

NORTHWEST SEATTLE LIVING

Blue Ridge, Broadview and North Beach

CHIARA GUERRIERI: ROOTED AND OPEN

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February 10.....	March
March 10.....	April
April 10.....	May
May 10.....	June
June 10.....	July
July 10.....	August
August 10.....	September
September 10.....	October
October 10.....	November

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DEAR READERS,

Welcome to the "Holiday Issue" of Northwest Seattle Living! To borrow a phrase, it's the most wonderful time of the year and that is especially true here in Northwest Seattle. Yes, the holidays are in full swing and we are here to help guide you through them.

First, though, my wife Sarah and I would like to thank those of you who have reached out by nominating families, sharing ideas for stories, making us aware of the things that you love about Northwest Seattle, providing all your positive feedback and most importantly reaching out to our sponsors and supporting them. It is because of our sponsors, that we are able to bring this magazine to you each month.

This issue is jam-packed with holiday events that you will want to check out such as the Christmas Ships on Lake Washington and the Christmas Lights at the Zoo. I'm particularly thrilled to feature the amazing Chiara Guerrieri, her service and outlook is sure to inspire!



You'll also get holiday recipes, and meet two real "love birds" Papaya and Quince.

It is our continued mission to introduce you to the people, businesses and organizations that make Northwest Seattle interesting and unique. I hope you enjoy reading Northwest Seattle Living as much as we enjoy the privilege of publishing it. So please, dive on in, get to know your neighbors a little better and keep the feedback coming.

Happy Holidays,
Al and Sarah Duffy

To learn more about becoming an Expert Contributor, contact BVM at aduffy@bestversionmedia.com.

What We LOVE about Northwest Seattle

One of the pleasures we have in bringing you this monthly magazine is shining a spotlight on the good things happening in your community. The idea is for you, the reader, to share each month one thing you love about your community. This could be a photograph taken in your neighborhood, a dish you tried recently, a service someone provided to you, a nonprofit you love, a geographic characteristic, or just the feel of your neighborhood. Please send your comments or photographs by email to sduffy@bestversionmedia.com to be featured in a future edition!

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Meet The Sponsor By Al Duffy

There are truly great individuals that own the businesses that sponsor Northwest Seattle Living and every month we want to introduce each of them to you. So welcome to our Meet the Sponsor section-Holiday Edition.

This month it is our distinct pleasure to introduce you to the face behind the Erin Ison Agency, insurance expert, Erin Ison. Erin has been in the insurance business 17 years handling all aspects of running an agency, and is truly one of the most unique insurance agents you will meet!

She moved into her current location just this past January. Her office is a very cool space, and was carefully designed as a way for clients to instantly connect with her. Her mission is to make sure the "insurance experience" is a comfortable one for her clients. Her aim is to educate folks on what the coverage means in relation to their life but tries not to overwhelm them.

Erin and her husband Justin moved to Seattle from Phoenix in 2007. They are both actors and artists at heart, and actually met while starring in a play together. They have now been married for eight GLORIOUS years! Justin and his team write Alexa commercials for Amazon. They have a dog, Cricket Brussels Griffon and a cat Lolo!

Erin continues to perform and you can catch her in Red Planet, Blue Planet at the Driftwood Theater in Edmonds the weekend of January 10th.

"We'll help you if you run out of money"

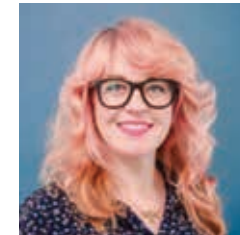
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13 TIPS to Protect Your Home This Holiday Season By Erin Ison

INSIDE THE HOUSE

- Set timers on interior lights. This goes a long way in deterring burglars, who often look for crimes of opportunity. Don't allow your house to appear as if no one is home.
- Prevent power surges. You never know if a power surge can occur, so be prepared. Disconnect the computer, TV, stereo, and other electronics, or make sure they are plugged safely into a surge protector.
- Don't make telltale status updates. Never broadcast your location on Facebook or Twitter. Even if you think that it's only your friends or colleagues viewing your online profiles, it's safest not to leave any sort of opening for a possible burglar.
- Alert your alarm company. If you have an automatic security system in place, call your representative, announcing you'll be away from home for an extended period of time. Make sure the alarm is set properly when you leave.
- Secure valuables. If you don't already have your jewelry or other valuables in a safe deposit box, now might be the time to do so. Doing this also ensures that you don't leave out anything valuable in plain sight that a burglar might be able to see from a window.
- Set the HVAC. Set a programmable thermostat to lower your heat or air conditioning usage and remember to change the thermostat's battery.
- Protect your pipes. Make sure pipes in vulnerable areas such as attics, basements, and crawlspaces

are insulated. In unusually cold weather, set your thermostat at 55 degrees or above. Ask a neighbor or trusted friend to stop by and check on the house and periodically turn on the faucets to ensure the pipes don't freeze.

- It might seem obvious, but double-check just to be sure. Lock all doors and windows.

OUTSIDE THE HOUSE

- Arrange for lawn care. Have your landscaping tended to by a friendly neighbor or local service. Before you leave, trim tree branches that might allow access to a climbing burglar.
- Stop newspapers and mail. Stop mail and newspaper deliveries, or have them regularly picked up by a neighbor. Again, you don't want to easily clue in a burglar to your absence by the mounting newspapers on your doorstep.
- Plan some exterior lighting. Set these lights on timers as well, to deter burglars.
- Don't leave spare keys outdoors. Collect any hidden spare keys from around the exterior of your home. Remember, burglars know the most popular hiding places, like beneath mats and in potted plants.
- Lock the garage. Even if there is no entrance to your house from the garage, there's still a chance for numerous things to be stolen. Secure the door and any entrances to the garage.

Erin Ison has been an insurance expert for 17 years. She is owner of the Erin Ison Agency.

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Chiara Guerrieri: Rooted and Open

By Maddie Coats



Chiara Guerrieri describes herself as a very independent woman, yet she bows down to her cat, Imoshi.

"Imoshi is the empress of my world. Imoshi is my boss," explains Guerrieri. "She walked up to my door four years ago and demanded to live here. She is the ruler of my homeworld."

The Northwest Seattle resident was 30 years old when she first bought her house in Phinney Ridge. After moving from Italy at the age of 19, Guerrieri knew that she wanted to live in a home with a garden and yard.

Guerrieri spent her adolescence as the daughter of a well-known Italian basketball coach, therefore

her family was quite visible in the sports world. She moved every three or four years, which made her upbringing unusual in Italy. She learned how to be flexible during this time by learning new accents, visiting new towns and making new friends. Much of her Italian life, however, was spent in apartments for short periods of time.

"When I finally got my house, I put my roots down," said Guerrieri. Quite literally, she has trees in her yard that have been growing since 1987. She explained that her garden brings a Mediterranean flavor to the states.

While living in Italy, Guerrieri studied physical education in college. She later continued her

education in Boulder, Co. before moving to Seattle to go to massage school and pursue a more "hands-on" career.

"I am one of the grandmothers of massage in Seattle," said Guerrieri. After a car accident, she started practicing yoga in 1985 as a way to help herself out of the pain that she was constantly feeling. Yoga offered Guerrieri a methodology that allowed her a new way to work with pain, through breathing and being present.

Guerrieri went on to study neuro-linguistic programming and hypnosis in the late 1980s. She has always been interested in how the mind works, and also how the mind gets in the way. Her desire to support people in changing their "stuck" thought patterns was a major reason



for beginning to focus on the unconscious part of the brain.

Much of her specialties relate to her various levels of education throughout her life. Guerrieri's multifaceted services and areas of focus, are on her website: chiarayoga.com.

Aside from group classes, she has one-on-one sessions in her house home studio focusing on cultivating wellness. Guerrieri said that the layout of her house is perfect for running her own business and also running a household without having the two things interfere.

Guerrieri's house has three floors and many bedrooms. This household has remained rooted and present to the ebb and flow of relationships, visits from family and numerous residents through the years.

Continued on page 8



"Housemate, Angie Zylla baked this beautiful cake for a former housemate from Korea."

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Continued from page 7

"When I first bought the house, I was 30 and it made sense to have housemates," said Guerrieri. "I like community and I like diversity." She preferred not to be living alone because it felt like a massive waste of space.

Guerrieri celebrates diversity. She has lived with people from countries around the world and people ranging from 30 to 70 years old. The Italian-native values a cultural exchange, as well as a human exchange. She enjoys people who are interested in authentic and mutual lifestyles. They help each other with life, like a surrogate family.

According to Guerrieri, there are not many people in Seattle who can own their own house. Many homes in Phinney Ridge go for millions of dollars, but she can offer a place to live with a reasonable rent.

"This is more the reality of what is possible in the city if you are not a 'tech-y,'" explained Guerrieri. Angie Zylla, 38, is one of her residents who never plans on moving out. Zylla is a Props Artisan at Seattle Repertory Theatre and jokes about taking care of Guerrieri when she gets older.

Some of Guerrieri's tenants are long-term residents, like Zylla, and some are shorter term. Above all, this accomplished individual values community and inclusion more than anything else in her unique and alternative home.

If you were a color, you would be: Orange

Lake, ocean, desert, mountains: Ocean

Pet peeve: Entropy -- disorder and decay

Favorite cocktail: Spritz

Ideal Sunday afternoon: Anytime that includes a walk or movement in nature, a walk in the park

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December 2018

Please submit events for Blue Ridge, Broadview and North Beach to sduffy@bestversionmedia.com by the 10th of the previous month.

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DIFFA - Thanks to Diana Park for event submission!

NOVEMBER 17 - JANUARY 13

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CHRISTMAS SHIPS PARADE

NOVEMBER 23 - DEC. 23

Lake Washington & Puget Sound
Ride onboard with the choir, or listen from shore during the Christmas Ship Festival.

Tickets/times vary
argosycruises.com

THE SEATTLE SEACHORDSMEN'S HOLIDAY CONCERT

DECEMBER 15TH

Phinney Ridge Lutheran Church
Tickets \$20 (Adults) and \$16 (7-18)
Shows at 2pm and 7pm

SEATTLE CIVIC CHRISTMAS SHIP DECEMBER 19

Magnuson Park Beach
Live music, cocoa and cookies and hundreds of luminaries light the way to the beach for the arrival of the ship at 8:45 pm.
8:30-9:15 pm
Free.
facebook.com/magnusoncc

THE STEADFAST TIN SOLDIER, A STORY BALLET

DECEMBER 15, 16

Shorecrest Performing Arts Center
Dance Fremont presents its 22nd annual retelling of the Hans Christian Andersen tale with colorful costumes and hand-painted scenery.

\$25 adults, \$15 children under 12 and seniors
Shows at 2 pm and 7 pm
dancefremont.com

HOLIDAY FUN RUN

DECEMBER 22

Enjoy a festive holiday run on the shores of Lake Washington.
Prices vary.
8:30-11:30 am
Magnusonseries.org

CHRISTMASTOWN: A HOLIDAY NOIR

NOVEMBER 23 - DEC. 24

Bathhouse Theater in Greenlake
Christmastown: A Holiday Noir is an adult detective comedy.
\$17-\$34
Times vary
seattlepublictheater.org

NUTCRACKER BALLET

NOVEMBER 23 - DEC. 28

McCaw Hall
Pacific Northwest Ballet performs The Nutcracker by George Balanchine, with a live orchestra, magnificent sets and costumes, and a huge cast.
Tickets/times vary
Pnb.org

CHRISTMAS LIGHTS - SEATTLE ZOO

NOVEMBER 23, 2018 - JAN. 5

Woodland Park Zoo
WildLights has 600,000 lights in animal shapes, real reindeer, night animals, carolers and Santa some nights. Closed Dec. 24 & 25.
Zoo.org

WINTER AT SEATTLE CENTER

NOVEMBER 23, 2018 - JAN. 6

Seattle Center
Enjoy holiday lights, skating at Fisher Pavilion (cost), folk dancers, carolers, dancers, ice sculptors, model trains, and entertainment during Winterfest at the Seattle Center. See schedule. Closed Dec. 25. Free.
Seattlecenter.com

NEW YEAR'S AT THE NEEDLE

DECEMBER 31

Seattle Center Armory
Cover band SWAY rocks in the New Year at the Armory stage from 8pm to midnight. Fountain of Light dance party at International Fountain, with live electronic music and a video projection show starts at 10pm. Fireworks at the Space Needle at midnight. Free.
Seattlecenter.com

POLAR BEAR PLUNGE!

JANUARY 1

Mathews Beach Park
Come wash away the old year with a plunge into Lake Washington at the 15th annual event. Registration begins 10 am, plunge at noon. Free.
parkways.seattle.gov

Quick Beef Bourguignon

Recipe submitted by local chef: Alexandra Hedin

Photo credit is Jeff Hobson for Weeknight Society

Quick Beef Bourguignon | Serves 4

By using a good quality of steak this traditionally long cooking French stew cooks in just 20 minutes making it perfect weeknight comfort food.

Be sure to use a good quality red wine for this dish. Because you only use a bit in the dish, you'll have the remaining to drink with your dinner.

1 cup pearl onions
1 cup sliced carrots
1.5 lb sliced sirloin steak
2 cups chopped potatoes

1 ½ c red wine
4 cups beef stock
6 sprigs fresh thyme
salt & pepper

STEP 1

In a large dutch oven, brown meat, carrots and potatoes until browned on all edges and a little crispy. Season with salt and pepper.

STEP 2

Pour red wine into the pan and boil for two minutes until reduced by half.

STEP 3

Pour stock in the pan and bring to a boil.

STEP 4

Add pearl onions and thyme. Reduce heat, cover and cook until meat is cooked through – about 15 minutes.



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Adopt Lovebirds!

Contributed by Kara Main-Hester, Ph.D. CPDT-KA

We would like to thank Emily Rieman of Best Friend Photography for donating her time and talent to photograph these pets.

Papaya and Quince are two lovebirds now available for adoption! These two are a bonded pair and will be adopted together. Adopting an animal can take only an hour of your time.

See www.seattle.gov/animalshelter for more details. Be sure to email us at sduffy@bestversionmedia.com if you adopt a new pet! We would love to introduce your pet to the neighborhood. Send us a photograph and we'll publish the announcement as a way to celebrate the arrival of your new pet!



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Envisioning a Future Free from Poverty

By Mike Buchanan



Homeless Prevention services get Victor De Los Santos back on Solid Ground. Photo: Chris Villiers



In 2009, Victor De Los Santos went legally blind. He started bumping into walls and couldn't drive. Then he couldn't operate a computer.

"It was really, really scary," he recalls. For someone whose 23-year nonprofit career revolved around connecting people, this was traumatic.

Victor couldn't work, lost his income and eventually was evicted from his home. In the space of a few weeks, he lost all his financial security.

Through the Department for the Blind, Victor connected with Barb Hart of Solid Ground's homeless prevention team.

Solid Ground helped Victor stabilize his housing, get financial counseling and clear up his credit report. And he got important emotional support.

"What I liked about Barb is, she is my cheerleader. She is so positive about things. My philosophy with other people is that 'you are loved and you are worth it' type of thing. She has the same philosophy."

Solid Ground provided Victor financial support so he could avoid homelessness and move back to his community and on with his career. But there are thousands of people like him in our region who are at risk of homelessness. It will take years to build all the affordable housing Seattle needs to meet demand. People like Victor don't have years to wait.

That's why in addition to providing permanent, transitional and emergency housing, Solid Ground offers homeless prevention and stabilization services, to give people a fighting chance to retain stability now.

Each year more than 75,000 people turn to Solid Ground. The Seattle-based non-profit works to keep people in their current homes through information, advocacy, case management, and limited financial support. It rapidly rehouses families who lose their housing and connects people with long-term housing solutions. Through its advocacy team, Solid Ground works to change laws, policies, and procedures to reduce barriers for people of color struggling to access and maintain housing.

Solid Ground's food programs work with school children, families and community groups alike to help people access better nutrition, grow and cook their own food on a budget, and lead healthier lives. Through hands-on experience, people learn to grow their own food and make more well-informed choices about nutrition and fitness.

Just as it takes a village to raise a child, it takes a community to undo the impacts of poverty. Every donation, volunteer hour and call to a legislator moves us closer to the day where everyone in our community has equitable access to opportunity.

Solid Ground's Broadview program, which provides housing and wrap-around services for women and their children who are domestic violence survivors, seeks people to adopt families for the holidays, and also to donate toys for children who enter the program year-round.

"Kids come in February and they have nothing," said Broadview's Joanna Tarr. "We like to be able to provide them with a toy to welcome them." To support Broadview, email Joanna at joannat@solid-ground.org. For more about how you can help, go to www.solid-ground.org.



TOWARDS WELLNESS: Exploring Alternative Therapy

By Jana Panter, ND, CCST

Ah, Wellness! We all seek it, but how do you find it? We've heard the stories - the coworker whose special diet healed their arthritis, or the neighbor who swears acupuncture cured their back spasms. It sounds great but how do you decide which approach is right for you and find a qualified practitioner? The choices can be overwhelming. Here are some guidelines to help on you on your path to wellness.

First, be proud that you're committing to taking better care of yourself! Then take a deep breath and recognize that it may take some time, research and a little patience to plan your best path forward.

Begin by defining your goals and motivations and your concerns and limitations; what are your primary health concerns, what kind of changes are you willing to/want to make to your life, where do your curiosities and fears lie, and what kind of resources (time and money) can you invest?



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What kinds of practitioners do you want to work with, and what approaches are most appealing?

Think of wellness as a progression instead of an absolute; I'd like to sleep better vs. I must get 8 hours every night. If wellness is only achieved once you're as fit as a professional athlete, as smart as Einstein and spiritual as the Dalai Llama then you'll miss all the little improvements that will accumulate into big ones.

Living in Seattle you're fortunate to have excellent and diverse therapies and therapists. Learning about the different types of practices requires research as there isn't one comprehensive source. The Seattle Natural Choice Directory, Find a Natural Doctor, and The International Association of Healthcare Practitioners are excellent resources. Additionally, explore options close to your home in case you need many sessions, are tired after a session, or you have an urgent problem.

Before you decide about a practitioner check out their online presence: are they licensed, trained and qualified to practice this technique or approach, how much experience do they have, what is their success with your concerns? Many practitioners offer a free consultation. Your friend's enthusiastic recommendations might be wonderful but remember it's your path, be sure to make your own decisions.

To avoid feeling overwhelmed by the process keep a health journal. It will enable you to track your research, assess the methods and the practitioners, how it's all feeling, and your progress. It's easy to forget resolved issues and give up on some technique that's working.

After collecting all the data take time to listen to your intuition or gut feeling. What method/practitioner feels like they'll provide the best guidance for you on your pathway to wellness?

What is the value of feeling healthy and happy? Like most worthwhile endeavors—your path to wellness may take some effort but the rewards are vast. As the old saying goes—when you have your health you have everything.





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