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Happy
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editor's note

Happy New Year, Madison Park! I can't believe it is already time to say that again - it feels like just yesterday that I was writing a note ushering us into 2021.

In these unprecedented times, a new year feels like a great gift, and I am cautiously optimistic that the next year holds exciting adventures, community connections, and great health for us all.

I am excited to continue writing about our neighborhood in the coming year and hope that you will reach out to me or our publisher, Jacquelyn Paneque, if there are any specific stories you'd like to see. You can reach her at jacquelyn.paneque@n2pub.com or at 206.304.4212. We appreciate when you have reached out to us in the past, and your input really broadens the scope of the magazine.

Thank you, too, to our sponsors and advertisers, without whom this wouldn't be possible.



Sending you our best wishes for 2022!

Sincerely,
Gwen Hughes

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Precious PETS

By Beth McCabe

Hi! I'm Edgar and I live in Madison Park with my pal, Lula B. Our human, Rollie Garner, welcomed us into his home with open arms. We were meant to fill in the hole in his heart from the passing of his Yorkie Carter, who was 17 years old. With our wagging tails, wet kisses, and silly selves, we left our pawprints on his heart.

Lula B. and I are like two peas in a pod. We are half-siblings and have the same dad, although we come from different moms. I was born on May 1, 2021, and Lula B. arrived on June 15, 2021.



We love to play together, keep each other company, and have lots of fun together. Total confession – I had too much fun and actually got banned from daycare until I am fixed. That's another story for a rainy day.

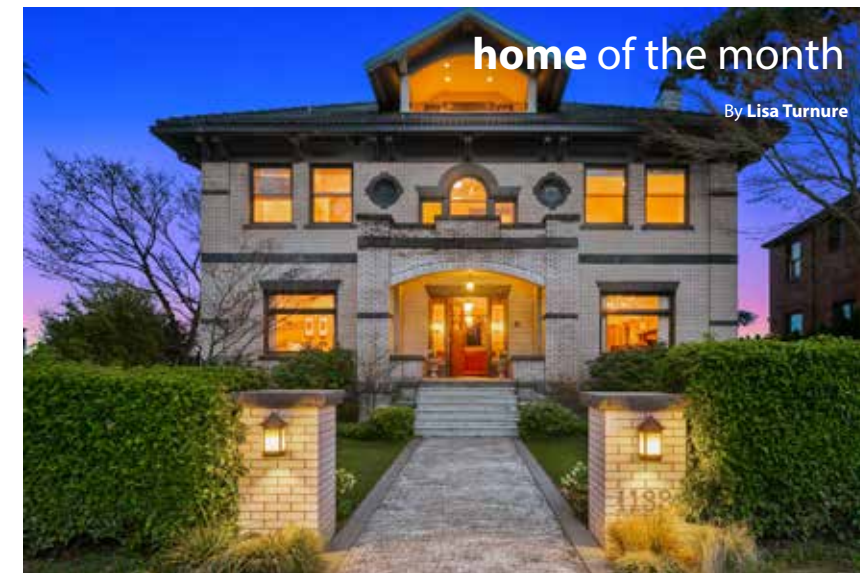
Our human tells us that we are very intelligent Yorkies. That's why we passed puppy school with flying colors. Lula B. likes lots of attention and likes to be as close to Rollie as possible, even sitting on his shoulder like a bird. She's half of my size at 4.5 pounds. I'm 9 pounds and am hoping to make the double digits soon. Just *weight* and see! (Those peanut butter treats might be the culprit.)

Lula B. likes all of Rollie's attention. I consider her a little needy, even though I'm always following his every step. Rollie's got some pretty big shoes to fill (if I can say so myself).

Lula B. and I love to go on long leisurely walks and meet and greet every animal, sniff every leaf, and say hello to squirrels and rabbits. We're always looking to expand our social circle.

We have two pet peeves – brushing and water. I'll admit that we don't like to be brushed, but we are getting better at it. Grooming doesn't come naturally to us. Now we're going to have to start going to the groomer, and I'm not so sure about that. Stranger danger! Plus, if the groomer bathes us, that's a double whammy. Right now, we are going through the teething process. We've got plenty of chew toys to gnaw on. Every time Lula B. starts chewing on a toy, I want it, and vice versa. So we do a lot of sharing! Sharing is caring, and that's why we share Rollie's bed with him. It's super comfortable and better than a dog bed any day of the week. We're creatures of comfort.

If you see us out and about, be sure to say hello. We are working on "heel" and not running into people. Rollie said we will have to work on that for the rest of our lives. But because we are "highly intelligent dogs," I think we will figure that out sooner than later. Time will tell!



home of the month

By Lisa Turnure



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After skipping Halloween festivities in 2020 due to the pandemic, Madison Park businesses were back to hand out candy to a throng of creatively dressed kids and families for Halloween 2021.

Hosted the Friday before Halloween, every Madison Park business owner on the main strip on Madison participated by dressing up and standing outside their restaurants and shops to hand out candy to colorfully dressed kiddos.

MADISON PARK HALLOWEEN 2021

around town



Family and group costumes were a big hit. Families dressed up as birds, bears, characters from Sesame Street and the Wizard of Oz. As per tradition, the employees of the Children's Shop dressed up in an epic group costume – all of the main characters from Alice in Wonderland!

Thank you to all of the businesses who participated and kept up this sweet and spooky tradition. See you next year!



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THE GISHURU FAMILY

feature
spotlight

By Gwen Hughes



Thig and Lauren Gishuru and their three children settled in Madison Park less than one year ago, but in that short time, have found a strong community of friends and neighbors who feel like family.

The fact that the family fell hard for Madison Park was no surprise to Lauren, who grew up on Queen Anne but spent a lot of time in the neighborhood during middle school and high school: “It was always the fun place to hang out with friends. You’d love to get invited to a friend’s house in Madison Park,” she said.

Thig grew up in nearby Lakeridge and attended schools on Beacon Hill. Both of his parents emigrated to the United States from Kenya through the same Catholic program that brought Barack Obama Sr. to the States. It was through that program that both Thig and his father attended O’Dea High School on Capitol Hill.

After high school, Thig attended Central Washington University, where he earned a degree in business. Lauren graduated from the University of Oregon’s School of Journalism and Communication.

Since graduating, Lauren has worked in the early stages of tech startups, while Thig started his career in health care administration and eventually shifted to a creative director role at a Capitol Hill agency.

The couple originally met through a mutual friend and talked on social media for a few months. It took a while for the two to start dating as Lauren was a single mom to her then 3-year-old son Miles and working in tech.

coronavirus lockdown, raked leaves for neighbors, and is now starting his own candle-making business.

Noah is 4 years old and nicknamed “the Mayor.” He knows every neighbor on the street, some of whom his parents don’t even know. When he is not saying hello to his constituents, Noah loves attending Acro and hip-hop dance classes. Outside of class, Noah is always moving, dancing, and perfecting his cartwheels.

Sammy is 2 years old and is the couple’s “Covid baby.” Thig described Sammy as an “extremely smart, bright kid” who “wears her heart on her sleeve.” She loves dancing and playing with her brother, Noah.

Madison Park has proved a great fit for both the Gishuru parents and kids.

“It feels tucked away from the city in a way that feels like you are almost on vacation,” Thig said. When he is working from home, Thig loves to take walks through the neighborhood and enjoys seeing the mix of colorful nature and unique architecture.

This walkability has been great for the family who enjoys going to the Beaver Sanctuary and stopping by Madison Park Bakery for a treat.

On these walks, they are bound to see a neighbor that they (or at least Noah) knows, which Lauren finds refreshing: “We haven’t had neighbor friends like this in the past,” she said. “... It’s nice to feel like you’re in a community, especially with Covid and working remotely. These are our social touchpoints.”

One great social connector for the family has been the basketball hoop they have in their front yard. Gifted to them by neighbors whose son went off to college, Lauren was initially concerned that neighbors might find the hoop in the street a nuisance. But the opposite has been true. Neighbors have thanked her for putting it out, saying that it would encourage passing cars to drive more slowly and saying that their kids look forward to playing with it.

For native Seattleites Thig and Lauren Gishuru, the openhearted community of Madison Park has proved perfect for raising their young and outgoing family.

This was also busy with work and his passion project, a band called The Physics, that he started with two fellow O’Dea students.

The couple got engaged in 2015 and married one year later. The celebration was at Axis in Pioneer Square – better known as the former Elliott Bay Books.

Seven years later, the two are busy working and taking care of their three children, Miles, Noah, and Samara or “Sammy.”

Their oldest, Miles, is 11 years old and attends SAAS: “[He] is our classic first-born ... very independent and responsible,” Lauren said. An entrepreneur, Miles has recently started businesses to run in his free time. He sold artwork during the



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A DARLING BAGEL BIZ

resident business beat

By Gwen Hughes



While a pandemic doesn't sound like an ideal time to start a business, many people were inspired to start new adventures in an already uncertain time. Denny Blaine resident Christina Rossetti Darling is among them.

With no prior baking experience, she started her pop-up bagel company, Darling and Co Bagels, in May of 2021.

After a family trip to New York City got canceled, Christina - having already anticipated an epic bagel tour - decided to try her hand at making the doughy treats at home.

So, she got to baking and over the next few months learned the unique science of bagel making, developing her own, unique recipes.

Less than a year later she makes and sells six different kinds of bagels, as well as six unique cream cheese spreads. Her bestsellers are her everything bagel - which makes up two-thirds of her business - and her garlic and scallion cream cheese.

During the first few months of baking, Christina reached out to the Denny Blaine community and was able to use the Epiphany Parish kitchen to make some of her first batches. As her business grew, she moved to a larger, commercial kitchen located in Rainier Valley.

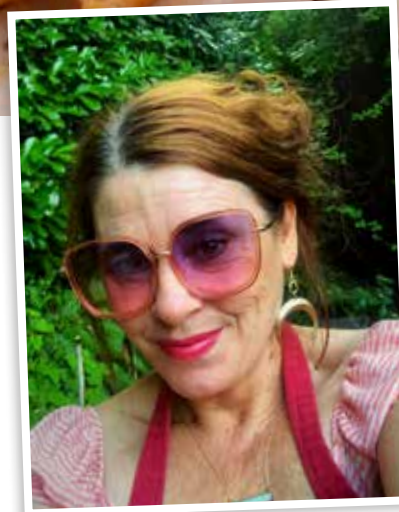
Despite the many challenges Christina faced during the birth of her business, she sees ample rewards when hosting pop-ups at different Seattle restaurants and breweries: "It kept me going that it made people happy. That at every pop-up I [did], I would meet a little girl or a person or four people and they were so happy about it. They were so excited that they were getting a bagel," she said. She cherishes the reactions of customers and loves to nurture them with her homemade creations.

Though her business is primarily through pop-ups, during the new year, Christina hopes to establish a bagel delivery service and also hopes to start catering events.

Christina is also donating 5% of the proceeds of her business to charity and donating day-old bagels to the afterschool program at Franklin High School.

With a passion for people and a unique determination to try something new, Christina Rossetti Darling created Darling and Co Bagels. And now, less than a year after its conception, she continues to succeed in making her customers smile with her delicious creations.

If you'd like to learn more about Darling and Co Bagels and would like to submit a preorder, visit [www. https://www.darlingandcobagels.com](https://www.darlingandcobagels.com).



giving back

By Gwen Hughes

McGilvra SCHOOL PTA

Since 1913, McGilvra Elementary School has been serving kids and families in Madison Park. More than a century later, the public school educates more than 200 students each year and relies not only on teachers and staff but on an active PTA for vital support.

The McGilvra PTA works hard every year to raise money, plan events and support the kids and teachers of McGilvra School. Neala Kendall, the current president of the PTA, and her colleagues Molly Norton and Lara Pomernacki each have children at the school and feel passionate about supporting a school that has so thoughtfully nurtured their children.

"I've been really thrilled to see my kids just love going to school and [be] excited about doing some of their homework and [think] of learning as fun," Norton said.

It's both this nurturing school environment and a lack of funding for public schools that makes the events and community-building the PTA does so important.

The PTA typically hosts a move-a-thon, a carnival, a spring auction, and a bingo night each year to help

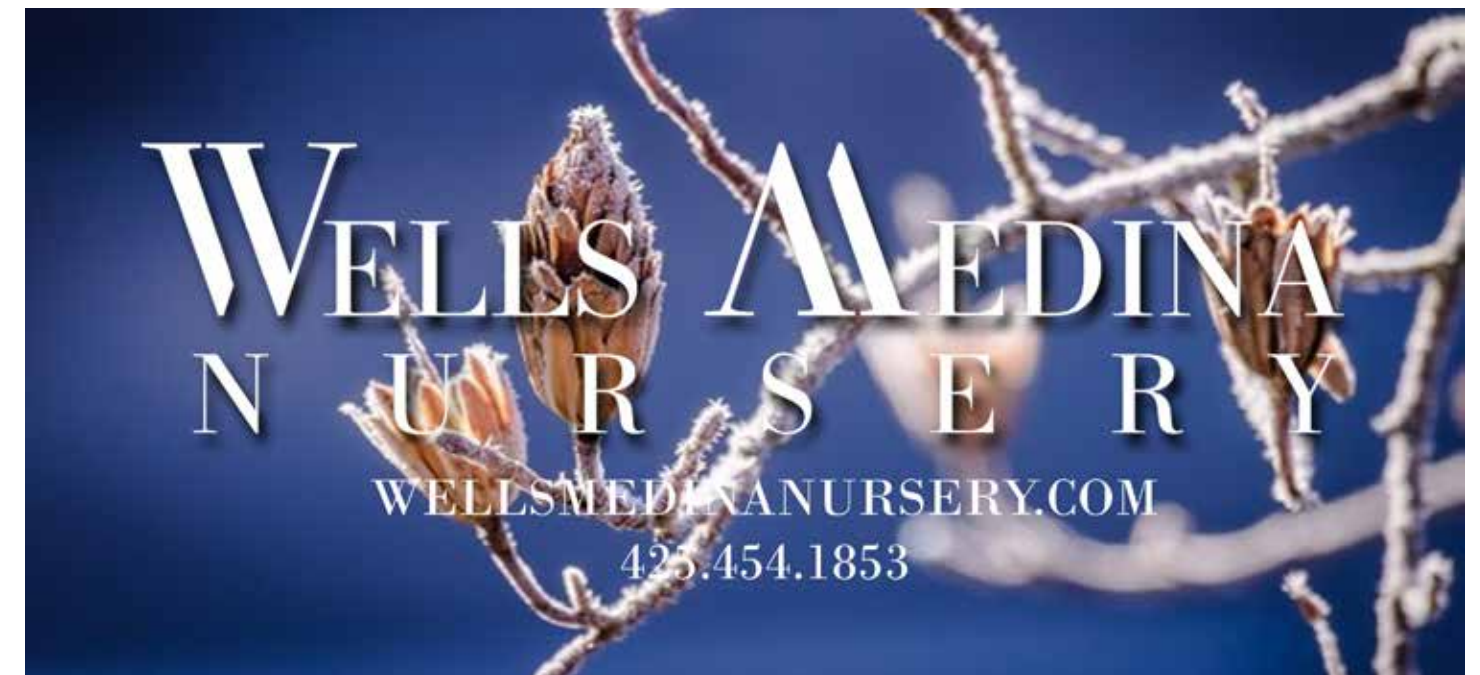


raise additional funds for the school. More recently, they have also planned community cleanups around Madison Park in an effort to be a more active force in the community.

The McGilvra PTA is also looking to create a McGilvra alumni network to further strengthen this unique school's ties. Because of the school's long history, "It's not totally unheard of for a grandparent and a parent and a kid to have all gone to McGilvra," Pomernacki said.

While Kendall did not attend McGilvra herself, she has also benefitted from the strength of the McGilvra family: "Since my kids have started school, I have a new set of friends and a stronger community that I've really benefited from and appreciated," she said.

Having seen the great impact McGilvra has had on their children, members of the McGilvra PTA hope that Madison Park will continue to embrace McGilvra as a longstanding pillar of the community. If you'd like to learn more about the McGilvra School PTA, visit: <https://mcgilvraelementarypta.wordpress.com/>.





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Experienced instructors, a full array of the latest equipment, and tailor-made sessions based on the individual body's needs and goals.

WHAT IS THE PILATES AT PRO CLUB MISSION?

PRO's instructors focus on fitting Pilates to the person and the body, rather than the person to the class.

WHAT IS PILATES AT PRO CLUB BEST KNOWN FOR?

Well-educated instructors from a variety of fitness backgrounds with the best certifications.



meet your teacher

By Jeff Dunn

Christine Miller



The school year is in full swing, and the Bush School's students are hard at work in a new and complex school year. But it's the teachers who really make the school year, and the Bush School's Christine Miller is as devoted as ever to giving her students a good year.

Miller teaches statistics, science, and calculus. She got her start one morning while she was driving to her engineering job when she heard on NPR that the Colorado College was offering a master's program for math and science teachers. She recalls the experience she had a meeting with the college's department chair soon after as a bit of a wake-up call.

He asked her about her experience in the classroom, and she told him that she only had very limited experience as a tutor. He expressed that he'd have strong reservations about accepting her application without any previous experience but told her that if she completed a six-week assistant teaching position, he'd be able to accept her into the master's program.

"It was very interesting that somebody gave me the cold hard facts," Miller said. She appreciated that since she had a somewhat fickle desire to teach, at first. However, about three weeks into the assistant teaching position in an algebra classroom, she had decided this was what she wanted to do.

This is Miller's 12th year at the Bush School, and she has enjoyed the community that she has found there:

"I had a new family," Miller said. "I recall looking around, and, in comparison to other places that I'd worked at, the school was so kind, very welcoming to people who had families ... I work with a really kind group of people that are extremely giving of their talents and their time."

The ongoing unpleasantness of the pandemic hasn't stopped Miller from bringing excellent education to her students."Being back has been a breath of relief," she said. Miller and the other educators at Bush are very grateful to be back in the classroom. While at-home learning was an adjustment they made in the moment, Miller thinks the unique opportunity ultimately gave teachers

more tools for supporting their students. She believes that the math department can use this as an opportunity to reassess the way they analyze the students' understanding of concepts.

"The hardest part [of teaching stats] is the kids always get to ask, 'What's in it for me? When am I going to use this?'" Miller said. Recently she has brought more real-life, experiential datasets to the classroom, showing where data can intersect with their lives. "It's easier to learn when they have a real-world application."

Luckily, Miller loves teaching math. She loves these challenging questions and loves having conversations with her students about the motivations behind math.

Outside of the classroom, Miller loves to travel, surf, and hike with her family.

Miller's work at the Bush School doesn't go unappreciated, and we're grateful to have her as a part of the Madison Park teaching community!



grat·i·tude

: a feeling of appreciation or thanks

First off, I have to say how wonderful it feels to have ushered in 2022! At this time last year, many of us expected to be welcoming a year marked by a "return to normal." While 2021 didn't necessarily go the way we expected, we still celebrated huge milestones, such as kids returning to in-person learning and businesses continuing to reopen. Now more than ever, I am grateful to the families, clients, and businesses of Madison Park, Broadmoor, and Washington Park for coming together and continuing to persevere despite another challenging year—and hopeful that things will only continue to get better in 2022.

Just like the year itself, our real estate market was hectic and oftentimes stressful for those looking to make their move. I am honored to serve the community in which we live and proud to have assisted twenty clients in navigating the trying market and finding their new homes, resulting in over \$66 million in sales in 2021. Furthermore, I am pleased to continue offering my leadership to Realogics Sotheby's International Realty as a Founding Member of the Park House office in downtown Madison Park. Together, we are continuing to build upon our brand's tradition through innovative marketing, exclusive local partnerships, and a vast international reach that provides an unparalleled advantage for buyers and sellers in our community and beyond. This year, I'm also excited to share that Realogics Sotheby's International Realty, in partnership with Ste. Michelle Wine Estates, opened The Blend in our Downtown Kirkland office.

As always, my success is due to the great relationships of our community. I am so thankful for all of your support, and I look forward to continuing to bring the very best of my brand and my passion to our community. Cheers to a healthy and happy New Year!

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sponsor spotlight

By Linda Rackner, Senior Director of Marketing & Sales

Cutting Edge Wellness IMPROVES THE LIVES OF Bellevue PRO Club's Members

Personal training in the free weight center.

1. How would Pro Club define “Cutting edge Wellness?”

Quality of Life = wellness. Therefore, we strive to create cutting-edge programs and services that help people improve their quality of life by addressing problems such as weight loss in adults and children, stress, metabolic conditions, aging, sports performance, and injury prevention/recovery, and offering family fun and more.

PRO Club is owned by a renowned cardiovascular surgeon, Dr. Mark Dedomenico, who invented the coronary bypass surgery and founded the Hope Heart Institute, which is now operating inside PRO Club/Medical. He has chosen to cure cardiovascular disease by treating obesity which cures metabolic conditions such as high blood pressure, high cholesterol, and Type 2 Diabetes, 80% of the time without medications through the 20/20 LifeStyles weight management program. From this, many of PRO Club's medical/wellness services have been further developed.

All of this is provided in our luxurious resort-style environment, which has earned us the designation, “Center of Excellence.”

2. How does the Pro Club stay on top of “cutting-edge wellness,” and how do you decide what new treatments to offer?

The medical background and vision of Dr. Mark Dedomenico guides the development of PRO's programs. His expertise in hyperbarics, stem cells, bioidentical hormones, cardiovascular surgery innovations, genetics, and weight loss are infused throughout the development of PRO's treatments and programs.

Plus, PRO continually seeks the latest medical research to stay ahead of what science is delivering. We pride ourselves on being an industry leader rather than a follower. Our experts keep current with medical literature, scientific advancements, and general health trends, and hire medical experts such as endocrinologists and geneticists to consult with us on the development of our programs.

Genetic testing has taken our services above and beyond by allowing us to offer personalized recommendations for what an individual's body needs to thrive regarding diet and exercise.

3. Why is offering cutting-edge wellness important to the PRO Club?

We owe our members the best quality of life we can give them. Plus, our wellness services offered by PRO Medical are open to the public.

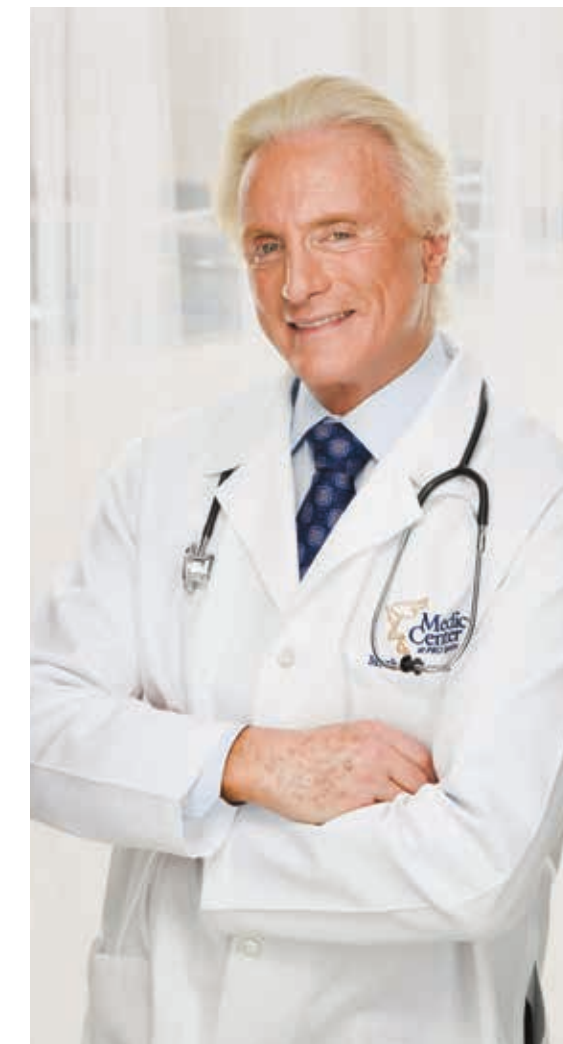
Exercise is a natural “drug” for mental health and has been proven to be better than many medications for the treatment of anxiety and stress and other mental conditions, which is especially important during the pandemic.



PRO Club exterior



State-of-the-Art Sechrist H model monoplace hyperbaric oxygen therapy (HBOT) chamber at PRO Medical.



Dr. Mark Dedomenico, founder and owner of PRO Club.



Dr. Joe Upton, board certified anti-aging physician, medical director of the age management center at PRO Medical.

4. Are unique wellness treatments becoming more requested/mainstream?

They are gradually gaining more traction. Hyperbaric oxygen therapy has seen an increase in area physician referrals, as athletes use it for concussion and injury recovery, it expedites healing for post-surgery, it helps in stroke recovery, and it offers anti-aging benefits by promoting angiogenesis.

Hormone Optimization Therapy with bioidentical hormones is more popular than when we first launched it. The aging population has a desire to feel and look younger, gain more energy, increase confidence, eliminate menopausal symptoms, and improve mental clarity. Age Management allows people to age optimally rather than accepting normal aging and its negative symptoms.

Genetic testing has seen popularity in our 20/20 LifeStyles weight loss program. The individual testing reports are less popular for fitness, nutrition, and skin care, compared with those included in our programs. We can understand from an individual's genetic blueprint how they metabolize certain foods, how they recover from injuries, how their body is designed to exercise best (strength, endurance, speed, etc.), and how their skin will age. This allows us to personalize fitness, nutrition, skin care, and wellness programs specific to their genetic blueprint.



Renovated Madison Park Oasis

805 33RD AVE E · SEATTLE

4 BED • 2.5 BATH • 2,680 SQFT
LISTED FOR \$2,200,000

Located on a quiet Washington Park street, this home is move-in ready and recently underwent an extensive kitchen renovation. The home features an open main floor with hardwoods throughout. A spacious deck off of the dining room overlooks the back yard and enjoys territorial views and great west facing afternoon sun. On the upper level, a spacious master suite with a large bath, walk in closet, fireplace, and private deck. A full daylight lower level includes 3 additional bedrooms, a full bath and laundry room.



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