

# STROLL

**Madison Park**

**SEATTLE  
POLICE CHIEF  
Adrian Diaz**



**DELIVERING NEIGHBORHOOD CONNECTIONS**





PENDING Elegant Washington Park | 1206 37th Avenue East | Offered at \$2,975,000



# Cambium

LANDSCAPE ARCHITECTURE  
DESIGN CONSTRUCTION MAINTENANCE



Pacific Northwest living  
Tel 206 860 7625  
cambiumlandscape.com

## COMPASS

Your Home. Our Mission.

We love our work – building futures, finding dream homes, and connecting with people.  
We would love to help you.



Anne Willoughby Nelson  
206.660.3055  
anne.willoughby.nelson@compass.com



Robyn MacIntire  
206.669.8994  
robyn.macintire@compass.com

Compass is a licensed real estate broker and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description. All measurements and square footages are approximate. This is not intended to solicit property already listed. Nothing herein shall be construed as legal, accounting or other professional advice outside the realm of real estate brokerage. 837 N 34th St, Seattle, WA 98103 | 206.330.0314





*Representing discerning buyers and sellers for over 11 years.*

— *Madrona View Home | 4 Bedrooms, 3.5 Bathrooms* —

*610 37th Ave, Seattle MLS: 1990172 | Price Upon Request*



*"Brilliant and flawless is how I would describe my wonderful experience with my agent Toby Lumpkin. From knowledge of high end stagers, to hosting a cocktail party with agents, to fluidly running an open house. My home was on the market 4 days after which we would review offers. That we did and SOLD MY HOME—no contingencies, above what I expected, without any hiccups, AND a ten day closing. Thank you, Mr. Lumpkin." - Elizabeth Finnessy*



*Contact me for more information about this home.*

TOBY LUMPKIN  
206.786.2035  
Toby.Lumpkin@rsir.com



Realogics | Sotheby's INTERNATIONAL REALTY



Bob Bennion & Mary P. Snyder

**LEADERS IN LUXURY**

206.328.7200 · 206.271.1782



**MEDINA WATERFRONT LIVING** | \$11,500,000 | #1981668  
Stunning architecture & breathtaking grounds on Evergreen Point Road



**CONTINENTAL PLACE LIFESTYLE** | \$650,000 | #1976335  
9th floor corner unit with jaw-dropping views



**SEWARD PARK SOPHISTICATE** | \$3,200,000 | #1984097  
Beautifully renovated East Coast style with lush landscaping



**MILLENNIUM TOWER LUXURY** | \$2,650,000 | #1904492  
Luxe corner unit custom designed by Olson Kundig



**MONTLAKE CHARMER** | \$1,570,000 | #1996882  
Enchanting curb appeal on a 6,000 sq ft lot

COMPASS



**BENNION DEVILLE HOME**



**SEATTLE LUXURY HOMES**

BDHOMESEATTLE.COM | BOB.BENNION@COMPASS.COM | SEATTLELUXURYHOMES.COM | MARY.SNYDER@COMPASS.COM

© 2022 Realogics Brokerage, LLC. All rights reserved. Sotheby's International Realty® and the Sotheby's International Realty logo are service marks licensed to Sotheby's International Realty Affiliates LLC and used with permission. Realogics Brokerage, LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each franchise is independently owned and operated. Any services or products provided by independently owned and operated franchisees are not provided by, affiliated with or related to Sotheby's International Realty Affiliates LLC or any of its affiliated companies. \*Seller reserves the right to change product offering without notice. 98



# THE VERY BEST OF LOPEZ ISLAND

Listing provided by American Dream



## Beyond Luxury

### The Crème de la Crème of Island Living!

Your own 24+ acre sanctuary, offering unmatched privacy and solitude. Meander through the romantic paths in the enchanting and manicured gardens, and enjoy the lush vegetation, offering over 40 fruit trees. The storybook grounds encompass an exceptional home, private guest house and fully equipped pool house. Do you like wine? There is definitely a space for your own boutique winery! Truly a home for inspired living.

**Offered for \$8,500,000**

**"I LIVE, WORK, AND PLAY IN MADISON PARK!"**



**Val C Ellis**  
**GLOBAL LUXURY DIRECTOR**

(206) 351-3509  
HOMES@VALELLIS.COM  
WWW.VALELLIS.COM





# LISA TURNURE REAL ESTATE

*Coldwell Banker Bain*

## MODERN LUXURY IN BELLEVUE

209 Northside Road | MLS # 1976891  
Offered for purchase at \$11,000,000



## EXTRAORDINARY LEGACY ESTATE

5827 16th Avenue Northeast | MLS # 2005808  
Offered for purchase at \$3,850,000



## Recently Sold

### LUXURY CAPITOL HILL CONDO

726 Boylston Avenue East #3 | MLS # 1989758



### MEDITERRANEAN IN MADISON PARK

2029 41st Avenue East | MLS # 1955620



For more information about these homes or to see my other active listings and recent sales, please contact me via phone, email or see my website at [lisaturnure.com](http://lisaturnure.com).

206.919.6605 | [lisaturnure@cbbain.com](mailto:lisaturnure@cbbain.com) | [LisaTurnure.com](http://LisaTurnure.com)

**Experienced. Innovative. Trusted.**



# SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses who make this magazine possible. Please support them in return and thank them if you get the chance!

#### LANDSCAPE ARCHITECT & DESIGN

**Cambium, Inc**  
(206) 860-7625  
[www.cambiumlandscape.com](http://www.cambiumlandscape.com)

#### LUXURY REAL ESTATE

**Anne Willoughby Nelson - COMPASS**  
**Anne Willoughby Nelson**  
429 33rd Ave,  
Seattle, WA 98122  
(206) 660-3055  
[www.AnneWNelson.com](http://www.AnneWNelson.com)

**Bob Bennion & Mary P. Snyder - Compass**  
(206) 318-7200

#### Coldwell Banker Bain - Madison Park

4227 E Madison St  
#1d  
Seattle, WA 98112  
(206) 328-1011

#### Evan Wyman - COMPASS

501 E Pike St  
#200A  
Seattle, WA 98122  
(206) 320-1400  
[www.wymanproperties.com](http://www.wymanproperties.com)

#### Laura Halliday - Realogics Sotheby's Int Realty

2715 1st Ave  
Seattle, WA 98121  
(206) 399-5842  
[www.rsir.com](http://www.rsir.com)

#### Lisa Turnure - Coldwell Banker Bain

(206) 919-6605  
[www.lisaturnure.com](http://www.lisaturnure.com)

#### Val Ellis - Coldwell Banker Bain

**Val Ellis**  
(206) 351-3509  
[www.valellis.com](http://www.valellis.com)

#### MORTGAGE BANKER

**Sound Community Bank**  
3101 E. Madison St  
Seattle, WA 98112  
(206) 436-1488  
[www.soundcb.com](http://www.soundcb.com)

#### PRIVATE SCHOOLS

**The Dartmoor School**  
**Kim Estes**  
(425) 885-6296  
[dartmoorschool.org](http://dartmoorschool.org)

#### REAL ESTATE

**Toby Lumpkin - Realogics Sotheby's Int Realty**  
(206) 786-2035

#### VETERINARIAN

**Madison Park Veterinary Hospital**  
**Dr. Barry Katz**  
4016 E Madison St  
Seattle, WA 98112  
(206) 324-4050  
[www.madisonparkvet.com](http://www.madisonparkvet.com)



**strollmag.com**

Delivering Neighborhood Connections  
© 2022 The N2 Company, Inc.

MADISON PARK **LIVING**

DISCLAIMER: This publication is also known as *Madison Park Living*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.



# PUBLISHER'S NOTE

Happy November, Madison Valley!

After an unusually warm October, I am so very ready for the change of season! I love it when seasons change, especially fall. The crisp cold air, the vibrant trees exploding with various colors, the month of giving thanks.

This month I am thrilled to feature Seattle's Chief of Police, Adrian Diaz. I've traveled this world and this country, and while Seattle has issues just like any other major city, it's still the most beautiful city in the world, and we're in good hands with Chief Diaz. I look forward to what is to come for our beautiful city.

We want to tell your stories, or tell your friends' stories! Please email me with your favorite nonprofits, your pets, your athletes, your entrepreneurs, your businesses.

I would like to thank those who make this community publication free to all residents, our business partners. This publication is going on 10 years, and without these wonderful partners, it wouldn't exist.

There is a slight correction in our cover story in October 2022 on K&M Interiors. Kieran sold her prior business 10 years ago, and we incorrectly stated four years ago. My apologies!

I look forward to seeing you in December!

With gratitude,  
*Jacquelyn Paneque*

Publisher  
Stroll Madison Park  
jacquelyn.  
paneque@n2co.com  
206-304-4212



**Personalized education for students via one-on-one instruction.**

1:1 Instruction | Accredited | Grades 1-12 | Gifted | Neurodiverse

**DARTMOOR SCHOOLS** (425) 885-6296  
dartmoorschool.org

## GIVING BACK CANINE COMPANIONS FOR INDEPENDENCE

BY GWEN HUGHES



Dogs are often dubbed “man’s best friend,” but they can also be “man’s greatest resource” when working as service dogs for people with disabilities. Canine Companions for Independence (CCI) has been working since 1975 to place service dogs with children, adults and veterans with disabilities.

CCI has provided hundreds of service dogs to people with disabilities completely free of charge. While some individuals have service dogs privately trained, the process can cost \$50,000 per dog.

Service dogs cost so much because they require normal training and care as well as extensive task-based education. CCI volunteers raise puppies for a year to 18 months, teaching them basic commands and social skills. Then the dogs go to live with a professional service dog trainer who can teach them more specific commands like opening doors, picking up dropped items and turning on and off lights.

Each dog is trained based on their future owner’s unique needs — while some alert hearing-impaired individuals to the sounds of sirens or babies crying, others are trained to help veterans with PTSD when they are experiencing anxiety or having a nightmare.

When the dogs have been fully trained, they come to a CCI training center to meet their new owners. People receiving service dogs stay at the training facility for two weeks to learn handling techniques and how to give commands. They also get to meet their dog’s trainer at a service dog graduation ceremony.

Mount Baker resident Courtney Lee is the vice president of the Puget Sound Chapter of CCI but also volunteers as a puppy trainer. She is currently raising her third puppy for CCI, Athena, and said, “It is hard, but it’s also extremely rewarding. I just adore puppies, so I really like to get a new puppy every year and a half.”

For more than 40 years, Canine Companions for Independence has helped those with disabilities live with fewer limits by providing helpful and adaptable companions that fit their unique needs.

If you’d like to get involved with CCI or donate, visit [www.cci.org](http://www.cci.org).



**Now offering Cold Laser therapy! A surgery free, drug free, noninvasive treatment to:**

Reduce Pain | Reduce Inflammation | Increase speed of healing

Wellness exams, preventative medicine, surgical procedures, dental evaluations and cleanings, general medicine including diagnostics and treatment, radiology services, Health certificates, boarding

**Madison Park VETERINARY HOSPITAL**

Hours | M-F 8a-5:30p | Sat 9a-1p

Barry Katz, DVM; Jenya Katz, DVM  
Kristine Boudreaux, DVM; Lynne Valenta, DVM; Natalie Lepire, DVM  
206-324-4050 | [www.madisonparkvet.com](http://www.madisonparkvet.com) @madisonparkvet





**It's no secret that Seattle's reputation has changed in the last few years. The once glimmering Emerald City is now associated with homelessness, crime and that one time there were a few lawless blocks in Capitol Hill. From local TV personalities to residents themselves, the city's reputation has certainly taken a beating.**

But what's the real story? Is Seattle really "dying?" The new chief of the Seattle Police Department (SPD), Adrian Diaz, said no. "When you compare us, for being a city of 750,000 people — one homicide is too much, we all know and acknowledge that — but when you compare us to other cities that are even smaller than us like Boston, Baltimore, D.C., they all have a higher crime rate than we do."

That being said, Diaz admitted to an alarming rise in recent years. "The last couple of years, we are reaching some of our 25-year highs in violent crimes, specifically," he said. "We do have big city problems. We've had

540 shots fired this year alone in the city. Just a couple years ago, we were at 313 for the whole year." Diaz said that aggravated assaults, which include anything from serious injury to shootings, are a current concern throughout the city. Still, SPD does what it can to combat the rising statistics.

"We've done a lot of really good work. We're making a lot of arrests, recovering more guns than we've ever recovered in past years. So officers are going out; they're doing the hard work and making sure the city is safe."

Staffing levels have also been an issue in the last couple of years. In a June post on the SPD blotter, Diaz wrote that the department had lost 402 personnel, namely officers and detectives, since 2019. Despite the staffing crisis, Diaz said that the department's results speak for themselves. "Even with the amount of staff we've lost, we're almost producing the same amount of arrests and the same amount of gun recoveries that we had when we had a full staff."

Another issue facing the city is an increase in fentanyl distribution. "There is a huge concern with the amount of fentanyl that has come into our communities. Last year alone, we recovered enough to kill every person in the city. One M30 pill of fentanyl can kill somebody. A couple years ago, we recovered maybe a couple hundred, and now we're close to recovering 750,000 fentanyl pills in a year."

"I think the drug issue has exploded in our area," he continued. "This is a growing concern because you're really trying to balance that intersection between public safety and public health. I think that's where the mayor's office is really trying to bring people to the table

and bring people together to figure out how to solve some of these issues."

Mayor Bruce Harrell introduced the Unified Care Team, an interdepartmental team of leaders that address the city's homelessness response. Before serving as interim chief, Diaz worked as SPD's operations on the Navigation Team, the previous agency dedicated to addressing homelessness in the city. He believes that the new Unified Care Team is a step up and is heading in the right direction. "I think the mayor is doing a really great job. He brought the Unified

Care Team together, really driven by social and health services, trying to get people connected, and I think we've seen a lot more people being connected to services." He said that SPD has been able to take a step back when it comes to responses regarding unhoused people but still are available when needed for things like safety concerns. "It's really good that it's more social service-driven and not driven by the police department," he said.

While homeless and unhoused people seem to have a reputation for crime or being connected to crime, Diaz disagreed. While he admitted that homelessness is on the rise in the city, he doesn't believe that homelessness equates to crime. "I don't want to just lump it together and say that no matter what, homelessness creates crime."

"People are down on their luck; they're experiencing homelessness. Typically, they have some level of drug and alcohol abuse, some level of behavioral crisis, whether one is feeding the other," Diaz said. "We do see that people are stealing sometimes to fix their habit, they are burglarizing to fix their habit, they're doing things where you're trying to figure out how to do a compassionate approach." Diaz said he believes that if unhoused people are connected to services and if their basic needs are met, they're less likely to resort to crime.

The city has seen an increase in the relationship between homelessness and crime. "We've seen a huge uptick in the amount of aggravated assaults in our homeless encampments. Almost 30% of our homicides are related to homelessness," Diaz said.

As for the approach, Diaz said that just throwing money at the issue isn't going to fix it. It's important to remember compassion. "Compassion is not leaving people in place; it just isn't. As we get into the winter months and we see cold temperatures and rain, we have to make sure that our services are evidence-based and that they are actually being effective in what they do. At the end of the day, we're thinking about how we can increase the amount of shelters and the amount of temporary housing to lead people into actually having permanent housing."

As the pandemic eases and a new mayoral reign settles in, Diaz sees a bright hope for the city. "We're working as a city to address [these issues], but it's going to take a little bit of time in order to be really effective. I think we're on the right track to address these issues; it's just going to take time."

The Emerald City still shines, and it's an exciting time to be here. The city lives and breathes and is full of life, according to Chief Diaz. "Just this last weekend, it was the Huskies, it was the Sounders, it was the Mariners, it's the Seahawks. We had a concert the other day that was almost 100,000 people. Luke Combs this summer had almost 60,000 people, New Kids on the Block had thousands of people," he cited. "This is what makes Seattle special; it just has such a vibrant lifestyle. I'm always encouraging people to come visit, spend time, spend money. We are going to make this the safest city out there, and I want people to understand that."



# CONSIDER INVESTING IN PROPERTY IN SUN VALLEY

Relax. Rejuvenate. Refresh.

BY ELIZABETH MCCABE



Want to take a break from the hustle and bustle of life? Take a few days to unwind and recharge? Consider purchasing investment property in Sun Valley, Idaho. This popular destination has so much to do.

## Endless Activities

Home of the first chairlift, Sun Valley has plenty of ski areas at Bald Mountain and Dollar Mountain. It's also known as "Nordic Town USA" with immaculate ski slopes.

"Sun Valley's most popular attraction is skiing with two mountains with a lot of terrain for beginners, experts and everyone in between. Most beginners will start on Dollar Mountain and move over to Bald Mountain. Dollar has a few different terrain parks for those who want to try their hands at skiing rails or aerial tricks," said Evan Wyman of The Wyman Group at Compass.

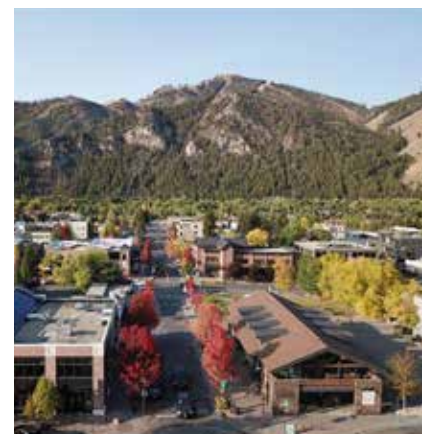
Or enjoy miles and miles of mountain trails for hiking and biking or horseback riding. Fishing and hunting are other options. Or just soak in the picturesque views of unmatched natural beauty. With wildflower-filled meadows and the untouched outdoors, it is breathtaking.

"My favorite time of the year is the fall," said Evan. With warm days and cool nights, it's a great escape. Plus, it's not too crowded. "The fall foliage is amazing, and the skiing, fishing and hiking are still top-notch."

Evan added, "A short flight from Seattle makes this an easy destination for a vacation or even a second home." With year-round activities, the options are endless!

History buffs can discover the home of Ernest Hemingway. Learn about this popular writer and even visit his local hangouts. Art enthusiasts can check out the Sun Valley Museum of Art. Or check out the Sun Valley Opera House. Looking for dining and nightlife? Sun Valley has you covered with a vibrant nightlife, local and sustainable food and talented chefs that will certainly please your palate.

What about lodging? "There are many lodging options from the Sun Valley Lodge to many VRBO options from small condos to large estate properties," said Evan.



## Purchase A Second Home

The real estate market in Idaho, like many other markets, has really taken off, and prices soared as well. Evan explained, "Many families moved to town, and homes were just flying off the shelves with bidding wars. From 2017-2019 the Sun Valley market had 32 sales above \$4 million. In two and a half years since then, there have been 87 sales over \$4 million."

As with other markets, there is now a more normal, balanced market. Sellers who are realistic about pricing are seeing offers and selling. Buyers don't need to feel as frantic and can take time to make an informed, less emotional decision.

"In my opinion, this is good for all parties. We could not maintain the frenzy that was the market six-plus months ago," pointed out Evan.

Evan and his team represent clients in both Seattle and Sun Valley and have a combined 30 years of experience and over \$750 million in sales.

For more information, check out their website, [www.WymanGroup.com](http://www.WymanGroup.com).

home loan specialists



- 60+ years lending in the Puget Sound
- conventional, jumbo and portfolio loans
- in-house underwriting and servicing
- access to decision makers

3101 E Madison Street  
Seattle, WA 98112  
(206) 436-1488  
[soundcb.com](http://soundcb.com)





# SHAGGY DOGS:

## WHY THE HOTTEST RESERVATION IN TOWN IS A SPOT AT THE DOG GROOMERS

BY MCCLEAN CORRY

A table for two at Canlis, one of Seattle's most exclusive dining establishments, is available six weeks from today's date. Additional options stretch six months out on their website, where a reservation can be snagged with a single click. The process is clean and logical. The most it asks of its participants is patience.

But getting a reservation for pet grooming in Seattle? You're going to have to work a little harder.

"Most places in Seattle aren't accepting new clients ... and if they are, it's months from now," explained Bonnie Morrison, a recently retired groomer with 30 years of experience in the Seattle area. Bonnie believes this lack of availability can, in large part, be traced to the sheer influx of pets in the city.

According to the American Society for the Prevention of Cruelty to Animals (ASPCA), nearly one in five American households adopted a pet since the start of COVID-19 in March 2020. In Seattle alone, this rate of adoption would translate to about 60,000 new pets on the streets.

These new COVID-19 canines, meant to inspire comfort in an uncertain world, have now become sources of anxiety themselves as owners find basic pet services in short supply.

Grooming businesses and pet owners alike have felt the impact of these shortages since COVID-19 began. "If before the pandemic, I was turning away 10 new customers a week, by the end of 2021, I was turning away 25-30 dogs a week," Bonnie recounted. For owners, getting a grooming appointment has become a herculean task. "Trying to find a groomer is like trying to find a pot of gold under a rainbow. I've had no luck," said Barb Maher, owner of a young golden retriever.

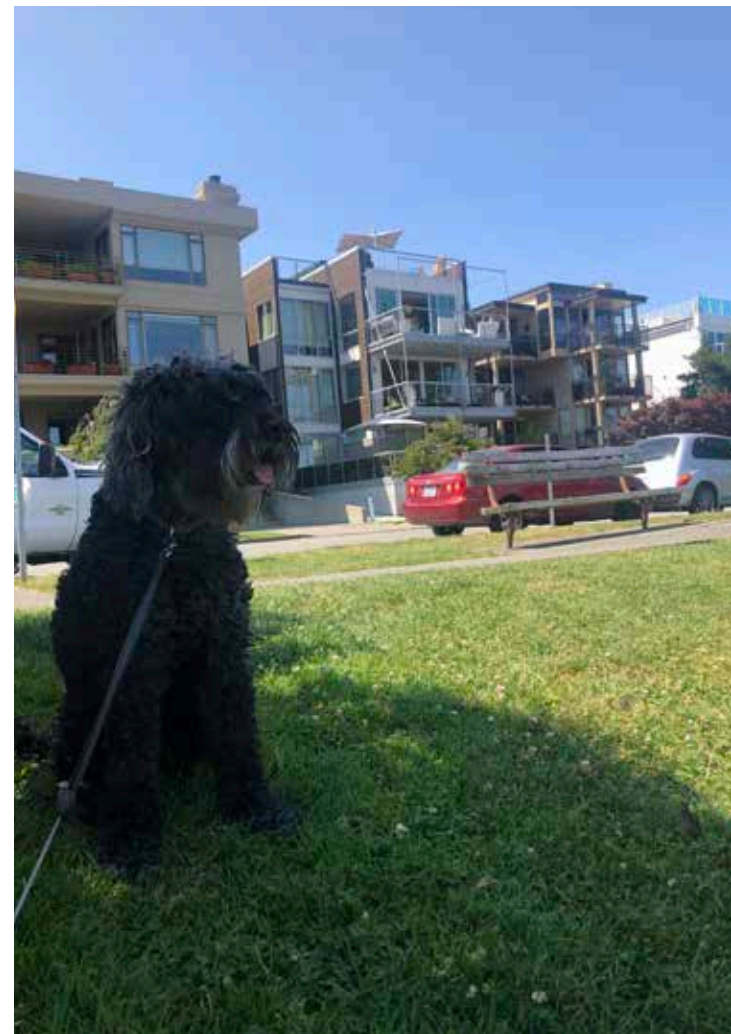
Despite the overwhelming demand, no new grooming locations have opened in the broader Madison Valley in the past two years. Bonnie believes this may be due to the considerable challenges a new grooming business faces today, including the costs of renting pricey Seattle real estate and the skill and care it requires to succeed as a professional canine stylist. "Starting up a small business in Seattle is challenging for those without significant capital," Bonnie said.

Additionally, expert groomers are forged, not found. While a seasoned professional can groom up to 12 dogs a day, a newcomer might be lucky to get through three or four. The job is physically demanding, as workers must be able to lift and move any pet that prances through their doors (for this reason, some shops have a 20-pound weight limit for their furry clientele). Most of all, you've got to adore the dogs. "It's a hard job, but really loving the dogs is what makes a great groomer," Bonnie explained.

For those facing endless wait lists and a ballooning doggie musk in their home, there are a few strategies for snagging an appointment. First, try to book off-season. Call in the early fall when things are calmer, and avoid booking during the holiday season or early summer.

Take a hike! Literally, and take your dog with you. Plan a day trip and find a groomer on your way out of the city. Places outside of Seattle may be more able to fit a dog into their schedule. Finally, for the proactive owner, careful touch-ups at home can help keep mats away and extend the time before your next visit.

Failing all this, Madison Park residents may do well to accept that shagginess for dogs will be in vogue for a while. Accessorize with braids, barrettes and a healthy dose of Febreze.



## Sloppy Joes Over Sweet Potatoes

New recipe alert! Just developed this easy, delicious take on sloppy joes. A fast, crowd-pleasing, kid-friendly, nutritionally complete meal.

BY HEATHER RING

Way tastier and nutrition-packed than your 1980s Manwich! Easy weekday lunch or dinner. Will take about an hour from start to finish. Serves 4-5.

### INGREDIENTS:

- 4 sweet potatoes, scrubbed
- 1¼ tsp kosher salt (less if regular salt)
- 2 tbsp unsalted butter
- ½ tsp black pepper
- 1 finely diced yellow onion
- 1½ tsp paprika, regular or smoked
- 1 finely diced red bell pepper
- ¾ tsp ground cumin
- Kernels from 2 cobs corn or 1 can of corn
- ½ tsp dried oregano
- 2 cloves garlic, minced
- ¾ tsp dried mustard powder
- 1 lb grass-fed ground beef
- 1 tbsp Worcestershire sauce
- ½ tsp baking soda
- ½ tsp hot sauce, like Frank's or Tabasco
- 14 oz can tomato sauce
- 2 tbsp tomato paste

### METHOD:

1. Preheat your oven to 400 F convection.
2. On a parchment-lined pan, drizzle sweet potatoes with avocado oil and kosher salt.
3. Bake for 45 minutes or until tender.
4. In a medium bowl, lightly mash the ground beef with the baking soda and let sit for 20-25 minutes to tenderize.
5. Melt butter in a large stainless skillet and brown the yellow onion, red pepper, corn and garlic until softened, 4-6 minutes.
6. Add beef, salt, pepper, paprika, cumin, oregano and dry mustard, breaking up with a potato masher or wooden spoon until the pinkness is gone, about 3 minutes.
7. Add tomato sauce and tomato paste, Worcestershire sauce and hot sauce. Reduce heat and simmer uncovered until sauce thickens, about 10 minutes. Check seasonings and adjust if necessary. Cover with a lid until potatoes are ready.
8. Slice potatoes in half and spoon sloppy joe mixture over.





# Our Love-Hate Relationships with our Cellphones

BY DIANE MEDVED, PH.D.

Have you been “phubbed”? (It’s a verb, as in “to phub.”) If so, you’re a “phubee.”

Psychologists define phubbing as “the act of snubbing someone in a social setting by concentration on one’s mobile phone.” A 2018 study from the University of Kent in Britain found that, unsurprisingly, relationships of subjects imagining they were phubbed suffered. They felt excluded and more depressed.

A 2016 study shows that being phubbed also thwarts our need for belonging and social connection, largely by ruining communication.

What this suggests is that our cellphones provide a myriad of uses, including as rude social signals. Got me thinking about how I’ve become one of those (74% of Americans, according to a study by Reviews.org) who feels naked without my cellphone — so I decided to assess the positives and negatives of these devices we now find so indispensable.

We hear so much about the negative consequences of cellphones that we intuitively assume we ought to limit our use — or at least that of our kids. “Screen time” has always been synonymous with “wasted time”; even before cellphones existed, the average time spent mindlessly watching TV was four hours daily. Various studies currently claim from three to six hours. The website Statista says the pandemic increased average cellphone use to about five hours in 2021, and several other media measurement sites agree.

Despite spending so much time on them, we resent feeling compelled to respond. Reviews.org reports that 71% of us check our phones within 10 minutes of waking up. Seventy percent respond to a notification within five minutes. And on average, Americans check their phones 344 times per day. (Sixty-four percent admit to pecking their keyboard on the toilet.) We’re losing control of our days to the demands of our devices; the constantly changing

updates fuel a fear of missing out, lest we skip a friend’s Instagram post or an influencer’s TikTok tidbit.

So much is concentrated in the ether and available on our phones that Reviews.org notes 47% in their survey described themselves as addicted. A 2016 review of academic research on the subject found that cellphone addiction may bring sleep disturbance, anxiety, stress and, to a lesser extent, depression. Addicted phoners see relationships of all kinds suffer, which propels them further into substitutes on their phones. And it’s easy to get hooked, given unlimited cell plans, cheap phones and lack of social censure.

We’ve all read how destructive social media can be for teen girls, whose self-esteem gets battered when compared with others’ perfect images online. A 2019 longitudinal study by Johns Hopkins researchers found that adolescents who spend more than three hours per day on social media (and 97% of teens report using at least one of the most popular social media platforms) “may be at heightened risk for mental health problems” such as feeling depressed or anxious. Another 2019 study in *The Lancet* analyzed longitudinal data on teens in England and correlated increased time on social media with greater psychological problems, less life satisfaction and more anxiety.

These findings brought an explosion of programs to educate teens and a proliferation of apps to control kids’ phone use. Or to spy on them. In any case, while children are now warned in schools regarding their free-time site surfing, they’re also required to gain “computer literacy” (i.e., “app literacy”) as well to prepare for future education and career. Children at private schools receive laptop computers for homework; during the pandemic, laptops became essential for lessons. And so adults offer mixed messages about whether devices are crucial or crushing.

And that’s the rub. Cellphones are both.

There are downsides besides addiction. Cringing chin to clavicle viewing our phones moves our focus away from the reality around us and makes us less motivated to get up and find what’s beyond our fingertips. When answering a “ding” becomes the highest priority, even when we’re with family, we send a message about what and whom we value. We become distracted from important activities — such as driving — and gain a distorted sense of immediacy about lures that are not necessarily immediate.

The availability of the internet in our palms can bring us encyclopedic knowledge or drag us toward our most perverse inclinations. Porn is simple to access. Sexting has gained an allure for some — and affected the careers of others (Jeff Bezos, Tiger Woods and Anthony Weiner). Cellphones provide easy means to find mates — but also sex partners with whom to cheat on mates. Even USA Today realizes that cellphones can be revealing, as in their 2020 article, “Spouse Cheating? 10 Tech Clues to Find Evidence.”

And while it’s reassuring that family members can call when you’re needed, the flipside is that you become available at all hours as well. This can cause employees to feel they’re never finished with work and bring pressure to put in as many hours as their colleagues. There’s no downtime if your phone’s on, and even when the little moon indicates “Do Not Disturb,” messages can come in.

Finally, the environment suffers from all the tech trash. Keeping a phone beyond three or four years is rare, especially when the battery needs more frequent recharging. Some phones get refurbished, and others get shipped to other lands to be reused, but lots of them clutter our drawers and eventually make their way into our trashcans and landfills. So many spent batteries can’t be good for Mother Earth.

We’re so fond of our precious smartphones that 45% say their phones are their most valuable possessions. Why? Because of the many upsides. They’re our access to everything else we value — like our photos (taken on our cellphones), our documents (remember showing vaccination cards on our phones?), our communication, including emails, texts and phone messages. The days of our lives are marked in our calendars; our podcasts educate us, and playlists and download subscriptions entertain us. One device contains our worlds.

Our phones replace a plethora of formerly necessary accouterments. Like still and video cameras, rendered superfluous by the excellent lens quality of newer

cellphones and the cloud storage that guarantees we can find our photos with a click.

Our phones replace calculators, alarm clocks and wrist-watches. Goodbye, Rolodex (remember that?!). How about those big fat planners, onto which we’d stick Post-it notes? All in our phones now, including our shopping lists, which transfer immediately when we say “Hey, Google” or “Alexa!”

And phones also work as, well, telephones. Calls across the country and around the world that were formerly prohibitively expensive are now free. We can phone with one click, thanks to our “favorites” directory. We don’t need phone books (saving lots of trees) since we just consult websites on the internet to find retailers. We often don’t even have to phone them; their sites tell us the hours and menu before heading to the restaurant — to pick up orders made on our phones.

Another click takes us to maps, with detailed directions to turn not at this light but the one after. Say ‘bye to your Thomas Guide and the stand-alone GPS we used to clip to our dashboards. And speaking of cars, we’re often speaking in cars since they’re programmed to let you safely give commands and make calls while driving.

The array of phone apps is staggering, and most offer a rudimentary version for free. You can identify songs, plants and dogs through apps that access your phone camera. You can hear or see nearly anything — including how to replace a broken pipe and how to get rid of a double chin — through YouTube videos. You can read QR codes and edit antique photos. I still have my app that describes weird behaviors of crows.

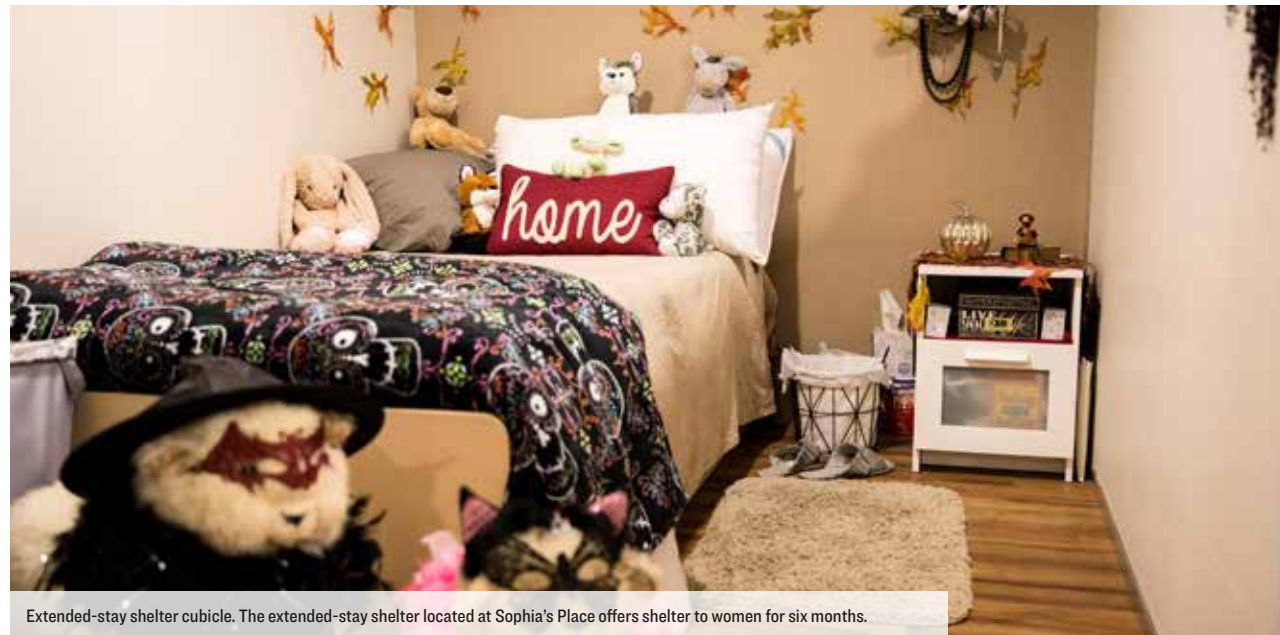
Last Thanksgiving, our family was enacting our ritual of describing one less-obvious thing for which we’re each grateful. My daughter started waxing eloquent about her cellphone, and the rest of us chimed in our appreciation for the seemingly unlimited things it can do. We know our attention to a physical device in pocket or hand detracts from real relationships, but we also know all the essential ways it makes our lives easier — and actually enhances relationships as well. We can now FaceTime our grandkids and text people we don’t want to bother with a phone ringing. Our communication with others is so much easier, and even emojis, with their happy faces and dancing figures, let us widen and enhance our expression.

So while we need to be aware and vigilant against their negatives, we should also realize the extent our phones simplify our lives. It’s a love-hate relationship, all right, but from my perspective, ultimately our dependence on so many of its resources tips the balance toward that little red emoji heart.



*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 talk host Michael Medved (770 AM, noon to 3), raised their three children in the area and can be seen walking with a grabber and bag, retrieving litter with them and some of their five grandchildren. Her current project is *The Case for Children*. Reach her at [DianeMedved.com](http://DianeMedved.com).*





Extended-stay shelter cubicle. The extended-stay shelter located at Sophia's Place offers shelter to women for six months.

## WHERE WOMEN FIND HOPE AND CHANGE

Sophia's way

BY TIANA COLE

It began with a dream for all women to have a place to call home. For women experiencing homelessness, The Sophia Way, which operates two women's shelters in the area (Sophia's Place and Helen's Place), means a place of safety and stability. The organization began in 2006 following the question, "Where can I sleep tonight?" asked by a woman who walked into a local church. That was when Helen Leuzzi, founder of The Sophia Way, created a solution to help women experiencing homelessness have a safe, warm place to sleep at night and secure housing, along with support from the community.

The name of the organization holds significance. Sophia was derived from Greek, meaning "wisdom," while the "way" is the path that the organization strives to walk with the women it helps. Just a little over 10 years ago, The Sophia Way started with 10 available beds when the emergency shelter opened in December of 2008. "The organization was started with the help of the faith community, individuals and corporations," shared Zee Peters, executive director of development and engagement at The Sophia Way. When demand for sleeping space began to exceed the resources that could be provided, The Sophia Way began to look for a partner to bridge the gap.

St. Luke's Lutheran Church stepped in to provide a physical space on a permanent basis for women on their journey to finding housing. The unfinished daylight basement of the church transformed into a place where women could find shelter, safety and stability. Funding was sourced, designs drawn up and construction carried out. The number of available beds doubled, and the space

took on the qualities that resembled that of an inviting home, exuding warmth generated by the community with the help of dedicated and compassionate staff. Cubicles offered privacy and ownership of space for the women as they worked to rebuild their lives.

In partnership with community partners, The Sophia Way was recently able to establish a second location, Helen's Place (housed in the Kirkland Place for Families and Women), so that women did not have to sleep on mats. "It was the realization of a dream to offer women services 24/7 — giving them a safe place to shelter and heal as long as needed," shared Dietra Clayton, managing executive director. To increase mental health support, the organization recently hired a behavioral health specialist. On-site case managers support the women and approach work through a trauma-informed lens. This reduces further trauma and retraumatization while emphasizing healing and the development of strong coping skills for life beyond The Sophia Way.

"Our program staff's compassion, knowledge and expertise in caring for and supporting women are amazing. Their approach is thoughtful, nonjudgmental and exemplifies what trauma-informed care is to me," shared Sophia Hernandez, executive director of finance and operations. The impact that The Sophia Way has had in the past year has not gone unnoticed as they have helped 423 women find shelter and safety, served over 44,000 community-provided meals, and assisted 85 women with moving into their own homes. This success is not without its challenges as the organization battles systemic barriers that lead to homelessness for many.



Sophia's Place



Client crocheting at Helen's Place



Helen's Place



Art by clients at Sophia's Place

Just a few of those challenges are "lack of affordable housing, years spent on waiting lists to get housing, limited access to health care, lack of access to support for those experiencing mental illness or substance abuse, as well as access to transportation for clients and staff," shared Zee. The community can play a role in ensuring the future success of The Sophia Way by getting involved in various ways. The organization's annual fundraiser, "Sheltering: A Place to Call Home," will be held as an in-person luncheon for the first time since 2019 during the month of October (date and location to be announced). It will be a smaller event for those that are comfortable attending as COVID-19 persists in our daily lives. For those who prefer to avoid large gatherings, individuals are welcome to establish a personal connection with The Sophia Way and hold exclusive events at their location of choice, whether it be at a park, place of worship, restaurant or home. An organizational representative will coordinate with hosts to give a presentation about the programs and impact, as well as the need for community support.

**"We believe in the power of community to change lives and support women on their journey to a place to call home," shared Zee. For those interested in getting involved in other ways or learning more about the organization, you can volunteer your time by sorting and organizing in-kind donations, donating a meal or contributing through the Amazon wish list that can be found on The Sophia Way website at [sophiaway.org](http://sophiaway.org).**





# LIVE A LIFE OF LUXURY

## COLDWELL BANKER BAIN | MADISON PARK

4227 E. MADISON ST. | 206.328.1011 | CBBAIN.COM/MADISONPARK

**COLDWELL BANKER BAIN**

**FEATURED LISTINGS**

LOCAL BROKERS  
WITH INCREDIBLE GLOBAL CONNECTIONS



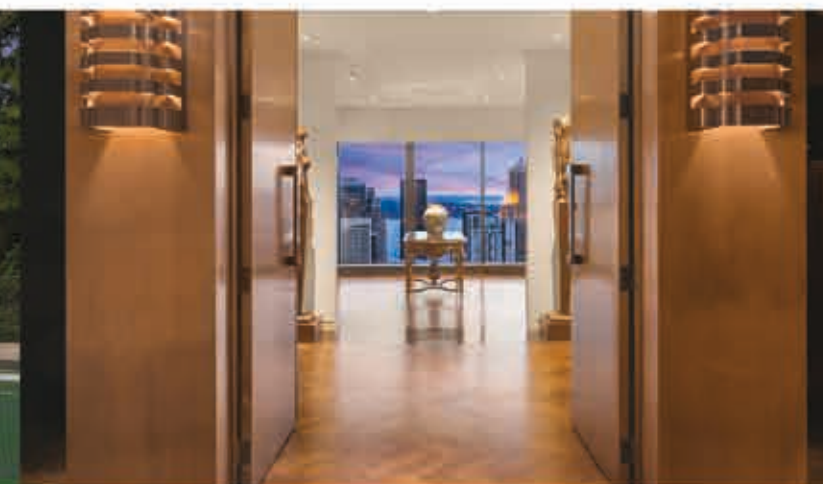
**SOLD | ARTISTIC INDOOR/OUTDOOR LIVING**  
\$1,595,000  
PATRICIA WALLACE | 206.947.2209



**ACTIVE | LUXURY MEETS WASHINGTON PARK**  
\$3,498,000  
CHRIS SUDORE | KingCountyEstates.com



**1910 LEGACY ESTATE WITH TENNIS COURT**  
\$4,950,000  
LISA TURNURE | 206.919.6605



**FIRST HILL | LUXURY PENTHOUSE**  
\$12,800,000  
KITTY HUGHES | 206.295.4777



**COLDWELL BANKER BAIN**

4227 E Madison Street, Suite 1D  
Seattle, WA 98112  
coldwellbankerbain.com/madisonpark



**LISA TURNURE**  
209.919.6605



**PATRICIA WALLACE**  
206.947.2209



**CHRIS SUDORE**  
206.799.2244



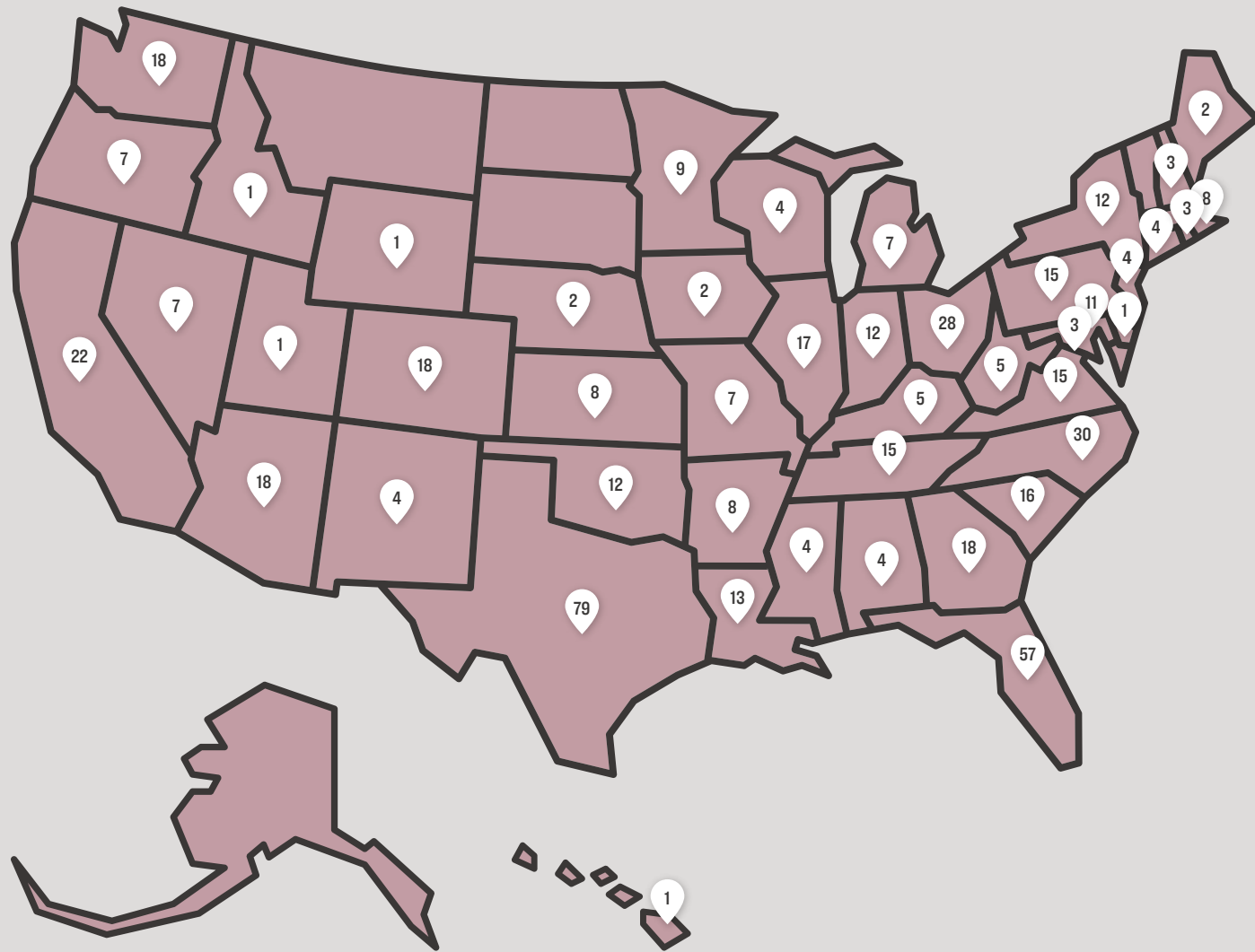
**KITTY HUGHES**  
206.295.4777



# Stroll reaches 550+

of the best neighborhoods nationwide (like this one).

Your business can reach them too.



Partner with one or multiple Stroll magazines to connect with your ideal clients. Visit [strollmag.com/locations](http://strollmag.com/locations).

**NEW IN DENNY BLAINE**  
3614 EAST JOHN STREET | \$2,775,000

MY NOVEMBER PICKS



**ALLOW ME TO INTRODUCE**  
One of the most unique features: my Capitol Hill listing's indoor golf simulator. And yes, that's my beautiful daughter-in-law, Chelsea, swinging the driver!



**LOVE THE CONTRAST**  
Of painting the interior of your bookshelf a different color than the walls for a bit of sizzle.



**BE STILL MY HEART!**  
Fantastic shopping at Martha Harris for holiday décor, floral arrangements, and hostess gifts!



WHAT MY CLIENTS ARE SAYING...

"After an extensive search of the top agents in the area, I selected Laura to sell our parents' home of 25 years in Broadmoor. Laura's professionalism and genuine care for her clients were present every step of the way. She worked tirelessly with me, even as I asked her to try some things that weren't customary to the Seattle market, and never wavered from her exemplary customer service. Her availability and responsiveness for even the most basic requests were second to none. Even now, months later, the urgency with which she responds is amazing. She truly does make you feel like you are her only client. Laura's friendly demeanor, extensive experience and knowledge, and customer-first approach mean she will always be my go-to advisor." — **Greg Wickstrand**

Managing Broker | Senior Global Real Estate Advisor | Founding Member | 206.399.5842 | [Laura.Halliday@rsir.com](mailto:Laura.Halliday@rsir.com) | [LauraHalliday.com](http://LauraHalliday.com)



A Publication for the Residents of Madison Park



WYMAN GROUP



**EVAN WYMAN**

Broker, Compass WA

206.320.1400

evan@wymangroup.com



**HUTTON MOYER**

Broker, Compass WA

206.724.3810

hutton@wymangroup.com

## Seclusion in Seattle

**1021 34TH AVE E · SEATTLE**

3 BED • 3 BATH • 3,180 SQFT

LISTED FOR \$2,795,550

Stately 1904 Washington Park home awaiting your personal touch. The opportunities are endless. Personalize the current home, or start fresh on this 7200 sq foot lot on one of the best streets in Seattle. A formal entry with fireplace welcomes you into the well-loved home with the same owners for over 50 years. A large master suite, 2 additional upper level bedrooms, along with a generous full height attic space, great for a playroom. The lower level includes high ceilings while the detached one car garage with alley access has been converted to a home office.