Neighborhood Clean-up Day for Earth Month.
Saturday, April 14th 9am to 1pm
Sponsored by RNA & Whole Foods Market
To celebrate Earth Month and our community, the Roosevelt Neighborhood Association and Whole Foods Market will sponsor a Community Clean-Up Day on Sunday April 14th from 9am to 1pm. Volunteers should meet at 9am in front of Whole Foods Market for refreshments and an assigned area of the neighborhood to clean up trash, paint out graffiti, and stencil storm drains.

An event has been created on the RNA Facebook page, please join the event if you plan to attend.
http://www.facebook.com/RooseveltSeattle

GMO’s/Genetic Engineered Foods::: What’s the Fuss?
If you are food-aware, you may know what a Genetically Modified Organism (GMO) food is. You may know that the genetic engineering of crop seeds and foods is very different than the hybridization of genetic traits of foods in the history of farming and agriculture. There are many areas of concern about genetically modified foods . . . the lack of verified safety research about these methods in food development, the effects on ownership of seeds and contamination of crops planted by farmers, the effects on soil from the use of pesticides on pesticide resistant crops developed via genetic engineering.

The issue of transparency and consumer choice is at the heart of I-522, the initiative that requires labeling of genetically engineered seeds, salmon and other foods in Washington State on the ballot this Fall.

Please join us for this Earth Day inspired April RNA program April 23rd at Calvary Christian Assembly.

An event has been created on the RNA Facebook page, please join the event if you plan to attend.
http://www.facebook.com/RooseveltSeattle

Michele Cole at bullmoose@rooseveltseattle.org or (206)303-9139.
**The RNA needs your help**

*Can you spare* a couple of hours per month to help your community? Do you have land use and sustainability concerns for the upcoming development and the impact it will have on your neighborhood? Do you want to preserve the character and vibrancy of the Roosevelt business district?

**The Roosevelt Neighborhood Association**
is actively recruiting for board positions for the 2013/2014 year, (elections to be held in May).

**Make a difference, come join us**

Contact Teri Butorac-Lee for more information
Tbutorac111@yahoo.com
206-527-0782

**Roosie Advertising**
Advertise Your Business in the Roosie
Each month our local community newsletter, is delivered to 2,400 local residents, as well as distributed through our local businesses.

Our community is a demographic of people who are committed to supporting their “urban village.”

The Roosie presents an opportunity for you to reach out to our community and people visiting our community and promote your special offerings.

Contact: Michele Cole
(206)303-9139 michele9139@comcast.net
Roosie Editor: Teri Butorac-Lee
tbutorac111@yahoo.com

---

**Green builders** and environmental advocates have long suspected it to be true that families living in energy-efficient homes might be less likely to get in trouble making their monthly mortgage payments. Their energy bills are lower and more predictable, without those wild swings between summer’s air conditioning costs and winter’s heating oil delivery. It also seems plausible that a homeowner who has weighed the up-front costs of energy improvements over the long-term payoff in lower utility bills might be equally conscientious in sizing up the risks of a 30-year mortgage.

But there’s never been hard data to support any of this – let alone to help make the case that energy efficiency should be baked into how we underwrite mortgages.

A new study released today attempts for the first time to quantify the connection between energy efficiency and default risk. The research, funded by the Institute for Market Transformation and led by University of North Carolina researcher Nikhil Kaza, looked at 71,000 nationally representative owner-occupied single-family homes, 21,000 of them with Energy Star certifications. And it turns out the energy-efficient houses were 32 percent less likely to go into default when sized up against comparable homes without that rating.

The study looked at loans that originated between 2002 and 2012, spanning the mortgage crisis. And it also found that the more energy-efficient the house, the lower the default risk.

*Emily Badger is a staff writer at The Atlantic Cities*
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

Travels and Travails with Sally

The first time I saw the sign near the highway in Baja California Sur, three years ago, it seemed like a mirage. There were the words “Art and Beer” rising up out of the desert between the cactus and the scrub brush. We were on our way to Todos los Santos and then La Paz, literally fleeing from Cabo San Lucas. Fleeing from the condo hustlers and the car rental agents who promised a huge discount if we would only listen to those hustlers for just a few hours. Fleeing from what appeared to be spring break meets Las Vegas meets Miami – all crashed up against the barrio. (Cabo San Lucas is a desirable destination vacation for many gringos, but for us an afternoon spent there was more than enough.)

So there we were, speeding north on Highway 19 when Art and Beer appeared out of nowhere. We pulled into a nearly empty dusty parking area beside a cluster of bent-wood structures with palapa roofs and went inside. Paintings of various sizes, with subject matter ranging from the sublime to the nightmarish, adorned the bent-wood walls of several small rooms. There were also mobiles and sculptures, stacks of tee-shirts, and a chained-off entrance into what appeared to be a restaurant. We looked around, bought a tee-shirt for Alan and then headed on down the road.

Recently we returned to Baja for the third time and we decided to check out Art and Beer again. Having nearly worn out the tee shirt, often receiving comments on its unique design, Alan wanted to get a new one. This time we approached from the opposite direction, driving south on 19 from La Paz. We were now familiar enough with Baja to know we were near Todos los Santos when greenery started to appear – lushness out of the desert, almost an oasis. And then organic farms along both sides of the road. Did you know those organic cherry tomatoes you buy from Mexico are probably from Todos los Santos? Not to mention other organic vegetables and fruit that seem to be readily available here in the frozen north all winter long.

After a little diversion strolling the streets of the town and the shops and watching tourists gather outside the Hotel California (which everyone thinks is the real thing, but it really isn’t), we continued on to Art and Beer, whose address is just “somewhere in the desert.” It turns out to be exactly 10 kilometers south of the “Pueblo Magico” sign that hangs above the road as you leave Todos los Santos. This time there were a number of cars in the parking area. And this time we went directly to the restaurant, ushered from behind the chain-rope when it was our turn.

What a revelation! The real art from whence the place derives its name is readily visible once you step through to the many-leveled decks of the bent-wood furnished restaurant. After ordering from the menu personally presented by one of the owner-artists, we were free to take the long wooden walkway that meanders through the decks and the patios out into the landscape. Lengths of wire, glass-studded ceramic giant cylinders, beer cans, old metal parts – cars, appliances, you name it – curved or blow-torched or forced by some other means into visually arresting shapes, sit or hang or float in the expanse of desert between the palapas and the sea, cheek by jowl with the cactus and the scrub brush.

Mesmerizing moments and many photographs later, we wandered the walkway back to the luncheon feast that awaited. The drinks and food also turned out to be works of art which would take a whole other article to describe. Suffice to say that the fruity drinks were so huge and the three tostadas piled so high with ceviche, smoked marlin, and a delectable vegetable mixture that we could have made three meals.

And on the way out we bought Alan’s brand new Art and Beer tee shirt.
SEATTLE CITY LIGHT OFFERS INSTANT DISCOUNTS ON LED BULBS
Residential Customers Can Save Up to $10 on Qualified Light Bulbs, Fixtures

SEATTLE – Seattle City Light has added several light-emitting diode (LED) products to its Twist & Save discount program for energy efficient light bulbs and fixtures.

Through the program, City Light offers up to a $10 instant discount on select ENERGY STAR® qualified LED light bulbs and fixtures, in addition to discounts already offered on compact fluorescent bulbs (CFL).

ENERGY STAR® qualified LED bulbs are the most energy efficient lights you can buy, using 80 percent less energy while producing the same light output as a traditional incandescent bulb. Additionally, ENERGY STAR LED bulbs have a life span of about 25,000 hours compared to incandescent bulbs which last only up to 1,000 hours. That translates to more than 22 years for an LED and less than a year for an incandescent, assuming 3 hours of use a day.

“Our customers have been telling us how much they like the new LED bulbs, but the higher initial cost has limited sales,” City Light Conservation Resources Director Glenn Atwood said. “Twist & Save discounts are designed to help people overcome the initial price barriers on emerging energy efficient technologies. We’re happy to now be able to offer them on a select number of LED products.”

There are many LED bulbs out on the market, however Seattle City Light is providing an instant discount only on frequently used bulbs such as the traditional A-lamp, reflector type bulb and PAR bulbs, that have the same brightness (lumen output) of an incandescent and which are dimmable.

Currently, Seattle City Light LED discounts are offered at seven local retailers: Bartell Drugs, Burien Ace, Costco, Home Depot, Mobile Electric, Sam’s Club and Pacific Supply. Traditional A-lamp 60 watt replacements are carried at Bartell Drugs, Costco, Home Depot and Pacific Supply. Residential customers may purchase a maximum of 10 LED bulbs and 4 LED recessed can fixtures. Discounted products are designated with the Seattle City Light logo.

The marketplace for LEDs is advancing rapidly. Two years ago there were few LED screw-in bulbs that matched the incandescent for light quality and output. Furthermore, LEDs were expensive – as much as $40 per bulb. This year, the average price of a 60 watt equivalent LED bulb is $25. As quality, variety and costs continue to improve, Seattle City Light expects to add more LED products to the Twist & Save program in upcoming months.

Which bulb should you buy?

Compact Fluorescent Lamps (CFLs) still offer the most value for the dollar. The cost of a CFL, after Seattle City Light’s instant discount, is less than $1 per bulb, while an LED is approximately $10 to $15 after the discount. While an LED lasts much longer, the annual savings over a CFL is marginal. However, an LED does have a host of benefits that make it superior to a CFL. Those benefits include: no mercury, no ultraviolet output, longer life and therefore fewer bulbs to replace, ability to dim at lower levels, and better performance in cold temperature environments.

Twist & Save discounts are applied instantly at the cash register when a customer makes a purchase. Seattle City Light will be hosting several outreach events at a number of retail partner locations to promote energy-efficient lighting and help answer customer questions about lighting choices:

- April 5, from 1 to 3 p.m. at Sam’s Club, 13550 Aurora Ave. N
- April 6, from 11 a.m. to 2 p.m. at Home Depot, 2701 Utah Ave. S
- April 13, from 11 a.m. to 2 p.m. at Home Depot, 7345 Delridge Way SW
- April 19, from 2 to 4 p.m. at Bartell Drugs, 1929 Queen Anne Ave.

For more information about Seattle City Light’s discount and a list of participating retailers, visit www.seattle.gov/twistandsave.
Tunnel boring machine for Sound Transit’s University Link light rail project

Major light rail contract out for bid

The largest construction contract in Sound Transit history, at more than $500 million, was advertised for bid on March 6.

This contract is for excavation at the Roosevelt and U District light rail station sites and tunneling between the Maple Leaf Portal (near Northgate) and the University of Washington Station (near Husky Stadium).

Bids for the contract are due May 28. We’ve been pleased to receive interest from dozens of contractors and we expect good competition for the job.

Work under this contract is expected to begin in Roosevelt this September.

Utility work has begun in Roosevelt

In preparation for excavation and tunneling, Seattle City Light has begun upgrading and relocating utility poles and overhead power lines around the Roosevelt light rail station site. If you’d like to see where Seattle City Light and other utilities will be working in Roosevelt to make way for light rail construction, check out the presentation from the Jan. 29 open house. The presentation also includes the utility work schedules.

Sound Transit Update – Roosevelt Station

Recap: Construction update open house for Roosevelt neighborhood

Did you make it to Sound Transit’s January 29th Roosevelt open house? About 70 people attended to learn more about light rail construction activities planned in the Roosevelt neighborhood over the next year.

If you weren’t among them, you can visit their website to see the presentation. Some themes they heard from the public were questions about easing the impacts of street parking closures during construction, truck routes and frequency, and how long utility service might be interrupted during utility work.

Hello, Springtime!

Brownie Buzz & Espresso
Peanut Butter & Fudge Ripple

Also available at Whole Foods at Roosevelt Square, South Lake Union, and at 6 local 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

Coffee with the Sallys on Saturday, June 1st at Café Racer!

This is a ways off, but we want to put this on your radar now. Plan on joining Seattle City Council President Sally J. Clark and Councilmember Sally Bagshaw on Saturday, June 1, 2013 for:

“Coffee with the Sallys”

This is a great opportunity to talk with City Councilmembers about what’s happening in your community!

Saturday, June 1st 2013
9am-10:30am
Café Racer (5828 Roosevelt Way NE)
Building an Emergency Kit

You can build an emergency kit for you and your family, or you can purchase one that will get you started at Costco, or online at a site like www.eps-direct.com. You’ll want to find a safe place in your home to house it, and you’ll want to circulate materials that have expiration dates.

Annie Searle

Here are the basic items that your kit should contain, many of which will fit easily into a backpack.*

Water: One gallon per person per day, three to five days’ worth

Food: Nonperishable, including food for special diets, to last three to five days

First Aid Kit: One for home, one for car

Cash: In small bills, enough for three to five days

Tools:
- Eating utensils, including can opener and utility knife
- Battery-operated radio, extra batteries
- Flashlight(s), extra batteries
- Small sewing kit
- Compass and whistle
- Matches in waterproof container
- Wrench to shut off gas and water

Clothing:
- Work gloves
- One or more signal flares
- Rope ladder near second-story exit
- Plastic bucket
- Disinfectant, bleach, liquid detergent
- Battery-operated power tools such as drills, staple guns
- Portable camp stove and fuel
- One fire extinguisher per floor
- Toolkit with pliers, handsaw, duct tape, crowbar, sledgehammer

Special Items
- Scout Manual
- Prescription medications and supplies
- Personal hygiene items
- Toilet paper
- Extra eyeglasses
- Baby supplies
- Garbage bags & ties
- Extra set of house and other keys
- Insurance policies, credit cards, official identification, bank information
- Copies of other vital documents
- Pet food

Hello Northwest Washington Region Volunteers

The American Red Cross has recently launched Safe in the Sound, a three-year preparedness campaign sponsored by PSE, to help individuals and communities prepare for every type of disaster. With more than 4.5 million residents in the Puget Sound area, the goal is to have 1 million people train and take tangible steps toward preparedness through making a plan, getting informed and building a kit.

The Webinars listed below are part of this preparedness initiative and everyone is invited to attend. Please consider joining these 15-minute sessions and please pass this information and invitation on to everyone that you know…it could save a life one day.

All webinars start at 10:30am (Pacific Time).
Upon registering, participants will receive a confirmation email with a link allowing them to connect to the webinar on the appropriate date. There’s also an attachment so they can automatically add the dates to their calendars.


---

Seattle Healing Arts Center

Providing Comprehensive Integrative Medical Care Since 1981.

- Family Medicine
- Naturopathy
- Acupuncture
- Massage
- Psychotherapy
- Physical Therapy
- Midwifery
- Psychiatry
- Medical Hypnosis
- Chiropractic

www.SeattleHealingArts.com | 6300 9th Ave NE, Seattle, WA, 98115
The Master Home Environmentalist© Program

The Master Home Environmentalist© (MHE©) program is an innovative approach to addressing issues of indoor pollution that can damage health and the environment.

According to the EPA, we spend about 90 percent of our time indoors and our indoor air can be up to five times as polluted as our outdoor air. The problems with exposure to pollutants in the home often are not addressed due to lack of awareness of their prevalence and significance. Home pollutant exposure may result in asthma, retarded growth, learning disabilities, allergies, cancer, lung disease, symptoms of sick building syndrome, and other illnesses. Important new information about the alarming rise in childhood asthma cases and hospitalizations has added new urgency to addressing indoor pollution.

The MHE program is designed to assist people in identifying health and environmental concerns at home and to make recommendations that help them reduce their exposure to indoor pollutants. MHE has trained staff and volunteers that visit homes at no cost and assist residents in assessing and managing environmental health problems. The MHE volunteer utilizes a survey form to identify potential problems and work with the resident to develop an action plan to reduce exposure to pollutants. The personalized action plan can lead to steps such as smoking outside, reduction of asthma triggers, use of efficient vacuums and quality door mats, shoe removal at the door, ventilation, integrated pest management, and allergen control. Most of these measures are either no or low cost.

Values & Principles:

- A healthy home environment promotes a quality life, particularly for children;
- Residents have a right to know of hazards in their home;
- A personalized approach is effective in motivating people to improve their home environment;
- Residents, through their own actions, can make changes in their home to prevent illness; and
- Volunteer outreach and education enhance health and build a strong community

City of Seattle Deliverables 2011

- Attended 39 Community Events reaching an estimated 1600 residents
- Provided 207 in-home assessments; 181 made a behavior change; 71 of those homes were in the high risk planning areas; 22 of the homes had a child with asthma
- 40 of the in-home visits resulted in landlords making changes and in 39 of those landlords made structural changes or physical improvements

Landlord/Tenant Outreach Workers

The role of the landlord/tenant outreach workers are focused on advocacy, community organizing and relationship building between renters and landlords/managers. The workers work with tenants to empower them to make changes in their homes by facilitating connections to community services and working directly with the landlord. The worker also works directly with the landlords/managers to influence the implementation of appropriate structural changes or physical improvements.

KEXP 90.3 FM in the U-District Friday, April 19th!

On Friday, April 19th, KEXP is hosting an all-day event to thank the U-District community for powering KEXP through their “Hood-to-Hood” Challenge.

KEXP 90.3 FM will be broadcasting LIVE from the beautiful U-District. Broadcast will take place at the University of Washington’s Red Square from 6 am to 6 pm.

For more information, please contact Sharlese J. Metcalf at sharlese@kexp.org.
Inspire Budding Urban Farmers

Showcase your farm in the city and apply to be a host for this year’s Chicken Coop & Urban Farm Tour on Saturday, July 13.

For added fun, we’ve put together a panel of experts and celebrity judges that will select Seattle’s “Top 25” chicken coops and urban farms. We’re looking for a variety of unique and diverse urban farmsteads that demonstrate organic and sustainable principals using practical techniques that people could try at their own homes.

You need not have an expensive, extravagant utopia or be a purist to be a host! Apply to be a host by Friday, May 10.

Seattle Center’s ‘Best Damn Happy Hour’ Returned on March 21

Seattle Center’s “Seattle’s Best Damn Happy Hour” has returned, as of Thursday, March 21. The Happy Hour takes place in Seattle Center’s Armory, with plenty of special cocktails as well as happy hour food specials.

The Happy Hour will have giant-sized games like Jenga and Scrabble; prizes from the Experience Music Project, the Space Needle, Chihuly Garden and Glass, and more. Music will be provided by longtime Seattle Disc Jockey WD40.

Third Thursday every month from 5pm – 8pm in the Seattle Center Armory
No Cover (21+), I.D. is required

Discount parking at 5th Ave. N and Harrison St. garage with Happy Hour validation/purchase*
Beer • Wine • Cocktails • Food Specials • Music • Games • Prizes

Volunteer with the Seattle Police Department’s Victim Support Team!

Victim Support Team (VST), a partnership between community members and police department that addresses domestic violence prevention and safety for victims directly following a police incident, is currently accepting applications for the upcoming free 50-hour Training Academy starting this spring.

This is a weekday training held Monday, Tuesday, and Thursday from 8:00am-4:00pm downtown Seattle for two consecutive weeks in May. The dates are Monday, May 6th and 13th, Tuesday the 7th and 14th, and Thursday the 9th and 16th.

Volunteers are trained on a range of topics presented by SPD detectives, officers, community leaders, DV Advocates and VST staff. At the completion of Academy and the SPD Background Check, VST volunteers will work directly with victims of domestic violence in the field for a minimum of 1 8-hour shift per month. All volunteers also continue their education by attending at least 7 2-hour monthly training sessions per year.

The next step in the volunteer process is to attend one of the following open house date. Please RSVP for Saturday April 13th from 10:00am-11:30am. (All Open Houses are held at the West Precinct in the Community Room, 810 Virginia St.)

(http://www.mobaganda.com/victimsupportteamopen-house41313)
For more information, please the VST Web Site or contact Sarah Sorensen at (206) 615-0892.
Dear Neighbors and Friends

The sudden loss of a pet being hit by a car is something none of us wish for, yet it can happen.

I hope our story serves as an example as to how a tragedy can teach us to be more loving, no matter which role we’re in: the pet’s family, the driver, or the witness to the accident.

On March 14, our beloved kitty, Molly, bolted into the street just as a car was passing. It seemed the driver was going under 25 mph (the legal limit), but even that speed did not allow enough reaction time to stop. We live on Brooklyn Ave NE (between 75th & 77th), where parked cars often line both sides of the street, leaving little space to swerve if an animal or child should run into the street.

Molly was more than a pet, she was a member of our family. My husband and I found her at the beach (or she found us), six years ago when we were first married. She had grown up with us, and we loved her with all our hearts. She enjoyed being outside more than anything. We built a ‘cat-fence’ in our back-yard, which worked for a while, but she would find some way to escape and explore her outside world. I wish so much that I had kept my eye on her this particular day, but I didn’t, and she escaped to explore the other side of the street.

The driver who hit her stopped immediately as my husband and I ran outside, realizing what had just happened. We three wept together, while a neighbor who witnessed the accident came over and acted as a gentle healing presence, silently holding our hands. Through this accident I’d like to share some things I’ve learned....

The first: As we drive, we must notice the space that we have to react; anticipating that an animal or child could bolt into the street, and drive even slower than we think is safe. (Even if we’re late for work, or eager to get home). Let us remember this for our own driving, as we teach our children when they’re learning to drive, and let us all remind our friends when they visit us, who may not live on our streets, but hope they would drive as if they did.

The second: I am so grateful for this neighbor who came to be with us. We did not know her very well, yet her act of reaching out to us, just being present and feeling the loss with us was very powerful. I am also grateful that the driver who hit Molly did not just drive off, but stopped and stayed with her, and us, as we all helped each other through that moment. Both the neighbor and the driver were true examples of compassion.

The third: While our grief is deeply felt, a person who hits our beloved pets goes through feelings of loss and grief as well. Let us step into their shoes and show compassion toward them, and realize that they didn’t do it on purpose.

-The fourth: May we all tell our pets how much we love them each and every day. I believe that they understand every word we say to them, and feel our emotions, maybe even better than we do.

Sincerely,
Jenness and Julian Schrenzel
Don't Let Just Hindsight be 20-20

In hindsight, nowhere in the country was there a better place to celebrate National Nutrition Month (March) than here in Seattle, especially in the Roosevelt Neighborhood. Not only do we have great restaurants and markets with some wonderful, healthy foods, we have local health practitioners who care, educate and support us about what to eat.

Wrong food choices can cause cancer and other profoundly bad health conditions. Too, the right foods can potentially cure cancer, Type II Diabetes and numerous other conditions. Here is a correlation for you: U.S. sugar consumption is up 26 pounds per person per year in the past 20 years. In the 1887-1890 time-frame, sugar consumption was five pounds per person – per year! Now it is, on average, 136 pounds per person per year. Is it coincidence that cardiovascular disease and cancer were virtually unknown in the early 1900’s?

Knowing which foods to eat and which to not eat is important. Taking action to eat the right kinds and amounts of healthy foods is THE KEY to creating a nutritional foundation for health. For example, the recommended daily allowance (RDA) for protein is 0.8 grams per 2.2 pounds of body weight. This is ~54 grams a day for a 150 pound person. Even in 1988 the average man was eating 175% more protein (and the average woman 144% more) than the RDA. Too much dietary animal protein is significant cause of chronic inflammatory poor-health conditions in millions of Americans.

Our food choices, like so many other aspects of our lives are based on habits. It’s a funny thing; when current habits are replaced by new ones; the new ones seem normal and the old ones not-so-much. Making a concerted effort to create new life-long habits can be a fun and healthy challenge to take on.

So, what simple shifts can you make in your eating? A simple garden salad with whole fruit for breakfast might be just the thing, for instance. Any choice that includes whole organic foods while decreasing processed foods from a box or bag is a good start.

I like to think that we are worth NOT eating whatever may seem tasty in the moment as a trade-off for years, perhaps decades of improved health. Better health for longer means more time with our loved ones, children and even grand children when we can actually get around with relative ease and comfort; participating in their lives and living ours in 3D, not merely observing them from a couch.

With the right choices you can have decades more Aprils to celebrate: National Humor Month, International Guitar Month, Keep America Beautiful Month, Lawn and Garden Month, National Poetry Month, National Pecan Month, National Welding Month amongst others.

Regardless of what you choose to celebrate in Aprils to come, think of every month as an opportunity to celebrate and improve your health through better nutrition. After all, looking in hindsight at the choices we could have/should have made doesn’t do us much good at all.

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. His practice, Align Wellness, located at 6217 Roosevelt Way NE moved to our neighborhood in June of 2012.

PLASTICS UNWRAPPED

Plastics Unwrapped, a new exhibit from the Burke Museum, explores how material culture was changed-rapidly and perhaps permanently--by plastics.

Before the 1950’s we hardly used plastics. How did they go from being rare to being everywhere? Learn what life was like before plastics, how they are made, why they’re so convenient and beneficial to use, and what happens after we throw them away.

Learn more about Plastics Unwrapped at www.burkemuseum.org.

Then consider your own use of plastic versus alternative products. The exhibit runs until May 27, 2013.

Get $2 off admission with the coupon in your Spring 2013 CurbWaste & Conserve mailing from Seattle Public Utilities.
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:

![SoundTransit Logo]

~ April 2013 ~

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Spring Rain Garden Workshop Lake Forest Park Windermere Office 6 – 8:30pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>City Hall Open House 10am – 2pm</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Roosevelt Business Group Meeting 9-10:30am RNA Board Mtg.</td>
<td>Spring Rain Garden Workshop So. Seattle Comm. Coll 6-8:30pm</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>Roosevelt Neighborhood Clean Up Party 9am – 1pm Meet at Whole Foods Market</td>
<td></td>
<td></td>
<td></td>
<td>East West Bookshop Energetic Stress Relief 4-6 pm $15</td>
<td>East West Bookshop Your Hidden Symmetry with Jean Haner 7-8:30 pm 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></td>
<td></td>
<td></td>
<td>Roosevelt Neighborhood Assn. General Meeting 7-9pm Calvary Christian Assembly GMOs-What’s the Fuss?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Notes: In April, Puget Sound Energy (PSE) will be working on gas lines in Roosevelt to help prepare the area for light rail construction.

Work will include:

- Installing a new gas line in Roosevelt Way NE between NE 66th St and NE 65th St.
- Cutting and capping existing gas lines on NE 67th St and NE 66th St near the future light rail station site.

If you have something you would like to have posted on the Roosevelt Community Calendar please email Michele Cole at michele9139@comcast.net prior to the 20th of each month.