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Casey of Parlour Wines**

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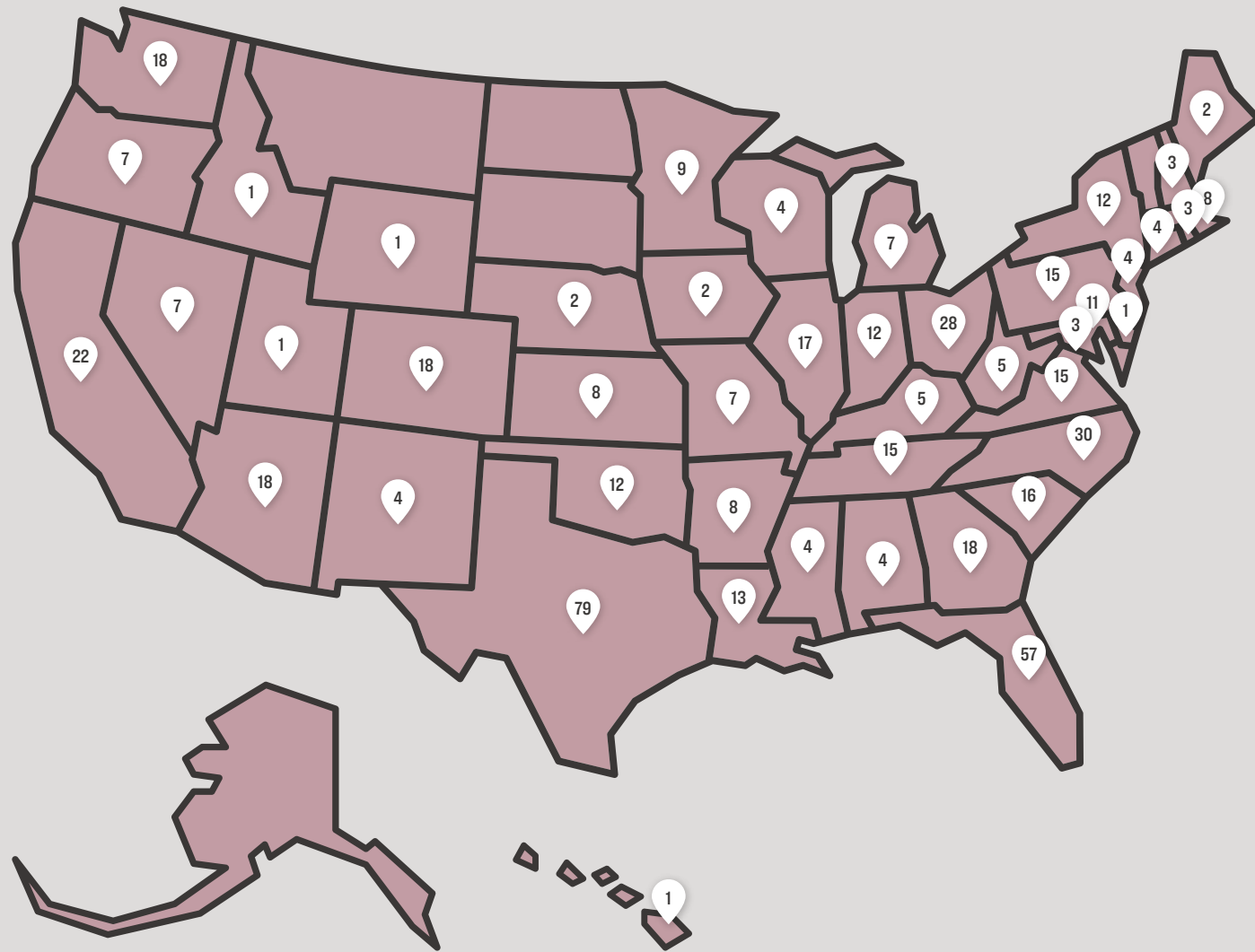




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A thank you letter to my community...

It is hard to believe that the holidays are upon us once again. I know that sounds cliché, but life moves quickly with how busy we all tend to be. We have kicked back into full gear since lockdowns were lifted, but for me, that very negative and difficult time that we all went through brought the gift of greater appreciation for life and the joy of slowing down and being grateful. While I try to spend time being grateful throughout the year, I like to really slow down at the holidays and not only be appreciative, but also thoughtful about the not so great times and the hidden gifts and life lessons that these experiences can bring. As I reflect on 2022 I continue to feel blessed to have a career where I can serve others. And I feel grateful that so many of you in the community have supported me with your business, referrals and friendship. Not everyone gets the opportunity to do what they are passionate about throughout their life. I am very fortunate that I do get to do what I love and it is because of all of you that I can. Those of you who know me or have simply observed my business over the years know that real estate is in my blood. There is so very much that I love about my career; the beautiful homes and architecture, successfully negotiating on behalf of my clients and the joy of handing a buyer the keys to their new home. But above all else, I have to say that it is the people in our community, whom I may not have otherwise met, that make this career so worthwhile. Thank you to the wonderful people who have enriched my life and who make our neighborhood so special. I wish all of you a joyous holiday season and send heartfelt thoughts and prayers to those who are facing challenging circumstances at this time. Blessings to you this holiday season and always.

Warmly, *Lisa*

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I am very excited to feature Brendan and Amber Casey of Parlour Wines. Especially after these past three years of Covid madness small businesses such as theirs make me so beyond happy they exist.

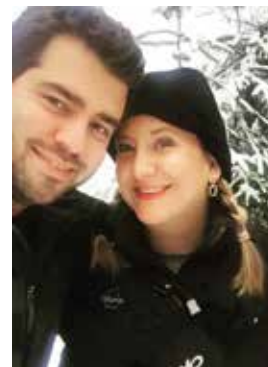
Did someone say bread? I'm a sucker for bread and I would have had no idea to look at East Anchor Seafood. I will definitely be incorporating it into my holiday meals! Enjoy McClean Corry's take on the best loaf around.

If you're looking for a great book during your downtime, consider picking up Final Act from Madison Books. Heartwarming, tragic and inspiring all in one, have tissues handy.

I would like to thank our business partners who allow this publication to be free to the residents of Madison Park, Washington Park, Denny Blaine and Broadmoor. If you are interested in your neighbors seeing your business every month, please reach out to me.

Please also reach out to me with story ideas. There are so many fascinating people who living in this community and I truly love telling your stories.

With gratitude,  
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# Brendan & Amber Casey of Parlour Wines



BY KEVIN P. HENRY  
PHOTOS BY JENNY JIMENEZ

Some people grumble about their long commutes to work, but Brendan Casey, co-owner of Parlour Wines in Madison Park, seems to actually relish the time he spends traveling from his home in Bremerton to the business he runs with his wife, Amber. In 2020, the Caseys moved to the area to be close to Amber's parents.

The couple moved from Brooklyn, NY, where they own another wine shop called Parlour Wine and Spirits. Located in Brooklyn, the shop continues to thrive after opening four years ago. The Madison Park location, originally a wine store, opened in 2021, is housed in a charming, ivy-covered, 100-year-old brick building. At the beginning of July 2022, it reopened as a wine bar, becoming a homey and intimate meeting place for customers who savor the casual atmosphere and the

impressive inventory that includes Italian organic, natural wines.

Today at his home, 44-year-old Brendan is relaxed and enjoying what's left of the summer. Underneath the calm exterior, one can sense simmering energy that is vital to being a parent, running two businesses and handling long commutes to work. Brendan shrugs off the commute.

"It's nice to be able to do something on the commute, whether it's to read a book, respond to emails or get some exercise." By exercise, he means often riding his bike or even jogging to the business location, which makes it a 12-mile round trip back to and from the ferry dock.

There were many selling points when it came to locating the business.

"It's kind of what we really love in our store in New York," Brendan said. "It's clearly a neighborhood that's really well supported by the folks that live there. There is a lot of residential pride in the neighborhood."

Amber, 39, Brendan's wife of 11 years, grew up in the Puget Sound area. As co-owner of the business, Brendan said she brings special skills to operating Parlour Wines.

"She can really see the perspective of the clients, and she's always been the person to set the store aesthetically and design-wise," Brendan said.

So after living in a bustling urban center like Brooklyn for 25 years, was the transition to the less-populated and spacious Pacific Northwest challenging for Brendan?

"We're pretty hyper-socialized people," he said. "In New York, you interact with so many people every day. The thing that's tough here, for somebody like me, is there's less interaction. I see fewer people in the store on a daily basis than I would in a busy Brooklyn location."

Another benefit, however, is more space and outdoor activities for the couple's two children, Amelia, age 10, and Sullivan, age 5.

"It's nice to be here and to have a big house for the kids," Brendan said. "They're getting to the point where they need a little bit more room and privacy. And it's been really good for them to be closer to their other grandparents."

For Amber, moving has meant returning to her roots, coming home after living in Brooklyn for several years.

"I love Madison Park. I have so many fond memories of the area," she said. "My friends and I would go night swimming there when I was an undergrad at the University of Washington."

Amber, who also is the Director of Operations for a local public health nonprofit, emphasized that locating the business in Madison Park was logical because of the area's distinct personality. In a large metropolis like Seattle, smaller businesses can face challenges with generating business and be overshadowed by larger companies.

"I really wanted to have our store in a neighborhood that was oriented towards small, local businesses and owner-operated shops," Amber said. "Madison Park is not a place you drive through, it's a place you drive to."

Amber also looks forward to interacting with customers.

"Working in the shop, I get to chat with people I wouldn't otherwise meet. But honestly, my favorite part of both stores has been collaborating with other small businesses or with neighborhood groups to grow and foster community.

Now that COVID-19 pandemic restrictions have eased, the couple is looking forward to hosting events at the wine shop.

"We had art shows, fundraisers and wine pairing classes at the New York store before March 2020, and I am really looking forward to bringing those to our Madison Park store. Brendan and I are constantly trying to think of new ways for the space to be more than just a store/bar that sells wine but be a real part of the community."



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# The New Motley Zoo Rocks

BY JME THOMAS

Just when we were going to press we learned that the Redmond location will be required to shut its doors by December 15 due to structural issues of the building. If you are aware of another location which would be able to accommodate them please reach out at 206-453-8480.

Additionally, they are fundraising to help them out during this difficult time.



Redmond facility



Marshall



Kat



Nowhere Man

Motley Zoo Animal Rescue (MZAR) is not your typical animal rescue. Whether by name or by aesthetic, Motley Zoo just *rocks!*

Just over the bridge in Redmond, the volunteer-powered, foster-based nonprofit is a centerpiece in the community of Redmond and the surrounding area. Founded in 2009 by jme and Bryan Thomas, Motley Zoo was sort of an “accident” discovered when trying to help their own adopted dog, Jasmine, become a “real” dog, one that could be successful being around other dogs.

After a bit of research, jme decided that fostering another dog could not only help Jasmine grow and develop into a more well-adjusted pup, but it would, in turn, save the life of the foster dog they took in. And it worked — with one unexpected side effect. One foster dog led to two, led to three ... in the end, jme and Bryan opened their home to 25 dogs before Motley Zoo even became a gleam in their eyes.

jme and Bryan had enjoyed fostering, but a bigger vision entered their hearts and minds. There were just *so many* animals to be saved. Never one to sit still or to shy away from a challenge, jme set about to create a rescue unlike any other and named it Motley Zoo, true to her and Bryan’s love of music. Branded with a rock and roll vibe, MZAR

stands out in a crowd. Fast forward two years, and in stepped Pate Macdonald. Pate was an experienced rescuer who had recently moved to Washington. She’d always wanted to start a rescue herself, but when she saw the hard rock graphics on Motley Zoo’s business card at a local pet store, she said, “There was no need to reinvent the wheel. Motley Zoo already represented everything I stood for.”

Pate and jme complement each other in the best ways and, together, have seen the organization through its 13th anniversary in 2022, collecting a crew of dedicated volunteers and VIP “tour managers” along the way.

Not only pioneer trendsetters in rescue but, in 2014, Motley Zoo established the first-of-its-kind dog daycare operating as a year-round fundraiser with a facility in downtown Redmond called “Rock Star Treatment.” This is where dogs come for daycare, day and group training and boarding, which benefit not only MZ foster dogs who attend for free but also the community’s dogs who come in for socialization and training. It’s a year-round supplement for Motley Zoo’s average \$15,000 monthly rescue animal veterinary bills.

While it’s only 10-15% of proceeds of revenue beyond cost that goes to the mission’s budget (more than 85% of

MZ’s revenue comes from individual donors), this social enterprise has been a significant part of Motley Zoo’s growth and development. This includes the unique fact that 100% of individuals’ donations go directly to the mission because revenue from services supports overhead and wages entirely.

Besides pioneering new ground, the mission’s most important accomplishment has been saving more than 4,300 animals (primarily dogs and cats, but as the name “zoo” implies, this includes other species when resources such as appropriate foster homes are available) to date — more than 30% of which are special or medically needy. These special animals receive extensive and often expensive veterinary care to help them become more “adoptable” so they can find loving forever homes.

However, as most animals emerge with a reasonable chance for adoption, some animals are excluded from this outcome due to challenges such as incontinence, paralysis or other physical disabilities. They have little to no chance for adoption and have no one else to care for them.

But that’s about to change with the next big step for MZAR: establishing a sanctuary where special animals can live out their lives with love and dignity indefinitely.

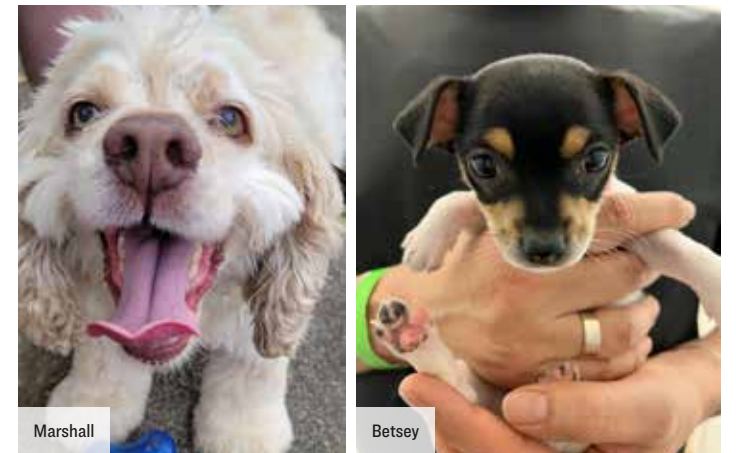
This comes in the form of a newly secured 5-acre property in Monroe, WA, where Motley Zoo can grow to be not only a rescue but a respite home for animals of all kinds. While their mission is still focused on dogs and cats primarily, the property has a barn, paddocks and fenced-in acreage, which will eventually allow support of other species when the occasion arises.

This is a giant leap for Motley Zoo, and there’s still a lot of work to do to make this vision a reality. While the property is secure, there are many expenses involved in this growth.

As such, Motley Zoo is starting a capital campaign called “Rock Solid,” with a goal of \$1.5 million to support the property and build a new home for the permanent animal residents. This endeavor will ensure all animals can live the rock star life, loved and cared for as they deserve.

Motley Zoo is excited about this amazing opportunity to have the community get involved at the ground level, literally helping build a foundation for the animals’ future.

For more about Motley Zoo and the “Rock Solid” campaign, check out [www.motleyzooanimalrescue.org/rock-solid](http://www.motleyzooanimalrescue.org/rock-solid) so you can join in and start saving lives today! With great appreciation and, for those about to rock, we salute you!



Marshall

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# COINCIDENTALLY SPEAKING

BY DIANE MEDVED, PH.D.

The first day of the Jewish New Year, Rosh Hashana, is a special day for the Medved brothers. It's my husband's birthday. And his younger brother's birthday. And the birthday of a still-younger brother. And I share my birthday, same day and date, with my younger sister (Monday, Aug. 6). Eerie? The probability of three siblings sharing the same birthday, by the way, is one in 133,000.

Everybody's got a story about some strange coincidence that defies all odds. You're thinking of an old friend, and he calls just then. You're humming a song from high school, and it pops up on Spotify.

Do coincidences suggest a greater power steering events, or do weirdly synchronous circumstances just happen randomly? And is it worth marveling over happenings that seem out of the normal realm?

Johns Hopkins School of Medicine researcher David B. Yaden compiled his research on varieties of religious experiences and found a "correlation between coincidences and an increase in positive emotions, better personal relationships and a greater sense of meaning in life," he told *The New York Times*. Carl Jung thought "synchronicities," linking similar events that otherwise have nothing causing their uncanny likeness, are useful means to organize and understand what we encounter.

So, let's consider a few mind-blowing stories. My interest in this topic came from the newsletter of a think-tank here in Seattle, describing how amazingly unlikely it is that, from our vantage, the sun and moon appear the same size, enabling a total solar eclipse. The moon's diameter is 400 times smaller than the sun, which is 400 times farther away from the moon. Any different, and when we squinted through our brightness-blockers on those few fateful days (next one coming in 2024), the moon would completely cover the sun, never giving us

that excitingly perfect fit with bright corona. That's why scientists dub our solar eclipses "a celestial coincidence."

My husband, in his books *American Miracles* and *God's Hand on America*, relates two dozen astoundingly coincidental events in our nation's founding and development that allowed us to strengthen and prosper. Perhaps the most recounted is the shocking connection between John Adams and Thomas Jefferson. "The Atlas of Independence," John Adams, chose the then-obscurer Jefferson to write the Declaration. Adams was the first vice president of the U.S., followed by Jefferson. Then they ran against each other for president twice — Adams won in 1796, and Jefferson in 1800.

Here's the kicker: Fifty years after independence, on July 4, 1826, the nation was celebrating — and, miles apart, the two founders were dying. Adams, 90 years old, was recorded by his son, John Quincy Adams, then president, as saying the final words, "Thomas Jefferson survives." He didn't know that Jefferson, 83, had already succumbed.

Other historical astonishments: Jewish people observe one day every year with great sadness and mourning — a day on which a lengthy list of tragedies befell the nation. Tisha b'Av, the ninth on the Jewish calendar month of Av, marked the destruction of the two Temples in Jerusalem (in 586 BC and 70 AD), the expelling of Jews from England in 1290 and from Spain in 1492, and the beginning of World War I, which led directly to World War II and the Holocaust.

In Christian history, Jesus entered Jerusalem on a donkey, hailed by followers bowing with fronds, on Palm Sunday. He was crucified the following Friday. The U.S. Civil War ended on Palm Sunday, with Gen. Lee surrendering his sword symbolically to U.S. Grant. Then, the following Friday, President Lincoln was assassinated.

And most of us were agog to see the photos on Sept. 8 of rainbows shining over newly-deceased Queen Elizabeth's homes at Windsor Castle and Buckingham Palace.

Bernard Beitman, M.D., defined coincidence as "the striking and unlikely conjunction of two or more events that seem strangely connected." Events seem more coincidental when they occur within a short period of time and if the events seem more similar to each other. Dr. Beitman, head of The Coincidence Project, calls serendipity (an unanticipated finding) a kind of coincidence. "Seriality" is another term he applies to coincidence — referring to a cluster of events to which we assign meaning. I remember when my husband was in the hospital undergoing cancer treatment. I'd return home from his bedside and in the mornings often saw eagles circling. I felt reassured, believing they were a message that things would be all right.

When we're in emotional distress, we might be more likely to interpret physical phenomena as spiritual "signs." And this can help steady us. But coincidences don't happen unless we recognize them. Which requires an openness to finding them. I'm not sure there's much difference between the types of coincidence Dr. Beitman describes in his book, *Meaningful Coincidences: How and Why Synchronicity and Serendipity Happen*. (By the way, his website has a "Weird Coincidences Survey" anyone can take that determines how sensitive you are to such events.) But I do think that any method to more fully observe and note all features of our environments brings us richer and broader life.

One of the most helpful uses of coincidence is comfort. Bereaved, depressed or dejected people often take heart from whatever we deem a coincidence, especially if we notice it repeatedly. Denise lost her husband and shortly thereafter believed a dream featuring him was his goodbye. After Laura's husband, a devoted runner, died, she kept seeing people wearing his favorite workout shoes, as if he was following and protecting her.

One way to enhance awareness of coincidences is to comment on what you see, even to yourself. The startling colors of water in the lake. The twigs in the beak of the nesting bird. The styles worn by people around you. Changes in your children. Framing your observations in an inquisitive and positive way will let you more fully process what you see and perhaps find unexpected similarities.

The prerequisite sense of wonder must be cultivated. But some remain skeptics. Statistician David J. Hand, in his book *The Improbability Principle: Why Coincidences, Miracles, and Rare Events Happen Every Day*, doesn't think any coincidences are out of the ordinary. In fact, he said, "The basic human drive for safety and security induces a fundamental unease with the notion that events might happen just by chance." Why? "[If] it turned out that there are no causes, then there'd be no way to manipulate or control outcomes." He sees science's ability to explain and predict — and therefore control — mysteries as a means to allay fears and prevent disasters. Nonhuman forces, he suggests, are merely one way to explain what science had not, or has yet, to understand. And statistics and math

do explain a lot — including how larger numbers make "coincidences" more likely.

But the fact is that we want to make some sense of phenomena we find inexplicable, and religion remains a supportive, positive way to do that, proving itself a pillar for billions throughout millennia. Can a statistician believe in God? Of course, because plenty in the world defies data.

Cambridge risk researcher Sir David Spiegelhalter has been collecting the coincidence stories of anyone who cares to post them to his site. Reading through the astounding accounts evokes in me a "meh" for how unremarkable the stories are. Dr. Spiegelhalter notes that lots of coincidences exist but go unrecognized: "The amazing thing is not that these things occur, it's that we notice them," he told *The Atlantic*. "That's why they happen to certain kinds of people." And so that's the key — we notice surprising events because we want to find them, because we seek the reassurance of order in the universe, when evidence of that order is lacking in so many other ways.

Often my husband invokes loving feelings recalling our "cute meet" many years ago. We happened to be among the sparse number of swimmers at a Southern California beach on a Tuesday in September. Approaching me on his boogie board in the surf (I was body surfing), he asked coolly, "What do you do that you can come to the beach on a Tuesday afternoon?"

"I'm a writer," I replied. Thinking I was another screenplay wanna-be, he asked what I wrote — and I answered, "Books." He said he was also an author and described a book I'd happened to have just reviewed in the *Los Angeles Times*. "Oh, you must be Michael Medved," I responded. He knew my name as well since apparently, I'd written his only lukewarm review.

What if the time I'd plucked off the book review shelf was another author's? What if we'd gone to the beach on different days, or to unaligned stretches of sand? We never fail to marvel over our kismet and reaffirm the magic of our coincidental connection.

*Diane Medved, Ph.D., is a psychologist, speaker and author of seven books, most recently, Don't Divorce: Powerful Arguments for Saving and Revitalizing your Marriage. She and her husband, author and radio host, Michael Medved (770 AM, noon-3 p.m.), raised their three children on Mercer Island and can now be seen picking up litter with their five grandchildren. Diane's current project is The Case for Children; reach her at DianeMedved.com.*



Michael and Diane Medved





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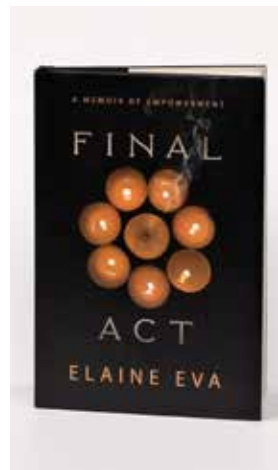


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# FINAL ACT

BY LINDSEY KIRSCHMAN



In 1994, Elaine Eva's mother was diagnosed with Parkinson's disease. "She was always optimistic and lived her life as best she could," Elaine said. "Her [disease] progressed slowly, allowing her to participate actively in all of her favorite activities: walks with her family and neighbors; traveling and walking adventures in Europe; and Scrabble, board games and earning her masters in bridge.

In July 2019, after relocating to Vancouver, British Columbia, Elaine's mother organized a celebration for her 85th birthday that included her sisters, brothers-in-law, all of her children and several grandchildren. "She planned this birthday party completely on her own. This wasn't at all unusual for her, as she always loved a good party, and most often, it was she who hosted them," Elaine said. Although she was suffering from vertigo, which meant a loss of appetite, nausea and weight loss, she happily embraced being the center of attention. A couple of weeks later, she developed neuropathy. She could no longer walk to the bathroom by herself, hold a book or even a glass of water to take with more than the prescribed 10 pills a day.

Only a few weeks later, Elaine's sister reached out on behalf of their mother and requested a conference call with her four children. "Laurie thanked us for taking the time for the call and announced that Mom had something to tell us," Elaine said. "And then my mom announced, 'I've decided to have medical assistance in dying. It's called MAiD.'"

"It was completely and totally shocking. It was out of the blue and

unexpected," Elaine said. "Thirteen days later from the day of that call, we were gathered in her apartment waiting for the doctor who would administer it to arrive. So we go through it, and I can tell you, it was the most amazing experience I've been through. Albeit surreal and unprecedented."

"On the morning of, I asked my Mom, 'Are you scared?' And she replied, 'No, I'm curious,'" Elaine said. "She was still in her right mind. She told us, 'It's only going to get worse, and I'm not interested in sticking around to see how bad it gets.'"

After her mother's passing on Labor Day Weekend of 2019, Elaine was soon faced with an abundance of free time when the COVID-19 pandemic struck in early 2020. "So I had all this time to try and make sense of what I'd just gone through. In the summer of 2020, as we were approaching the one-year anniversary, I decided to record this event. [My husband and I] weren't ready to tell our two children [the circumstances of her passing], but I wanted them to have an accurate and true understanding of what happened at some point in the future when we felt they were mature enough to understand."

Elaine hired a writing coach to help her write a memoir. As she began writing what was intended to be a personal story for the family, she realized she was sitting on a much greater opportunity. "At one point, I submitted a sample of my writing and a proposal to a writing contest and was selected as one of 10 finalists to

pitch my story to Sara Nelson, who is the vice president of publishing at HarperCollins," she shared.

After two years of writing her memoir, Elaine made the decision to forgo a book agent and privately published *Final Act* herself. "I printed 200 copies. I went to Madison Books at the beginning of September and I told James Crossley, 'I wrote this memoir and it's about this medical assistance in dying. Would you be interested in selling it? Admittedly he was reluctant at first (every week, he has people trying to pitch him their book). He asked to see a copy of the book, and immediately after I showed it to him, he was impressed with the quality of the physical book itself — the design, the cover, the layout, the binding — and agreed the topic would be of interest to many people. He recently hosted an open house for the launch of the book.

While Elaine is excited about the reception and success of *Final Act*, she said that her intention was to never sell or make money off her story. Instead, she said, "I just feel so strongly about having this right. If you could write the end of your life, you would not choose to be medicated into a state of oblivion. You would want to be alert and aware, and you would want to have these final moments with the people that you choose surrounding you. I think that's what we all would choose."

*Final Act* is available for purchase at Madison Books, or you can order a copy by calling or emailing them at 206-325-3160 or [info@madisonbks.com](mailto:info@madisonbks.com).

## Looking for the best bread in Madison Park? Check Behind the Salmon Cakes

The best loaf around is down at East Anchor Seafood

BY MCCLEAN CORRY

I've spent a considerable amount of time fantasizing about the moment I find Seattle's best baguette because, as all daydreamers know, a fantasy gets better with detail. Every embellishment brings the vision closer to reality.

After all, you can just picture it: The dream loaf is warm, not hot. It's nestled in a wicker basket alongside its brothers and exudes cartoon smell lines that draw customers from down the block. The bakery that produced this loaf has an antique register, signage with thin, gold lettering and a full suite of French pastries in their display case. It is, in short, the bakery from *Beauty and the Beast*.

But the perfect loaf isn't at this fantasy bakery. It's found, instead, at a local seafood shop — East Anchor Seafood in Madrona.

East Anchor is a seafood market and specialty grocery store located in the heart of Madison Valley. The shop is operated by General Harvest Restaurants, a group responsible for Seattle dining staples like Vendemia, Haymaker and Raccolto, among others. The market stocks the marine staples you'd expect — oysters, poke, salmon burgers — and a variety of unexpected treats — fresh pasta salad, homemade panna cotta and the best baguette in Madison Valley.

The choice to pursue, and excel at, drastically different culinary specialties, like poke bowls and French pastry, is explained by General Harvest's overlap principle. Chef Brian Clevenger, owner and founder of the group, recounted, "We've always looked at what we're good at and what the community wants and provided whatever falls in the overlap."

The bread fits cleanly in the center of that Venn diagram. People want it. "I think we sell out most days," Brian admitted, and General Harvest is certainly good at it. In their signature loaf, a thick, crackling crust encases a chewy, densely crumbed interior. The contrast of these two textures, along with the delicate, slightly sour flavor of the dough, makes, as Brian explained, "the perfect bite of bread."

The team began its pursuit of yeasty excellence two years ago when their bread vendor paused production. As the team struggled to find a supplier who could match their



need for high quality and quantities, Brian realized they were at a crossroads. "If we wanted to serve the highest possible quality of bread, we had to make our own." Brian and his team worked to perfect the recipe, spending eight months testing, tweaking and refining their process until they had a worthy loaf.

Developing a bespoke bread program for his restaurants allowed Brian to exercise his belief that every part of a meal should be maximized for quality, bread service included. In some restaurants, bread service has devolved from a meal's graceful prelude to an unsatisfying preliminary act. Customers are served low-quality rolls as a barebones hunger deterrent and unhappily scarf them down before the real eating begins. At General Harvest's restaurants, Brian views bread service as an essential element of the dining experience. "If a hundred small details — bread service, lighting, beverage temperature — are all done well, that changes the dining experience. Everything should be as good as you can possibly make it."

With a product this excellent, the only way to improve from here is to make more. General Harvest plans to expand its bread program soon to include new shapes (ball-shaped boules will be debuting soon) and greater quantities.

Stop by East Anchor Seafood to purchase a loaf or visit any of the General Harvest Restaurants (<https://www.generalharvestseattle.com/>) to try their bread all dressed up.



# MEET CALE

“I’M DOWN TO A WEIGHT THAT I HAVEN’T BEEN SINCE I WAS IN MY 20’S. EVEN WHEN I WAS IN GREAT SHAPE IN MY 30’S, I WASN’T AS LEAN AS I AM NOW.”



BEFORE



AFTER

Weight Lost  
**42 POUNDS**

Inches Lost  
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**16.7%**

I decided to participate in 20/20 LifeStyles to address some health challenges I’d struggled with for a while. I had high cholesterol, was borderline diabetic and was considered borderline obese based on my BMI. Also, I’d been on anti-depressants for about eight years and cholesterol meds for over 5 years and I wanted to get off them.

One of the things that really appealed to me about 20/20 is that it’s focused on all aspects of weight loss. It’s not just about seeing a lower number on the scale. I met with a licensed counselor and doctors, in addition to my personal trainer and registered dietitian. Also, all the testing and blood work was very impressive.

If I had to pick one aspect of the program that was my favorite, I’d probably go with the nutrition appointments. My dietitian gave me a really good base to work with moving forward. I learned to cook some tasty dishes, including the turkey burgers and the spicy fish, which I really like—and my family does, too. They already did pretty good with their eating and exercise habits – but they’ve started to eat more of the food I make. It’s nice to share that together.

**MY ENERGY LEVEL HAS GOTTEN SO MUCH BETTER. MY MOOD AND OVERALL OUTLOOK ON LIFE IS BETTER TOO.**

A really cool part of the program is the genetic testing. It helps guide the workouts the trainers create for you, as well as the nutrition program the dietitians create for you. I found that I have a high tolerance for caffeine, which was surprising—and welcome news!

I think the biggest change for me is simply that I’m down to a weight that I haven’t been since I was in my 20s. Even when I was in great shape in my 30’s, I wasn’t as lean as I am now. I’ve exceeded my weight loss goal by 5 pounds. The good news is that my clothes fit better. Actually, they no longer fit! I had to buy all new pants, shirts and shorts!

My energy level has gotten so much better, and my mood and overall outlook on life is better. I’m exercising regularly now, too. Running, taking walks and working out is all part of my everyday life.

If I could share three tips I learned from the program that helped me reach my goals, they’d be:

- (1) Start tracking what you eat.
- (2) Work out at least 3 or 4 times a week, and make sure to include strength work.
- (3) Set a specific time every day for exercises. It’ll help you build a habit you can keep long-term.

My experience with 20/20 LifeStyles was incredible, and I’d recommend it to anyone who wants to get serious about improving their health.



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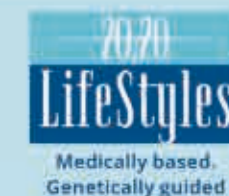
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# MADISON PARK HARDWARE: HOME OF TOYS, FERTILIZER AND THAT INTANGIBLE NEIGHBORHOOD FEEL

BY MCCLEAN CORRY



“Love this place with as much fervor as I dislike going to Lowe’s,” proclaimed a Google review for Madison Park Hardware, the go-to store for residents’ hardware needs since 1956. The writer highlighted what nearly every reviewer gestures at. This place feels very different from a big-box chain store where, amongst the endless aisles and 30-foot ceilings, you’re more likely to get lost yourself than find a helpful employee. Instead, this tool sanctuary is small, cozy and comfortable with a perfect neighborhood feel.

Products are hung on traditional white pegboards and classified using a system that owner Adam Hagan described as “organized chaos.” The reassuringly short aisles are lit by retro warm lighting and perfumed with a nostalgic hardware store scent that draws compliments from customers. What is that scent? “Dust, most likely,” chuckled Hagan. Dust is not one of Febreze’s top-selling scents (the company offers no products in said flavor), but its presence implies a store has lasted long enough to accumulate the things that only come with time: experience, memories, trust, dust.

Customers can smell that vintage aura of neighborliness in the air, but at Madison Park Hardware, the neighborhood feel goes beyond smell into the store’s business operations and practices.

The products stocked, from garden supplies to pool noodles, reflect a hyper-local approach to supply planning. “We’re uniquely located by the lake, so we try to carry things for the beach,” explained Hagan, “and we’ve got a lot of apartments nearby, so we have things they need like temporary wall hangers or power adapters.”

Customers appreciate the careful attention Hagan and his team devote to meeting their hardware needs. In addition to stocking the right items, the MPH employees enjoy diving

into a customer’s problems, and if they can’t solve them, recommending the best alternative — even if it’s another store or service provider.

Hagan’s sincere interest in his customers’ projects has allowed him to become a living repository for new information on home repair. In August, a man came into the store looking for parts to build a basic air purifier. Hagan asked questions, learned the process and was able to confidently guide the next three customers through the same project.

Locals enjoy an improved store experience, with little nods to their loyalty throughout the store.

A back entrance, and back half of the store, is a cherished open secret relished by regulars. “Some customers never use the front door, I only see them slip through the back,” laughed Hagan.

The bulletin board by the entrance is full of local businesses (pressure washing, ukulele lessons, cookies) and has a long history of matching individuals with jobs, homes and services. “I still get people who come in and tell me they found their first apartment on that board,” Hagan noted.

The store understands that sometimes community happiness comes before the relentless pursuit of profit. Hagan revealed that the gumball machine next to the door has operated at a loss for many years. Purchased wholesale, the candies cost about a cent and a half, yet MPH continues to sell them for a single penny to any child or adult who would like to blow a bubble. Don’t have a penny? Hagan will provide one — local discount. It’s nice to have a good neighborhood place.

Madison Park Hardware is open Monday through Saturday from 9 a.m. to 6 p.m. They can be reached at 206-322-5331.

## LAURA HALLIDAY

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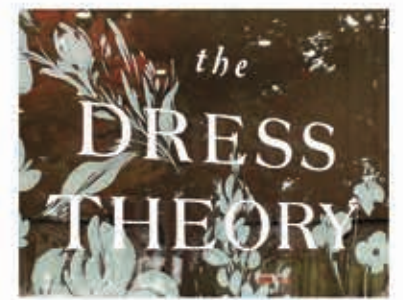
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