Seattle School Board’s Decision on Capacity Management

Dear Neighbors,

If any of your children currently attend or plan to attend Eckstein Middle School, you may want to stay abreast of the School Board’s actions regarding capacity management.

The Seattle School Board on Thursday (January 31st) voted 4-3 to approve the annual capacity management plan and new student assignment transition plan, which outlines how the District will accommodate the projected increasing enrollment at Seattle Public Schools for the 2013-14 school year.

The Board decided on Jan. 23 to delay the vote by a week to review 2013-14 enrollment projections, and with this additional data, reconsidered the options to address the district’s enrollment projections for more students next year. The Board also adopted an amendment introduced by Dir. Sharon Peaslee by a vote of 4-3.

Highlights of the annual Short Term Capacity Management Plan include:

- Designating the Jane Addams building to become an attendance area middle school, with the first students assigned to Jane Addams Middle School beginning with the 2014-15 school year.
- Relieving over-enrollment at Hamilton International Middle School with minimal disruption by assigning the 6th graders from Laurelhurst Elementary to Eckstein Middle School.
- Delaying the assignment of students from Sacajawea, John Rogers and Olympic Hills to Jane Addams Middle School for one year, giving time to redraw boundaries and adequately plan and implement a quality comprehensive middle school.
- Installing portables at various schools District-wide as needed to address annual short-term capacity management needs for the 2013-14 school year. The exact number and location of portables will be adjusted based on open enrollment data.

Enrollment is projected to grow by 7,000 students over the next 10 years

The annual capacity management plan and new student assignment plan addresses short-term, immediate capacity needs. The Building Excellence IV (BEX IV) Capital Levy, approved on Feb. 12, provides capital funding for long-term growth.

The annual short-term capacity management plan was developed following input and feedback from the community, staff and School Board. Input was considered from more than 500 attendees at community meetings and from more than 1,225 public comments in December 2012 and January 2013.

Parents who are concerned about short-term decisions to increase the capacity at Eckstein Middle School for 2013-2014 are encouraged to contact school board members at schoolboard@seattleschools.org.

Marilyn Spotswood

Spring AND Summer Parks and Recreation Brochure is now available!

Check out what programs and activities at community centers and pools are available for you and the kids this spring and summer at: Spring/Summer 2013 Parks and Recreation Brochure

Registration for spring quarter classes starts March 12. Registration for summer camps starts April 4. And registration for summer quarter classes starts May 21.

RNA
General Meeting
American Lung Association
Healthy Home Program

&

Council Member Tim Burgess
March 26th, 2012
Roosevelt High School
7:30-9:00pm
**Deliverance**

Although I spent the last two winters sailing around Mexico on a 35 foot sailboat, I admit I’m not a particularly intrepid sailor. In fact, there were times in the beginning, such as our ill-fated foray into the teeth of a norther, I simply lay below wailing and weeping. But months later, when we encountered actual crises, I found myself facing them down without a second thought. Because there’s really nothing else you can do in a crisis but deal with it.

We were on our way up the Pacific coast of mainland Mexico, heading back to the Puerto Vallarta area from Barra de Navidad. We had been sailing well for about 16 hours, with two and three sails up, clipping along at a nice speed. But in the middle of the night the wind died. We lowered everything except the mainsail and turned on the engine. The next morning the wind from the north increased dramatically and the waves became high and choppy. Every time our automatic tiller pilot attempted to adjust the course, it made a loud groaning noise. To give the tiller pilot a rest, we wanted to shorten the mainsail to lessen the impact of the wind. With my husband Alan at the mast dealing with halyards and reefing lines, I was in the cockpit steering with one hand and trying to manipulate the line to the sail with the other. All of a sudden a wave hit hard, causing the boat to heel abruptly. Because I was not holding onto anything solid, I was tossed violently across the cockpit and slammed into the other side. Alan said he looked up to see me literally fly across the boat, then crash to the deck and suddenly blood was gushing everywhere.

Staunching the flow of blood with a bunch of paper towels and all the ice cubes from our small marine freezer, I lay in a daze hoping the bleeding and the pain would subside. Most of all, I just wished with all my might that the boat would stop bucking around. Of course my injury could not command the seas, so we continued to be tossed about by the wind and waves for a few hours. The one thing I remember being thankful about was the warm air and warm water of Mexico. So at least I wasn’t cold, even though the water running periodically under the gunwales soaked me as I lay there dressed in tank top and shorts. Dazed and moaning, I was oblivious – but never cold. We were 46 nautical miles from La Cruz, our destination in Banderas Bay. Forty eight hours after we began what was to have been a 24 hour journey, we finally sailed into the marina.

Next door to the village pharmacy, I visited Dr. Pimienta (yes, there really is a Dr. Pepper). The window of opportunity for stitching had long since closed, so he simply cleaned my head wound and changed the butterfly bandages that I had applied as an afterthought a few hours after the incident. Dr. Pimienta also strongly recommended going to the hospital for an x-ray to check for skull fracture. Upon having my head examined, I was declared fracture-free.

I had anticipated having an interesting scar that would invite all sorts of queries about my sailing adventures. But the scar has been barely visible since a few weeks after the accident, so I rarely have occasion to tell the tale. Given how violently I was tossed by the sea that day, at least I lived to tell it!

*Sally King*
The first rule for writers of restaurant reviews is not to over-enthuse. One must not say Seattle’s Black Pearl Restaurant offers the best meal of its kind ever prepared. It is OK to specify that your grandchildren missed this eatery more than Burger King while they were traveling abroad. But one is not supposed to say that this place ranks six stars out of a possible five. So, even though this review breaks those rules, you must pretend you didn’t read it here.

The Black Pearl is located a ways from the Roosie neighborhood at 7347 35th Avenue NE in View Ridge. It delivers here for lunch Monday through Saturday, and seven days a week for supper ($10 minimum). (206) 526-5115 Its flagship dish is the fresh homemade chow mein noodles. Thankfully, several Chinese restaurants in town are carrying on the tradition of the handmade noodle, taking the time to knead, roll, pull, and cut for our pleasure. The Black Pearl noodles look decidedly handmade—each one has several beveled, uneven edges, as though they’d been cut with a well-worn serrated knife and thrown into the wok by rough, hardworking hands. Black Pearl Special Noodles combine shrimp, chicken and beef, though they may also be ordered single flavor. The portions are huge. The flavors blend happily. The price is reasonable.

Black Pearl’s owners strive to use the finest and freshest ingredients. The menu includes an extensive vegetarian section, and daily (except Sunday) lunch specials. Diners at the Black Pearl can sit at either the bar or tables Other dishes include Mongolian Beef, General Tso’s Chicken, Green Beans with Almonds and Schezuan-style Pork. You can find the extensive menu on line at www.blackpearlchinesecuisine.com

Black Pearl’s delivery service is free and rapid. The food will meet your expectations. But remember, you didn’t read about it here.
Eight Bells Winery
An Urban Winery, Making Artisan Wines
6213B Roosevelt Way NE, Seattle, WA

Open for Tasting, Tours, and Sales
Saturdays, 11:00 AM to 4:00 PM
or by appointment (206-321-5120)
www.8bellswinery.com

STart
Sound Transit Art Program Seeks Artists for Temporary Construction Sites

Sound Transit recently launched request for Qualifications for a Temporary Art - Lead Artist to curate art installations at the Northgate Link Extension construction sites: U District, Northgate, and Roosevelt.

After a Temporary Art – Lead Artist is selected; a call to artists will go out seeking artists for the Temporary Art – Artist Roster. This roster of artists will create art for the Northgate Link Extension construction sites. Sound Transit staff facilitates a panel of art and design professionals along with representatives from the neighborhood for the artists’ selection process.

Maintaining attractive construction walls is one of the ways Sound Transit works to enliven the streetscape and reduce impacts in the neighborhoods where we work. A solid plywood construction wall will be erected around the Roosevelt light rail construction site beginning later this year. The wall will remain in place for approximately seven years.

If you are an artist or you know an artist who may be interested in being considered for this work, sign up for notices of art opportunities at www.soundtransit.org/artopportunities.

For more information about STart, Sound Transit Art Program, visit www.soundtransit.org/start.

For more information about light rail construction, please contact Ellen Blair, Sound Transit Community Outreach Specialist, at 206-398-5300 or northlink@soundtransit.org.

Free Tax Help Sessions at the Seattle Public Library

The Seattle Public Library, AARP and the United Way of King County are working together to offer free tax help at 11 Library locations through mid-April. Trained volunteers will be available to answer questions and prepare personal tax returns.

Wednesdays: March 6th, 13th, 20th, 27th, April 3rd & 10th
Free Tax Help: Drop-in
12 – 5pm Northgate Branch

Thursdays: March 7th, 14th, 21st, 28th, April 4th, & 11th
Free Tax Help: Drop-in
2 – 7pm Northeast Branch

Calling Extraordinary Teens for Extraordinary Summer Jobs

Seattle-based nonprofit Teens In Public Service, (TIPS) helps teens secure employment at various non-profit organizations throughout the Greater Puget Sound Area. TIPS is now seeking applicants for its 2013 class. TIPS invites teens ages 15 to 19 who are leaders in their high schools and are committed to becoming a part of their community through service and volunteerism to apply. Deadline to submit application is 5:00 p.m. on Friday, March 22nd. Application and two letters of recommendations must be submitted.

For more information, please visit:
http://www.teensinpublicservice.org/internships/internship-application
Cathy Michalec, TIPS Executive Director
(206) 985-4647
cathy@teensinpublicservice.org.

Lucky You!

Brownie Buzz-Espresso
Peanut Butter & Fudge Ripple

Also available at Whole Foods at Roosevelt, Denny, Interbay, and soon at 6 Metropolitan Markets!

Check it all out at www.peaksfrozencustard.com

At Roosevelt Way & NE 65th St.
1026 NE 65th St. | 206-588-2701
Locally Sourced
Available at Whole Foods in Roosevelt Square
Grow Healthier with Age!

Would you like to grow healthier as you age? What would being healthier actually feel and look like? And how would being healthier benefit you and your family?

To get healthier as you age, it’s essential to give the body what it needs to perform as designed by nature. For instance, your heart will pump a million barrels of blood in your lifetime with six quarts circulating three times every minute. Blood that contains toxins, poor blood cells and other unhealthy elements from junk food and environment will affect your body’s function and performance. If you give your body what it needs to make healthy blood it can help repair and help heal you.

Not giving your body what it needs is like not giving a carpenter the right tools and materials. No matter how brilliant the carpenter, the final product will be less than desired.

Your brain is that brilliant carpenter. It knows what to do. Just think of all the things it does for you without you ever thinking about it. Your brain and your spinal cord, which together run all your body functions, simply need the right tools to work with to optimize your health. Unfortunately, all bodies develop issues from injuries and wear and tear that require repair to restore optimal function. Diagnosing these issues and fixing them allows the brain and spinal cord to do their best work.

Because the job of your skeletal frame, the structural support system for your body, is to protect and provide for your brain and spinal cord’s billions of cells, this STRUCTURE influences every physical process in your body. Your structure has 206 bones and over 600 skeletal muscles and billions of other tiny muscles at each capillary.

When something happens to your body that irritates your brain and spinal cord that your brain can’t correct, your structure begins to break down and your posture and every other function suffer. It might be unnoticeable for years yet the breakdown is ongoing and cumulative. This leads to arthritis, weakness, and many other common conditions associated with wear and tear and aging. Yes, arthritis in your hands or feet results over time from issues that start at the spine.

You have 100 BILLION or so brain cells plus many more nerve cells in your spinal cord and throughout your body. These tissues are very delicate and easily irritated. When they are irritated those affected have diverse reactions:

There was an 18 month old boy who couldn’t walk. Immediately after the irritation to his spinal cord was removed by a simple hands-on correction (it took just a couple of minutes to do) the boy walked across the room.

A woman had severe post-surgery back pain and was told she needed another operation. With the irritation to her spinal cord removed she resumed her pre-surgery lifestyle and physical activities.

A 62 year old had chronic body pains and heart palpitations. When the irritation to his nerves was removed his pains and palpitations went away. Now, the ringing in his ears has improved dramatically.

These are just three examples of the hundreds of ways people experience setbacks when their spines are not working. Their results from correction, starting with the spine, put their health back on track by removing spinal irritation, and restoring the support structure required by the brain and spinal cord to do its best work and optimize body function.

Please listen to your body. And if you’re feeling pain or increasing wear and tear, consider that the wise carpenter in your mind is asking you for the right tools to fix the problem in order to deliver the best you can be and grow healthier with age.

About the Author:

Dr. Dirk Farrell, DC has been fixing bodies and helping people get healthier for 20 years. His focus is on restoring and transforming people’s physical health so they can enjoy life for decades to come. You can learn by scheduling a no-cost consultation or attending one of his educational classes for the Roosevelt community.

His practice, Align Wellness, is located at 6217 Roosevelt Way NE, and can be reached at 206-548-9450 or http://align-wellness.com.
Are You Prepared?

For most of us, it is easier to buy extra batteries or maintain a spare tire for the car than it is to make an emergency plan and build an emergency kit. An optimistic bias can preclude making real preparations against potential emergencies or disasters, either at home or at work. If we cannot imagine a catastrophic event, it seems improbable. If it is improbable, it does not appear to merit serious attention.

You would think there are enough examples in the world today to persuade anyone to make emergency preparations. But unfortunately today, whether in business or at home, we find that the effort involved in thinking through what one would need to live off the grid for 3-5 days is too depressing to get done, whether at work or at home.

An earthquake is a natural hazard of the Pacific Northwest region, therefore on my personal risk chart I want to look at how often they happen and how bad they are. In Florida, the natural hazard that would command this same sort of attention is a hurricane. In California, the natural hazards include wildfires and drought. In the Midwest, the natural hazards would be flooding and tornadoes. There are also technological hazards such as nuclear power leaks and major power outages. And there are terrorist hazards explosions, biological and chemical threats.

You see how this part of threat analysis goes. When we apply the elements of magnitude and frequency, the results vary. In the Pacific Northwest, the frequency of earthquakes is low but the magnitude is very high. In Florida, both the magnitude and frequency of hurricanes can be high. In California, both the magnitude and frequency of wildfires is high. In the Midwest, though we see them both in play in 2011, the results would vary and so we would have to look across a range of years to risk rate flooding and tornadoes.

So we want to put together a personal plan that will stand us in good stead whether it’s a smaller magnitude event – such as the loss of power for up to 48 hours – or a high magnitude event like an earthquake or hurricane. We know that many regular services would become unavailable. Examples of what might not work include: Calling 911 for an ambulance. Reporting robberies or other losses to police or insurance companies. Retrieving cash from an ATM. Refilling a prescription.

The best way to think about what goes into an emergency kit is to assume that you will not have power or grocery or medical services during the disaster. You can plan to be without services for three to five days and configure your emergency plan and your emergency kit accordingly. At the same time, you can prepare your home so that sheltering in place at home is not a burden to you, or to your neighbors.

It’s easy enough to put together an emergency kit and store it in a safe place in your home, checking at intervals to ensure that everything in the kit still works or is refreshed. At the same time, you can prepare your home so that sheltering in place at home is not a burden to you, or to your neighbors.

Because there is always the possibility that you will have to evacuate your home in case of major disaster, it is worth it to consider a portable emergency kit in case you need to grab it and leave the home.

Against that same possibility, I also keep a nylon bag under my side of the bed that contains sturdy shoes as well as a set of clothing and a flashlight.

Emergency Plans

In addition to your emergency kit, you’ll want to make an emergency plan that includes all your emergency phone contacts for your family and save it in a booklet as well as online. Here are related elements that are part of your emergency plan.

Identify a location where you will meet outside the neighborhood if your home is unavailable.

Identify an out-of-state contact for everyone to notify with their safety status after an event.

Identify where the shutoff valves are located in your home for gas, water, and electricity.

Know how to evacuate your home in case of fire or gas leak – plan an escape route and practice the escape.

Consider utilizing the “Vial of Life” which contains all pertinent medical information for those living in your home in a place where emergency medical personnel will look for it. You can purchase these vials in many drugstores at the prescription counter, or check http://www.vialoflife.com.

Change smoke detection batteries on a fixed schedule, usually once a year.

Rotate food items and water in your emergency kit after you check for expiration dates.

Annie Searle

The NE Seattle Tool Library

is a community-led project to provide pay-what-you-can community access to a wide range of tools, training, and advice. The Tool Library aims to inspire its community to participate in community projects such as park restorations, and pursue sustainability through fun projects like backyard gardens, home energy improvements, and water harvesting.

The NE Seattle Tool Library is accepting donations of used tools.

As a Forest Steward, you would:

- Serve as key contact at a park for the Green Seattle Partnership
- Coordinate volunteer forest restoration events and activities in your forested parkland
- Manage event and material requests, sign-in sheets, and work logs
- Coordinate with GSP staff to develop site annual restoration work plans
- Attend training events for ongoing personal development

Green Seattle Partnership will be hosting its annual GSP Forest Steward Orientation on Saturday March 16, 2013 for all of the accepted applicants. If you are interested in supporting an existing restoration project, or would like more information, go to:

www.greenseattle.org
Andrea Mojzak,
amojzak@forterra.org
206-905-6920.
# Roosevelt Community Calendar

Our new Community Calendar is open to everyone in the Roosevelt Neighborhood. If you have an event you would like to include in next month’s Roosie, please contact Michele Cole at michele9139@comcast.net.

**SPONSORED BY:**

**SOUNDTRANSLT**

---

### March 2013

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>St. Patrick’s Day</td>
<td>St Patrick’s Day Dash Seattle Center</td>
<td>East West Bookshop Mythic Cookbook with Meadow Linn: Secret Alchemy of Food $10</td>
<td>Hunter Here Supper Club - Whole Foods Market</td>
<td>Seattle</td>
<td>East West Bookshop Cafe Concert with Gretchen Yanover $12</td>
<td>Wayward Coffeehouse Live Music Vivi &amp; Tony Geek-inspired folk/rock FREE</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>East West Bookshop Art Evening with Don Miguel Ruiz Jr &amp; Jr</td>
<td>East West Bookshop Cafe Concert with Gretchen Yanover $12</td>
<td>East West Bookshop Cafe Concert with Gretchen Yanover $12</td>
<td>East West Bookshop Cafe Concert with Gretchen Yanover $12</td>
<td>East West Bookshop Cafe Concert with Gretchen Yanover $12</td>
<td>East West Bookshop Cafe Concert with Gretchen Yanover $12</td>
<td>East West Bookshop Cafe Concert with Gretchen Yanover $12</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>NEST Cafe: Speaker Elia Bowman What I am Learning from the Quantum Universe - Magnuson Park Community Center</td>
<td>RNA General Mtg. American Lung Assn - Healthy Homes</td>
<td>Yom Kippur</td>
<td>Passover at Whole Foods Market $15</td>
<td>East West Bookshop: Silent Concert $10</td>
<td>Easter</td>
<td>Notes</td>
</tr>
</tbody>
</table>