- General Foot care
- Custom Orthotics
- And many more

**(206) 525 - 8869**

[www.nw-podiatry.com](http://www.nw-podiatry.com)

3216 NE 45th PL, Suite 301 • Seattle, WA  
Additional locations in Redmond & Mill Creek/ S Everett



Mention this add and receive \$100 off a pair of custom orthotics\*  
\*if not covered by insurance.  
Ask us about PRP Injections as an alternative to steroids

## LAKEVIEW MORTGAGE

Mortgage Lending Services



**ERIC FREEMAN**  
SENIOR VICE PRESIDENT  
License # MLO-105395  
Direct: 206-447-9974  
[eric@lakeview-mortgage.com](mailto:eric@lakeview-mortgage.com)  
Windermere Resident since 2002

Specializing in purchase and refinance loans for single-family and 2-4 unit properties since 1993.



### Lisa's Featured Listing of the month:

**2929 First Avenue Penthouse Seven**

Beautifully designed Penthouse with 550 square foot roof deck and some of Seattle's best Sound, Space Needle & Mount Rainier views. 24-hour concierge and two parking stalls.

Offered for \$1,495,000

## Lisa Turnure Real Estate

Are you ready to downsize from your Laurelhurst or Windermere home but are still longing for outdoor space and great views? This downtown penthouse could be the perfect home for you! Contact Lisa to view this beautiful home or for a complimentary market analysis for your current home.



[LISATURNURE@CBBAIN.COM](mailto:LISATURNURE@CBBAIN.COM) | [WWW.LISATURNURE.COM](http://WWW.LISATURNURE.COM) | (206) 919-6055  
LAKE UNION OFFICE 1200 WESTLAKE AVE N #406 SEATTLE WA 98109



We recently joined several of our residents for a wonderful meal at Joey Kitchen in University Village. While Joey restaurants are not new to this area--there is one in Bellevue and one in Southcenter Mall--this location is unique in that it will act as the test kitchen for all of the other U.S. locations. It opened in December and has been hopping ever since! "We have anywhere from 7 to 10 test menu items that you won't see at any of our other locations," explains General Manager Adam Reimer. He describes the cuisine as 'new American' and you'll find everything from fresh sushi, to burgers, to prime steaks, to sandwiches, to pastas. We were seated at a long table right in front of the open kitchen, so were able to observe the beautiful sushi station and the other amazing dishes being prepared!

Executive chef, Chris Mills, grew up in British Columbia where Joey Restaurants got its start. He has been invited to cook twice under the Joey brand at the James Beard House in New York, and has also competed on the Iron Chef! "Chris has been with us since around 1999 and is the creator of the menu here," says Adam. They have the same menu for both lunch and dinner, and their wine and craft cocktail list are extensive. "We use fresh squeezed juices in our cocktails, which makes such a difference," says Adam. They also serve wine on tap, which is a newer concept that ensures a fresh glass every time.

In addition to the amazing food, the décor is fantastic as well. The first thing you'll notice is the high ceilings, rich wood surfaces, and open air, year-round patio area. "This location's unique patio area has a retractable roof and sliding, glass-paneled windows that fold open," says Adam. We happened to be here on a gorgeous evening, so everything was open and we could feel the warm breeze at our table inside the dining area. The food was wonderful and the service was fantastic! "When it comes to service, for us it's all about caring for our customers so that they don't want for anything. We pride ourselves on having some of the best people in the industry when it comes to service, and I specifically look for people who are genuine and who do everything they can to take care of you," stresses Adam. "This is a great area--the Laurelhurst community--and I hope that we can offer something a little different from the other restaurants here," he adds.

Wendy Harper said, "I loved the beautiful architecture, great food, and fun and sophisticated atmosphere. I'm glad to have them in the neighborhood!" Jean Shearer said, "Great variety! The chef provided good descriptions and detail of everything, and Joey has a great vibe! The indoor/outdoor seating area is great for University Village!" Colleen Richey thought everything was good, but especially loved the sushi, which she described as



# Neighbor's NIGHT OUT

## AT JOEY KITCHEN

Written by Jenny Hart Danowski | Photos by Crozier Photography



continued...

# Neighbor's NIGHT OUT ...continued

“outstanding!” Leslie Fox also loved the chef’s detailed descriptions of each dish and said, “The blue cheese butter sauce on the sirloin tips was amazing!” Holly Jacobsen said, “The quality of the ingredients was high, the staff was friendly, and the food was not overcooked or processed--just fresh, tasty and healthy!” Peggy Bigelow agreed. “The Blue Cheese Sirloin and Indian Butter Chicken were my favorites, and the service was great too!” And finally, Beth McKey and Judy Varlamos thought the Indian Butter Chicken and Tuna Tataki test items should definitely be added to the regular menu. “Amazing,” they said.

Joey Kitchen, 2603 NE 46th Street, Seattle, WA 98105, (206) 527-6188. [www.joeyrestaurants.com](http://www.joeyrestaurants.com).

Do you want to come to an event? Just email [Keri@n2pub.com](mailto:Keri@n2pub.com) and we’ll be sure to get you on the invite list.

**DISCLAIMER:** The business reviewed in this section provided products and/or services free of charge in exchange for this review.



**FELIPA'S**  
**UPSCALE CONSIGNMENT BOUTIQUE**  
*Women's and Children's clothing and fashion accessories*  
 Eileen Fisher • St. John • Tory Burch  
 Diane von Furstenberg • Vince  
 3236 NE 45th Street • Seattle  
[www.felipasconsignment.com](http://www.felipasconsignment.com) • 206 524 7649  
 Hours: Monday - Friday 10-6 Saturday 10-5



**In-home personal care** for children, adults and seniors with physical limitations or chronic conditions.

**Hyatt**  
 Home Health Care

Call 206.851.5277  
[www.hyatthomecare.com](http://www.hyatthomecare.com)  
 14205 SE 36th St., Ste. 100, Bellevue

*Helping others live life on their terms.*



**We help people age where they're most comfortable. At home.**

Too often people go through the challenges of moving to a facility when they could get the care they need at home, often for less money. Since 1996, we've helped thousands of people receive the companionship and care they need in their own homes. See if we're the right choice for you.

**FamilyResource HomeCare**

206.545.1092 | [www.familyresourcehomecare.com](http://www.familyresourcehomecare.com)

A Washington State Licensed Home Care Agency. Locally owned and operated since 1996.



**A TO Z**  
 DIVISION OF ALHAMBRA  
 ATOZTEES.COM

*Summer Sale on NOW!*  
*Up to 50% off*

2920 NE BLAKELEY ST.  
 SEATTLE, WA 98105  
 206-729-3545

MONDAY-SATURDAY  
 10:00-6:00  
 SUNDAY  
 11:00-5:00



**SEATTLE SKIN & LASER**



Kean B. Lawlor, MD   Kerrie Spoonemore, MD   Monica Edenholt, PA-C   Joanie Poth, RN   Elane Jones, LE   Sharon Nicolazzi, MD

The providers at Seattle Skin and Laser treat infants, children, adolescents and adults of all ages. Whether your concern is cosmetic or health related, we recognize the importance of healthy appearing skin and pride ourselves on providing the highest quality of care to improve your appearance.



**LAKEVIEW MEDICAL DENTAL BUILDING**  
 3216 NE 45TH PL, SUITE 203 • SEATTLE WA 98105

**STEVENS HEALTH CENTER**  
 21701 76TH AVE W, STE 100 • EDMONDS WA 98026

**(206) 596-8943**  
**WWW.SEATTLESKINANDLASER.COM**



Making the practical BEAUTIFUL!

**WILSON TILE**  
design studio | custom installation



3318 NE 55th Street  
Seattle, WA 98105

206.517.4438

www.wtile.com

**Charla's Creative Dance**  
Offering classes & private lessons in ballet, creative movement, & all types of ballroom dance for all ages!


Choreography for weddings, shows, and children ballet parties!



Summer, Ballet, & Ballroom  
Camps for Children & Teens

www.charlajennings.com  
206-523-1045 / 206-715-2841  
charlasdance@gmail.com

**Robert V. Boeshaar**  
ATTORNEY AT LAW | LL.M., PLLC



I help individuals and businesses find the best resolution to their disputes with the IRS.

I help individuals and families create Family Protection Plans with Wills & Trusts, Guardianships, and Powers of Attorney.

Masters of Laws (LL.M.) in Taxation  
Over 14 years experience with the IRS Office of Chief Counsel  
206.623.0063 | boeshaarlaw.com  
1111 Third Ave. Suite 2890 | Seattle, WA 98101

**Luau Celebration**

Saturday, July 26 • 5 – 8 pm

Proudly celebrating five years of award-winning multigenerational living!

Please join us for a luau to help celebrate our five year anniversary. The festivities will be complete with a roasted pig and buffet, Hawaiian dancers and more.

RSVP By July 22



**MERRILL GARDENS**  
AT THE UNIVERSITY

(206) 569-4515  
5300 24th Avenue NE  
Seattle, WA 98105

**THE CORYDON**



# KNOWSYNeighbors

Laura Hurst and Wendy Mear



'SUP, LAURA AND WENDY:  
WHERE CAN I BLOW UP STUFF  
AND SHOOT OFF MY FAVORITE  
FIREWORKS IN THE NEIGHBOR-  
HOOD? DAD SAYS HE DOESN'T  
WANT ME ON TOP OF THE  
GARAGE THIS YEAR.  
-PYRO PHREAK

DEAR WENDY AND LAURA:  
HOW DO I KEEP BEES FROM RUINING MY BBQ? -BUZZ

Dear Buzz,  
Yellow Jackets (a.k.a. wasps) can be a huge nuisance this time of year. Want to keep those uninvited guests away from your party? Here are a few tips you can try that just might take the sting out of your next gathering:

- Avoid wearing bright colors. Wasps might think you're something to eat!
- Keep proteins and sweets indoors or sealed if possible.
- Place cucumber slices around the far edges of the table. Apparently there's something about the acidity of cukes that wasps don't like.
- Put a small bowl of sugar water near your BBQ but away from the food—a sweet distraction!
- Hang crumpled brown paper bags from your awning or patio umbrella. Wasps are territorial. If they see other "nests," they just might leave the area.

Dear P.P.

We're so glad you asked! Why yes, indeed, there is a special place where you can let those sparks fly ... it's called JAIL.

The Seattle Police Department and Seattle Fire Department would like to remind everyone that fireworks are illegal in the City of Seattle.

From the Seattle.gov website:

The possession, manufacture, storage, sale, handling and use of fireworks are prohibited. Fireworks offenses are gross misdemeanors punishable by up to one year in jail and/or a \$5,000 fine.

Fireworks pose a fire hazard to property and present a safety risk to those who use them. Every year the Seattle Fire Department responds to fireworks-related fires and injuries. The holiday related fires and injuries are preventable.

On the 4th of July, 911 centers become overloaded with non-emergency fireworks calls. DO NOT call 911 unless you have a life-threatening emergency and need immediate help from police, fire or medics. Unnecessary 911 calls block people with real emergencies from reaching 911 and getting help.

Any fireworks-related fires or injuries should be reported directly to 911. Other fireworks violations may be reported by calling the Seattle Police non-emergency number at (206) 625-5011.

This Fourth of July, Wendy and I want everyone to stay safe! We'll be watching the fireworks from our favorite grassy perch at Laurelhurst Park. Hope to see you there!

-Laura & Wendy

Got a question for  
Laura and Wendy?  
Email them at  
lauraandwendy@gmail.com



**Keeping Healthy Play Alive**

Voted Best Toy Store West Coast U.S. 2012.  
Only minutes away from Woodway,  
With over 7,000 square feet of classic and hands on toys.



206-782-0098 • 124 N 85th St. Seattle. (Greenwood)  
206-623-1370 • 600 Pine St. Seattle. (Pacific Place)

www.toptentoy.com





# RESIDENT *Business Profile*

## MOMS NATURAL SOLUTIONS INC.



Robin Tarte and Kristen DePew, the creators of Bye Bye Fruit Fly have both lived in Laurelhurst with their families for over 8 years. They built their natural products business right in their homes.

Kristen and Robin met while volunteering at Laurelhurst Elementary, where they have 5 children ranging in ages from 8 to 13. “Somehow we got to chatting about our secret recipes for attracting and killing fruit flies and from that conversation – and a lot of hard work – a business was born.”

They started out experimenting with lots of rotten fruit and some obscure ingredients and after much trial and error, came up with a recipe that worked every time. “We had some pretty gross stuff going on and were always praying for warmer weather and more flies – but it was especially fun to involve our kids in this real-life science project.” Their goal was to create a natural solution that would be safe around kids like their own.

The Laurelhurst community was pivotal in getting things started. “We had moms all over the neighborhood testing product and offering advice along the way. Everyone was just amazingly encouraging. After all – who doesn’t want to get rid of fruit flies?” One early supporter got wind of the project during a school auction meeting and was super excited. Nelson Jay, the auctioneer at Gavelo Auctions who has worked for years raising money for Laurelhurst Elementary, volunteered his marketing expertise. “Nelson understood our market and our product and helped us create branding and messaging that fit perfectly.” Cheryl Hubbell another neighbor and friend with marketing expertise, offered valuable advice and introduced them to key suppliers.

“There were so many neighbors and friends that contributed to this project – it’s amazing how supportive this community can be.” For example, Kristen and Robin reached out to Kathy Tousley, another local entrepreneur and creator of Furlesse, a wrinkle reducing product. Kathy offered advice on working with Amazon.com and shared her story of starting a business with kids at home, over coffee at the village. Philip Martin, another neighbor, who is food broker with the Martin Group, helped explain the ins and outs of manufacturing, wholesale and retail distribution while encouraging them to go for it.

**HLN Construction**  
918 South Horton Street, Suite 1004  
Seattle, WA 98134

**206-225-8387**  
[www.hlnconstruction.com](http://www.hlnconstruction.com)

**JA  
GARDEN DESIGN  
& MAINTENANCE**

LANDSCAPE DESIGN  
GARDEN MAINTENANCE  
SEASONAL COLOR  
CONTAINERS  
EDIBLE GARDENS  
CONSULTATIONS  
RAIN GARDENS

Jed Ganslaw & Anne Cline, PLA  
206.330.6358 [JAgardendesign@gmail.com](mailto:JAgardendesign@gmail.com)

# Seattle Diamonds

David Hall ~ Nicole Doces Pendergast  
Toni McCurdy ~ Erin Argens ~ Mary Doud

Designer Jewelry Custom Fabrication Superior Service Exceptional Pricing

[www.SeattleDiamonds.com](http://www.SeattleDiamonds.com) 206-625-0105

*Long term residents providing unparalleled quality and value to the community*



# THE GOLDEN years

## Introducing Dr. Charles Mangham, Patriarch of Child Psychoanalysts

Words and photo by Sue Dryer

I began my interview of 95-year-old Dr. Charles Mangham with one of the usual career-oriented questions: Why did you initially enter the field of child psychiatry? “Have you got an hour? Because it’s very complicated.” Thus began a fascinating life story. I wasn’t sure I heard Dr. Mangham correctly, but in fact he was born and raised in the San Antonio State Hospital whose purpose was to protect the community from the patients rather than to cure them. His first playmates were psychotic patients and children of employees; his father the hospital



accountant; his mother the dietician. The family lived above the laundry. Because his father was second in command to Dr. Johnson, the hospital administrator, it was expected to be deferential. Nevertheless, Charles struck up a friendship with little William Johnson, patiently waiting outside his door until he awoke from his nap. Before William Johnson arrived Charles reports being very lonely, and longing for someone to play with-- a clue about why he later devoted himself to helping young children with their problems.

By school age, Charles and William Johnson were driven by chauffer to a nearby grade school. He remembers others asking him what it was like to live in a “nut house.” Because that was his reality and his home, he thought nothing of it. Eventually William Johnson’s mother concluded that the elementary school wasn’t good enough for her son, so she enrolled William in another school and the boys were separated. In grade school Charles spiked a fever and after a myriad of x-rays and blood tests the doctor diagnosed primary tuberculosis. One of the porches of the hospital was wired in like a cage to separate Charles from others because TB was highly contagious. The diagnosis followed him for six or seven years into junior high giving him a false image of himself and affecting even his confidence as a student athlete. A good baseball player, Charles was allowed up to bat, and another player would get to run the bases on his home run hits. Eventually a new doctor arrived at the hospital, retested him, and all the TB tests came back negative. The original diagnosis had been wrong. This childhood injustice, the label of being different, the isolation, and the resulting loneliness offer additional insight into the adult Charles’ desire to help children cope with their hurts and frustrations.

Charles entered high school joining ROTC and excelled in both academics and military leadership. He also learned to box and won many tournaments. Because his mother was in competition with William Johnson’s mother, she transferred him to a different high school which was considered more upper class. However, his ROTC rank did not transfer with him. Even though he earned

the highest grades and scores on written tests and marching, the head teacher told him he could not give him the highest rank when other boys at the school had been working two or three years for it.

Frustrated by this unfair decision, Charles attended an ROTC summer camp and excelled. One of the boys was jealous and challenged Charles to a fight not knowing that Charles was a boxer. They were both in ROTC uniforms, and surrounded by about 200 other uniformed rabble-raising ROTC students. The opponent took a swing; Charles ducked and then popped him one in the face. “That was the high point of my life.” Interesting comment considering the trajectory of Charlie Mangham’s career and personal life.

Charles graduated from high school at 15, went on to the University of Virginia, and eventually a psychiatry residency at the University of Washington. During the war when doing an internship at Virginia Mason he met Aileen, his bride of 70 years, who was taking a beginning course in nursing. They had three children who are scattered around the country with their own families.

At one time in his career Dr. Mangham

studied at the Anna Freud Centre in London. Anna Freud created the field of child psychoanalysis noting that children’s issues are different from adults’ and their treatment should not be an offshoot of adult therapy. The Anna Freudian approach is based on a detailed observation of normal child development in order to understand where and how any particular child goes off track and develops an emotional disturbance. The centre offered rigorous and intensive training, and provided a structured and detailed understanding of assessment and diagnostic processes. His study with Anna Freud informed his career in child psychoanalysis which he practiced right here in Madison Park for 12-15 years. Prior to that he practiced at the Northwest Clinic of Psychiatry and Neurology on First Hill. Dr. Mangham is past president and treasurer of the Association for Child Psychoanalysis, and a former Clinical Professor in the Department of Psychiatry at the University of Washington. Commenting on the change in psychiatry over his lifetime, he is intensely critical of the current practice of prescribing drugs to cure children which he believes only suppresses what is bothering them.

When asked about the statistic that appeared in the New York Times Health

section a year ago that ADHD is seen in 11% of U.S. children, he replied that the number is the result of unsophisticated reporting and is influenced by drug manufacturers. It is less expensive and easier on teachers and parent for children to take a pill than to participate in traditional psychotherapy. It begs the question how much of the change in treating children with Ritalin and other drugs is due to breakthroughs in pharmacology, and how much is due to health maintenance organizations (HMOs), and changes in the way insurance is administered. It costs less to prescribe a pill in a 15 minute appointment than to have repeat 45 minute therapy sessions with a child.

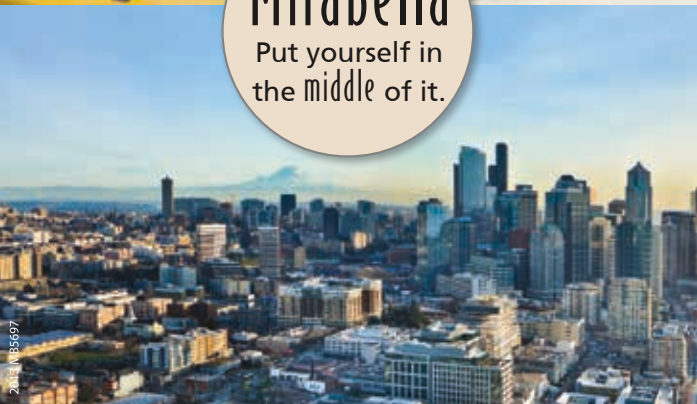
Wanting to share one of Dr. Mangham’s parenting tips, I asked for the best way to help children deal with their anger when they are acting out. His advice for parents is to calmly say, “I like being with you. Let’s go in your room and I’ll stay with you until you feel better.” He had a sweet smile on his face and soft voice as he modeled the technique.

Dr. Mangham and his wife Aileen were active at Epiphany Church and the Seattle Tennis Club. They lived in Laurelhurst and the Denny Blaine area above the Tennis Club before moving to Park Shore Retirement Community in Madison Park where they have resided for 3 ½ years.

### The people you want to know



**Mirabella**  
Put yourself in the middle of it.



### The place you want to be



A not-for-profit, resident-centered community

206-254-1441 • 877-447-5658

116 Fairview Ave. N • Seattle, WA 98109 • www.retirement.org/mirabellaseattle



# ALL COVERED PAINTING

Interior & Exterior • Commercial & Residential

Call us for your free estimate 206.743.2665

Licensed • Bonded • Insured

## JULY SPECIAL

Book your painting job by August 15th and get 5% off your estimate and a Free Gutter Cleaning

Call soon, special is good through 8-15-14. Mention ad for savings after written estimate. 30% deposit required at time of booking. WA LIC#: ALLCOCP896DA



Visit our website at [www.allcoveredpainting.com](http://www.allcoveredpainting.com) to read testimonials and learn more about our company



## Mystery Picture



Mystery Picture is a picture of something that's visible to everyone as they walk or drive up and down the streets of our community. If you think you know where this month's Mystery Picture is, email your answer with the exact location of where you can find the subject of this month's image to [keri@n2pub.com](mailto:keri@n2pub.com). There will be a drawing of all the correct answers to determine a winner who will receive a prize. The winner will be announced in the next issue of the Laurelhurst & Windermere Living and on our Facebook Page. So get to know your neighborhood and find the location of the "Mystery Picture"

*Last month's picture can be found in the Laurelhurst Community Center Park. The lucky winner from our drawing was Heidi Bove.*



# LOCAL EVENTS JULY

**July 4th Holiday**

**Seafair Summer 4th**

Opens at noon in Gas Works Park with family activities, entertainment, a beer garden, and food vendors. Show starts at 10:15 p.m. Bring no alcohol, fireworks, or pets. Free.

**Website:** www.seafair.com

**July 4th - Sept. 1st**

**Concerts at the Locks**

Summer concerts on the lawn at the Ballard Locks are free. Bring a picnic, but no alcohol.

**Website:** www.events12.com/seattle/locks.pdf

**July 11th – 13th and 18th – 20th**

**Thomas Train Ride**

Day out with Thomas includes a 25-minute train ride, stories and videos, and crafts for kids at Northwest Railway Museum in Snoqualmie.

**Website:** www.trainmuseum.org

**July 12th (3 to 8 p.m.)**

**Bastille Day festival**

Celebrate all things French at Bastille Bash, including music, dance, kids' activities, and (prepaid) beer & wine & food at E Madison Street & 29th Ave.

**Website:** madisonvalley.org/events



**July 12th**

**Bicycle to Portland**

Come Cheer on the start and early miles of the non-competitive 200-mile Seattle to Portland Bicycle Classic. Starts north of Husky Stadium

**Website:** www.cascade.org

**July 12th – 13th**

**Ballard Seafood Festival**

Eat seafood, watch a lutefisk-eating contest, hear music, see art, visit the family stage, and enjoy the beer garden at the Ballard Seafood Fest. You may even spot a Viking at this free Scandinavian event.

**Website:** www.seafoodfest.org

**July 18th – 20th**

**Bite of Seattle**

Get a taste of 50 restaurants at the Bite of Seattle, which also offers cooking demos, wine tasting, a beer garden, and entertainment. Get samples from 7 of Seattle's best restaurants at The Alley. Friday is least crowded. Free entry at Seattle Center.

**Website:** www.biteofseattle.com

**July 18th – 20th**

**Kirkland wine tasting**

Enjoy art, food, wine, and a boat show on the lakeshore at Kirkland Uncorked at Marina Park.

**Website:** www.kirklanduncorked.com

**July 18th – 31st**

**Zoo concerts**

ZooTunes features world-class artists at Woodland Park Zoo. One free child 12 or under per adult. July 2, 6, 30, 31.

**Website:** zoo.org/zootunes

**July 26th**

**Torchlight parade and Road Race**

Colorful floats, drill teams, and pirates fill Seattle's streets at 7:30 p.m. for Seafair Torchlight Parade. Attend the pre-parade party at Seattle Center to see exhibits, view floats, and meet participants. Free.

**Website:** www.seafair.com

*\*Information from www.Events12.com*

**DID YOU ENJOY THIS MONTH'S ISSUE?  
WE HOPE SO!**

Each month we are getting bigger and bigger and now it's time for some help! Are you looking for some part-time work that you can do from home and makes an impact on your community? The Laurelhurst and Windermere Living is looking for a Director of Neighborhood Content to help coordinate and organize the stories, pictures and features each month. This is a paid position, approximately 16hrs a month but with very flexible hours. Contact Keri for more details @ 425-829-7088



**Chet's Roofing & Construction**  
26301 79th S Ave  
Kent, WA 98032  
(877) 611-1514



**Need a roof?  
Call Chet!**

**Customer service done right!**



# 1ST ANNUAL SUMMER GOLF TOURNAMENT



AT WILLOWS RUN GOLF COURSE

→ **NEW DATE!!**

Wednesday, September 17, 2014 9:00AM

**Willows Run Golf Course**  
**10402 Willows Road NE**  
**Redmond, WA 98052**

Please join Laurelhurst & Windermere Living for a great day of golfing, food, and prizes! All proceeds will be benefit Camp Korey.

Registration Fee: \$50 per player  
 Includes: 18 holes, cart, food, and various prizes/give-aways


FOR MORE INFO AND TO SIGN UP

Laurelhurst & Windermere Living  
 Keri Samuelson - 425-829-7088  
 keri@n2pub.com



Camp Korey's mission is to honor the courage, strength, and determination of children living with serious and life-altering medical conditions and their families; and to provide them with a safe, friendly, medically sound environment in which to simply have fun and be kids.

a seriousfun camp



Official Photographer of  
 Laurelhurst & Windermere  
 Living

**CROZIER**  
 PHOTOGRAPHY

Portraits  
 www.crozierportraits.com  
 206-714-6662



**FREMONT JEWELRY DESIGN**

Custom Designing  
 Jewelry/Watch Repairs  
 Pearl Stringing  
 Engraving  
 Unique Local Selection

206-547-5551  
 Tues.-Sat. 10-6, Sun. 12-5  
 3510 Fremont Place N, Seattle  
 www.fremontjewelrydesign.com

Seattle **Style Flooring**



Surprisingly Affordable  
 Counters & Floors

Carpet • Hardwood • Tile • Vinyl • Quartz • Granite  
 AND MUCH, MUCH MORE!

**206-708-7696**  
 600 NW 85th Street • Seattle, WA 98117  
 SeattleStyleFlooring.com



**BELLA FIORE**  
 ORGANIC MED SPA

Laser - 4 Small Areas  
 for **\$400**

1629 Queen Anne Ave North Suite 103  
 Seattle, WA 98109  
 (206) 792-9448

# Sophisticated Mortgage Planning

A local mortgage lender since 1989. Located in the Northgate neighborhood.



**Patrick Dunn**  
MLO # 121489  
Originating loans since 2006



**George Spano**  
MLO # 77136  
Mortgage expert since 1981



**Brett Bly**  
MLO # 135523  
Mortgage expert since 2002



**Kevin Haynes**  
MLO # 109857  
Mortgage professional since 1992



**Joe MacCamy**  
MLO # 120957  
Mortgage Professional since 1982



**Tom Schwab**  
MLO #77107  
President of Westwood Mortgage  
Been in the mortgage industry since 1989



**Eric Hanson**  
MLO # 87628  
Originating loans since 2003



**Steve Daley**  
MLO # 36993  
Started his career in mortgages in 1986



**Westwood Mortgage**

CLA #38080

See what our clients have to say about us on Google, Yelp and Angie's List.

9706 4th Ave NE Suite 205 Seattle, WA 98115

[www.westwoodmortgage.com](http://www.westwoodmortgage.com) or call us at (206) 526-2602

# Real Estate RESOURCE



Featured properties may not be listed by the office/agent presenting this brochure. Source Multiple Listing Service. All information herein has not been verified and is not guaranteed. Supplied by Kim O. Dales and Associates

Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Lot Square Feet
5004 Ivanhoe Place NE	Laurelhurst	\$1,399,000	\$1,320,000	03/26/14	99	4	4.25	3,929	5,000
4808 NE 45th St	Laurelhurst	\$975,000	\$975,000	04/15/14	7	4	3.75	3,498	4,680
5148 NE 54th St	Laurelhurst	\$895,000	\$975,000	04/09/14	1	3	3	2,840	12,150
4315 NE 44th St	Laurelhurst	\$739,000	\$846,000	04/17/14	8	3	1.75	2,100	4,000
4522 NE 54th St	Laurelhurst	\$625,000	\$635,000	04/15/14	7	3	1.75	1,800	7,500

invest. grow. live.  
**more than a home**

**KIM O. DALES & ASSOCIATES** 206.235.7772 [kodales@windermere.com](mailto:kodales@windermere.com)



TWO & THREE BEDROOM  
LUXURY HOMES

PRIVATE ROOF-TOP  
TERRACES

WATERFRONT ACCESS

BOAT MOORAGE



# THE RESIDENCES AT FAIRVIEW LAKE UNION



FAIRVIEWLAKEUNION.COM

STARTING AT  
\$1,250,000



Visit our newly completed homes in July!



REPRESENTED BY NORTHWEST GROUP REAL ESTATE / 5000 30TH AVE NE, SUITE 102, SEATTLE, WA 98105 / FAIRVIEWLAKEUNION.COM

NICK GLANT  
206.910.4221  
NICK@NWGREALESTATE.COM

SHAWN FILER  
206.919.5388  
SHAWN@SHAWNfiler.COM

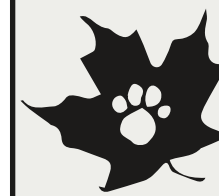
CAMERON FAY  
425.238.0782  
CAMERON@NWGREALESTATE.COM



## Chiropractic & Spine Fitness

**Specializing in Short Term Care  
to Get You Back Into Action  
Faster Since 1986!**

**Dr. Dan Nelson, MS, DC, DABCO**  
3216 NE 45th Place, Ste 117  
Seattle, WA 98105  
**206.641.7595**  
olympic-chiropractic.com



## Maple Leaf Pet Corner

8300 Lake City Way NE  
Seattle, WA 98115  
(206) 522-8335  
Dr. Karen Hofmann and Dr. Julia McNeal  
www.mapleleafpetcorner.com



Compassionate Care for All Pets



listed by Cathy Millan  
3820 49th Ave NE, JUST SOLD for \$1,740,000 in May 2014

## THE DONE IN TWENTY-ONE GUARANTEE

The real estate game is competitive. That's why it's important to have your financial house in order. Our Done in 21 Guarantee means we'll close an approved buyer's loan in 21 days or less, guaranteed - or we'll pay \$5,000 to both the buyer & seller\*. It's the closest thing to a sure thing, so you can leave your worries at the doorstep.

TO LEARN MORE CONTACT:  
**Lance Morgan**, NMLS ID# 742281  
Branch Mgr/Mortgage Consultant | WMS Series LLC/WRE  
**425.478.6412 / lmorgan@penrithloans.com**



\* Some restrictions may apply. See WMS Guarantee Certificate for more information. Not intended as an offer to extend credit nor a commitment to lend. WMS Series LLC dba Penrith Home Loans WA-CL 713524, OR-ML 5271



**Cathy Millan**

PROFESSIONALISM.  
EXPERIENCE.  
COMPASSION.

**Managing Broker**  
Senior Transitions Specialist  
Luxury Portfolio International  
Cell: 206-228-8558  
Office: 206-524-1100  
cmillan@windermere.com  
www.cathymillan.com

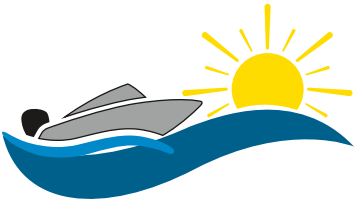


**PENRITH**  
HOME LOANS

**Lance Morgan**  
NMLS ID#742281  
Branch Manager/  
Mortgage Consultant  
WMS Series LLC/WRE

Cell: 425.478.6412  
Office: 206.306.9483  
lmorgan@penrithloans.com

Not an offer to extend credit nor a commitment to lend. WMS Series LLC (dba Penrith Home Loans) WA-CL 713524



# MAIDER & KNOWLES

TOM MAIDER • KIM KNOWLES • BRAD KNOWLES

We are a team with 40+ years of experience  
providing unmatched service to Northeast Seattle.

5424 Sand Point Way NE, Seattle [maiderknowles.com](http://maiderknowles.com) 206.524.1100 [bknowles@windermere.com](mailto:bknowles@windermere.com)



  
Windermere  
REAL ESTATE