

# leschinews

January 2015 Issue No. 318

Leschi Community Council is a participating member of the Seattle Community Council Federation



***No meeting this month; get out  
and enjoy your neighborhood!***

## **inside the news**

- 4 Bus #27 may rise again!
- 5 The Denny Award Winner
- 9 Incredible India
- 11 Treasure Islands

## **SAVE THE DATE**

**The Leschi Community  
Council will next  
meet on February 4**

# Presidents' Message

Some neighbors were caught by surprise when we had a different holiday party this year. We were not able to rent the Senior Center for the first Saturday (it was rented to another group) and we decided to do something on our regular first Wednesday meeting time. We couldn't handle a neighborhood potluck without access to the kitchen, so we settled for a table of appetizers and drinks. We also couldn't handle any dancing in the smaller space of the Solarium, so we settled for music. We were fortunate to have the Bach Street Boyz play for us: four very talented young men playing a classical program. The four were Garfield students (one grad) and all have experience with the Garfield Symphony Orchestra under the direction of Marcus Tsutakawa.

If we have an event in the upcoming month, it will be prominently featured on the cover of the newsletter; we know folks have busy lives and can't always read the inside articles right away, but we figure you probably see the cover when it comes...especially now that it is delivered flat and not folded. The guests enjoyed the music and the food AND added to a list of goals for the next year. Thanks to Steve Mullen at Grocery Outlet for donating refreshments for our buffet table.

The goals that appeared on our flip chart were: restore the bus #27 route (two votes), pedestrian safety and walkability in the area, double the LCC membership, get invasives out of the new part of the Leschi Natural Area, keep the new brighter street lights out of our windows, local fitness awareness culminating in a 5K and keep up the music events! The Board will be reviewing these goals and developing some achievable goals for 2015. If you wish to add to this list, send your comments to [leschinews@comcast.net](mailto:leschinews@comcast.net) or call 206 726.0923.

Thanks to all our readers who looked at their mailing label and renewed their dues for the coming year. We will send out some letters in January to encourage those who haven't noticed the date on their label. The dues ensure that we can keep up the newsletter and support activities that benefit the community. Our annual expenses are the printing, layout and mailing costs for the newsletter, room rental at the Senior Center and our annual insurance that allows us to hold community events. Although we try to pay for our community events through grants, a healthy treasury supplements the costs which typically run over the grant amount.

Best wishes for the New Year! If you are one that has trouble with resolutions, enjoy the article on Ditch the Resolutions!

*Be the change you want to see in the world. -Gandhi*

*-Diane Morris & Diane Snell*

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**and visit our website: [leschinews.com](http://leschinews.com)**

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# News items of interest

Beginning January 1, 2015 in Seattle, food waste, paper napkins and pizza boxes must be in the Yard Waste container and not in the garbage. (Seattle.gov/util). After July 1, 2015 fines will be issued to businesses and residents whose garbage containers contain too much food or recyclables. (SPU's Curbwaste and Conserve which comes with your utilities bill.)

Seattle Dept. of Transportation will begin Phase 1 of its 23rd Ave. Project in early 2015. Phase I covers the segment of 23rd Ave. between E. John St. and E. Jackson St. Northbound traffic will be diverted to Martin Luther King, Jr. Way. Construction will last approximately 20 months. (information can be found at SDOT's website or Google 23rd Ave. Project)

Councilmember Nick Licata is interested in a public bank for Seattle. A panel was held in mid-December at a U-district church which I was unable to attend. I did hear the speakers

the following Saturday morning on KEXP's Mind over Matters. The appeal of a public bank is that revenues (taxes, fines) collected by the city would be deposited in this bank and the interest earned on the money would be the city's money to spend and/or invest. Public banks typically give out small business loans but this bank, unlike the public savings banks in Germany, would not take citizen deposits. There is a similar movement in Vermont where the bigger banks are fighting it. The best example in the United States is the bank of North Dakota which was established in 1919.

The private banks tried to stop it and ultimately went to the Supreme Court but lost. Agri-business runs in the black in North Dakota. Lending went up during the recent downturn when loans were hard to find elsewhere as private banks had reined in their lending practices.

Nick Licata states that the next steps are educating the City Council and the Mayor's office.

-Diane Snell



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# Neighborhood and Beyond

## RETURN OF THE #27?

Three Leschi CC Board members worked on a letter to Councilmember Tom Rasmussen, Chair of the Transportation Committee, on the need for restoration of the #27 route.

John Barber eloquently described the various citizen needs and stressed the importance of being able to attend cultural events as well as medical appts. Janet Oliver spoke of ideas that had been floated at SDOT years ago but not pursued: circulator buses that serve neighborhoods and link to longer bus lines. Your editor wove the two perspectives into a letter that was sent to not only CM Rasmussen, but Mayor Ed Murray and his transportation advisor, Andrew Glass-Hastings. When time passed with no response, I followed up with a phone call and was able to have a conversation with Anthony, CM Rasmussen's transportation person. I was told that the plan is to restore the cuts in June of 2015; no cuts can be restored prior to that due to the amount

of contracts that need to be written, drivers hired, etc., and the fact that money for Prop.1 will be available at that point to fund the restoration of the cuts. Interestingly enough, I was told that CM Rasmussen was intrigued by the circulator bus idea and went to the new head of SDOT to discuss that. This would be a good plan for the future; Seattle already has streetcars under its jurisdiction, so the administrative structure is there. It leaves Metro as the regional carrier, concentrating on the areas of greatest need.

There are some hurdles to jump; restoration needs the approval of the full council but Anthony did not see that as a problem. We will continue to monitor the progress of the restoration and keep you informed.

-Diane Snell

## A NEW CITY PROGRAM FOR TRAINING AND COORDINATING VOLUNTEERS CAN HELP OUR NEIGHBORHOOD

Tree Ambassadors was formed to build volunteer action in improving and maintaining street right-of-ways, like stairways, planting strips, and shoreline street ends.

Here is how the group is described by the City:

*"Tree Ambassadors build community and create investment in public trees. Do you dream of living in a tree house? Do you eagerly await the first leaf buds in the spring? Do you love to lie on your back and watch branches dancing in the breeze? Does a stroll down a tree-lined street put a smile on your face? You may be a tree lover!"*

*What is a Tree Ambassador? Tree Ambassadors are volunteers who help nurture Seattle's trees with the goal of growing and caring for the urban forest. Tree Ambassadors help build community and create a culture of caring for our community's trees.*

*Tree Ambassadors work in three project areas:*

- *Tree Walks: Tree Ambassadors develop walks to highlight interesting or significant trees in their neighborhoods and lead community walks to engage their neighbors....*
- *Landscape Renewal: Tree Ambassadors plan and organize small-scale landscape projects in residential areas. Tree*

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*Ambassadors “adopt” sites and organize work parties to weed, mulch, and activate these neighborhood green spaces....*

• *Street Tree Stewardship: Tree Ambassadors provide critical care to help young street trees thrive. Tree Ambassadors plan work parties to weed, mulch, and care for the trees that make our neighborhoods walkable, attractive, and healthy...*

I attended a meeting to see if Tree Ambassadors could help with the Judkins Shoreline Street End, which is part of the Leschi String of Pearls.



*Tree Ambassadors build community and create investment in public trees.*

The answer: it depends on whether any of the Tree Ambassadors chooses that project. Right now, there are 25 Tree Ambassadors in the entire City. The program, with the landscape maintenance training it provides, seems tailor made for our neighborhood. Volunteers, anyone?

*-John Barber*

## **LESCHI PARK RECEIVES SIX NEW TREES**

Down by the Lake at the southern border of Leschi Park, the City needs to repair the storm water pipes that extend into the Lake. In doing so, the ailing flowering cherry trees need to be removed. They are diseased, as is happening to many flowering cherries, so they really need to go.

The City is replacing the cherries with a pair of western hemlocks, a pair of Garry oak trees, and a pair of vine maple trees. These are native trees and in accord with the Park Department’s policy of increasing native plants in parks and boulevards.

## **THE DENNY AWARD WINNER**

A table full of Leschi volunteers were delighted to witness the presentation of a 2014 Denny Award to Rich Appleton, star volunteer at the Leschi Natural Area since 2000.

A handful of Denny Awards are given by the Park Department to outstanding contributors, mostly volunteers, to Seattle parks every year.

Rich has not only been a faithful volunteer at the Leschi Natural Area, but he has been the prime steward for a mini-park, Nora’s Woods, at 29th and Columbia, since 1995 when the land was donated to the Park Department by Leschi neighbor Fran Woods in honor of his recently deceased wife, Nora.

Rich lived next door to the new mini-park and quickly rose to the challenge of transforming it from a thicket of blackberry, ivy, and other aggressive weeds, to a haven of native plants including a path system, stairs and benches.

The Award cites Rich as “a highly effective and well respected leader at both park locations. He is famously well-organized and inventive with difficult and challenging terrain. One example is his development of a giant cardboard slide on the stairs at the Leschi Natural Area using a rope pulley to lower mulch and raise plant debris.”

Needless to say, we are proud to have Rich among the cadre of volunteers who make our neighborhood a better place. The award presentation also characterized Rich, as “humble, considerate, and highly friendly.....” We are glad to agree.

*-John Barber*

## **SAVE THOSE RED APPLE RECEIPTS!**

Yes, we still collect Red Apple receipts, and we have turned in all the 2013 receipts to Red Apple’s community “give back” program. Be sure to turn in all 2014 receipts by March 1, 2015. Many thanks to Elie Smith and Lazelle Johnson, our two most dedicated contributors of receipts! You can mail your receipts to Leschi CC, 140 Lakeside Ave. Suite A #2, Seattle, WA 98122 or bring them to one of our meetings or give to a Board member in your neighborhood.

*-Katie Busby*

## **NEWS FROM THE CENTRAL**

The big news is that Interim Director Dian Ferguson has accepted the Director position as offered by Senior Services! Members met this news with a huge round of applause! Dian is a doer and has been instrumental in turning around a dismal fiscal situation, bringing in more volunteers and addressing the many problems in this old building.

A new floor was being laid in the Dining Room and the meeting was held in the Solarium, where attendees could see Madison Park Trees employees working on the deciduous magnolia. Trees on the property were pruned; dead branches were removed and a few unwanted trees removed. Resulting chips were moved to mulch plants. Thanks to Mark Hebert of Madison Park Trees for doing this work, much of it pro bono.

Dian reported on organizations that have been using the center for meeting space, but not on a paying basis. The Links

organization had an office and a storage closet for many years and when asked for reimbursement, the group gave \$5000 to the Center. (Please note that Leschi CC has agreed to pay rent and for building attendant hours used.)

Problems still needing attention are the parking lot, plumbing (old pipes need replacement), heating problems, electrical issues (both wiring and energy efficient bulbs), windows (efficiency and security) and the elevator (or at least a ramp) to access the downstairs. All of these issues need to be addressed before Senior Services will consider buying the building. A grant is being applied for to assess the cost of solutions to these issues.

-Diane Morris

## JANUARY EVENTS AT SENIOR CENTER

**Health Insurance Counseling,  
2nd & 4th Tuesdays, starting January 13!**

SHIBA (State Health Insurance Benefits Advisors) are available by appointment for health insurance counseling at the Central Area Senior Center starting on Tuesday, January 13th. They can help you understand your health care coverage options, find affordable health care coverage, as well as evaluate and compare health insurance plans. This is a free resource with appointment times at 10AM, 11:30AM, and 1PM. Please call 206-726-4926 to sign up.

## PARKS AND GREENSPACE UPDATES

### South King Street Shoreline Street End

#### - Leschi's Hidden Jewel

Nestled by Lake Washington at the place South King Street right of way descends into the Lake, is a rich nature preserve that is accessible by a gravel path and two entry points. This street end is unique among the other String of Pearls; in fact, all of the String of Pearls provide different shoreline experiences to visitors.



This jewel among the Leschi String of Pearls is home for ground-nesting birds and a refuge for wildlife that thrives at shore's edge. The plants there are the result of a community project that started with the conversion of this street end from private use to public in 1994. Upkeep became too challenging for volunteers as weeds took over and the lawn needed to be mowed. In 2001, the Leschi Greenspace Committee applied for \$10,000 in Neighborhood Matching Funds, which was matched by over \$12,000 in contributions by neighbors and by volunteer labor. The heavy equipment labor was provided by the Seattle Parks Conservation Corps, and reconstruction was completed in the summer of 2002.

The plants you see at South King Street are the result of 12 years of plant life, thus much of the site is a thicket that is the type of habitat needed for many native wildlife.

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A small number of neighborhood volunteers maintain this site, principally removing trash, pulling out or cutting back weeds (bindweed and blackberries), and mowing or weed-whacking the walking areas. Currently, erosion is occurring at the water's edge, which will need addressing at some future date. The other big challenge is weeds that find places to root in the middle of the native thickets. Up to spending some time making this continue as a dot for wildlife and nature? You, too, can help, by volunteering. Call John Barber, Street End Steward, at 324-1548.

## GREEN DOLPHIN STREET LOUNGE

**Friday, January 16: 6PM-9PM**

Join the Central Area Senior Center for our Green Dolphin Street Lounge with dancing, live music, a no-host bar, and appetizer foods. Featuring Goody Bag on January 16, admission is \$20 for non-members and \$15 for lifetime members.

## HEALTH PRESENTATION & IMMUNIZATIONS

**Wednesday, January 21: 10AM-11AM**

Stop by the Central Area Senior Center to chat with pharmacists about your prescriptions, get your blood pressure checked and listen to an informative health presentation. Call 206-726-4926 to be added to the list for this free event and we will give you a reminder call the day before.

## PEOPLE'S MEMORIAL PRESENTATION

**Wednesday, January 28: 11AM-12PM**

Please join the Central Area Senior Center to hear from Kathy Long, Executive Director of People's Memorial Association and learn information about end-of-life planning documents and what People's Memorial provides its members. If you would like a reminder about the presentation please call 206-726-4926 to be added to the list.

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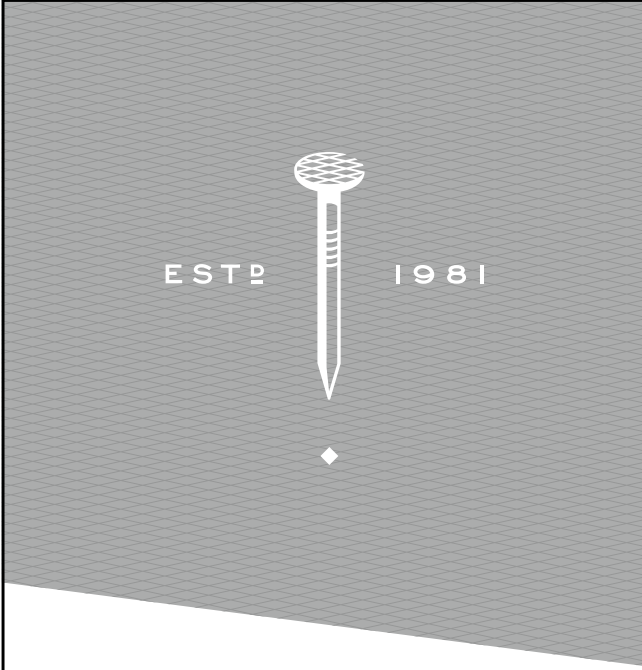
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## MIDTOWN REZONE: UPON FURTHER RE-CONSIDERATION

In a City Council meeting on December 16, the proposed rezone of the MidTown Center at 23rd and Union moved one step closer toward final resolution. Or one step sideways. Or possibly backward. In the end, it will all depend on what transpires on January 6, 2015, when Council will reconvene to once again consider the issue.

The meeting was with the Planning, Land Use and Sustainability Committee, which is chaired by Mike O'Brien and includes Nick Licata and Tim Burgess. No public comment was taken, only brief presentations by the parties already engaged in the process, and they were limited to referring to facts that have been previously included in the official record. The record largely consists of items presented to and referenced by the hearing examiner who ruled on the issue in December of 2013, recommending the City Council deny the upzone. That recommendation was largely based on the lack of transitions to the adjacent single-family zone to the east and south – as mandated by city code – and included some reference to the city's desire for implementation of some means of affordable housing on the site.

In his ten minutes of testimony, land use attorney Rich Hill repeated the prime contention of his clients, the property-owning Bangasser family of five siblings, that the



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intersection is experiencing a rapid spiral of decay which can only be countered by immediate re-development, which in turn can only happen if the block in question is upzoned to allow another 25 feet of building height. Without the promise of additional stories, the Bangassers believe, the ultimate sale to an interested developer will not be feasible. The lack of transitions, Hill contends, could be addressed via the city's Design Review process.

The official opponents of the re-zone, the Central Area Land Use Review Committee (LURC; full disclosure: this author is a LURC member), countered in their ten minute testimony presented by committee chair Amanda Bryan that the community's interest would be far better served if that block were treated no differently than the surrounding properties, all of which will be subject to the same set of conditions in a pending area-wide re-zone, part of a city-led public planning process known as the 23rd Avenue Action Plan. This plan also calls for raising the building height from 40 to 65 feet, but would likely include an affordable housing tool known as incentive zoning, where the additional development would only be allowed by providing a certain percentage of housing units at less-than-market rents for individuals earning below the Area Median Income (AMI). Bryan also contended that the Design Review process is largely in place for managing specific design issues. She cited Design Review guidelines that state it is not

intended to address questions of zoning, and pointed out that the process typically grants requested departures from code requirements, rather than impose stricter ones.

It was mentioned that while the timeline for implementing the Action Plan rezone is unclear, it appears slated to go in front of Council during the first quarter of 2015.

While diplomatically avoiding any reference to the proposal as what some have called a case of spot zoning (illegal under state law), Bryan closed by saying that there is no compelling reason for the city to grant a benefit to one property owner in the form of enhanced property value, without providing benefit to the larger community.

Also speaking was Michael Dorsey of the city's Department of Planning and Development (DPD), who reiterated his department's support of the re-zone, and their hope that the two parties would return to the table for further negotiation.

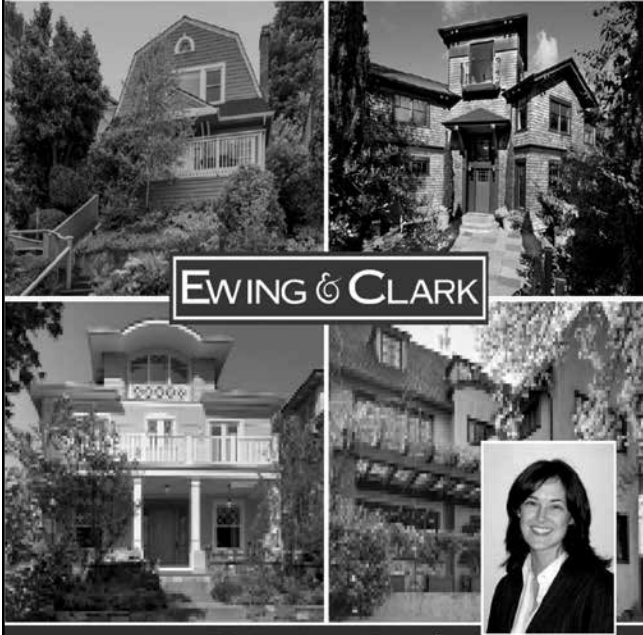
In their deliberation and question period, the three council members mainly queried Martha Lester, the council staff person who is shepherding this apparently rare process, on some of the technical nuance at play. Without tipping their hand one way or another, the committee concluded that there are four options before them:

1. "Remand" the case back to the Hearing Examiner
2. Approve the rezone as-is (with no conditions attached)
3. Approve the rezone with some specific conditions attached; or
4. Deny the rezone outright.

Ms. Lester pointed out that Option 1 may not in fact be allowed, since city rules limit remanding to a hearing examiner only for consideration of new material submitted to the record, and the time frame for doing so passed in February of 2014. Given the Council's (and City as a whole) interest in implementing affordable housing measures, and that the hearing examiner's recommendation was denial of the rezone, Option 2 also seems unlikely. The general vibe from the council's table could lead one to conclude that Option 3 is a distinct possibility, but navigating the legal framework to put that in place could prove complicated, so time will tell if there is the collective stomach for it within the city. The simplicity of Option 4 could be alluring, and would basically be the Council's statement that it would prefer to honor the public process of the 23rd Avenue Action Plan. That fork in the road will be at the Committee's next hearing, January 23.

*-Jeff Floor*

*Ask me about real estate when you see me in Leschi!*



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# CULTURE CORNER

## INCREDIBLE INDIA

Susan N. Platt  
www.artandpoliticsnow.com

Back from a life-changing trip to India, people ask me: “What was the highlight?” I can’t possibly answer. Every minute in the country exposed me to new experiences, new feelings, new perspectives. Before we went we tried to prepare ourselves. Every table in the house was covered with books, but we barely scratched the surface of India. Its history is long, its religions complex, its geography huge, its languages many. Its art and architecture stretches from the ancient Indus Valley cultures to world-renowned contemporary artists. Fortunately, we were able to not only visit monumental temples, forts and palaces, but also to meet artists and curators in Delhi and Mumbai.

Hindu gods and goddesses play a prominent role in both ancient and contemporary art, particularly the many incarnations of Vishnu—fish, turtle, wild boar, lion-headed man, dwarf, warrior with ax, Rama and Sita, Krishna. Crafty priests wanted to stop losing their followers so they declared Buddha as the ninth reincarnation of Vishnu. They succeeded. Buddhism spread East, but wilted in India.

When Brahma created humans all the animals said, he is so unprotected, how can he survive, and Brahma said I have given him a brain, but I will send incarnations to save him if things deteriorate too badly. The final incarnation is yet to come and will arrive at the end of the world. Perhaps that is sooner than later.

Early in the trip we witnessed living Hindu practices: the extraordinary fire ceremony Aarti on the Ganges River in Varanasi. At dawn we placed marigold offerings in the river as people purified themselves by bathing in the River. Ironically, the Ganges is both badly polluted and highly sanctified. The cow is



Gogi with her latest sculpture, responding to a gang rape, in her homelstudio in Delhi 2014

part of the family, treated with great respect, fed the first chapatti in the morning, free to roam all day, and come back home at night. Especially in Varanasi we saw cows all over the city and you could see that they were clear about their status. They owned the road, no matter where they decided to wander.

At Kharjuraho we saw 9th and 10th century Hindu and Jain temples with sculpture beyond what the Greeks ever thought of in terms of intricacy of pose, realism, and sensuality. These temples are known for their erotic depictions of the Kama Sutra, but actually they depict Tantric yoga, and people in everyday life side by side with gods and goddesses.

The Taj Mahal, an enormous tomb built for love by a grieving Shah Jahan looks like it is levitating right off the ground. (His

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wife died in childbirth having her 14th child) The semi-precious stone marble inlay technique is still made today by descendants of the original Persian craftsmen brought in to build it.

Shah Jahan's evil son Aurangzeb locked him up for the last eight years of his life so he could only gaze upon the Taj Mahal from afar (Aurangzeb also killed three of his brothers and brought the head of his eldest brother to his father: revenge, power and gore are commonplace in Indian history and myth).

After visiting grand palaces and forts in Rajshthan, our final stops were the world famous Ajanta cave paintings and sculpture and the Ellora rock cut temples. The subtle realism of the Ajanta paintings from the 3rd to the 5th centuries outstripped anything Europe did then. The main Hindu temple at Ellora, Kailash, dedicated to Lord Shiva, sought to bring the Himalayas, home of Shiva, to central India. Cut from a single block of stone top down, back to front, it covers an area larger than the Parthenon with temples ornamented with intricate depictions of epics, as well as larger than life gods and goddesses.

Visiting Rajghat, the site of Gandhi's cremation in Delhi, as children and adults circled it with bare feet, brought tears to my eyes and a real sense of his monumental importance. That experience was partnered with visiting the Mani Bhavan Gandhi Sangrahalaya in Mumbai, a memorial museum where Gandhi stayed off and on from 1917 until 1934. In addition to his simple bedroom and enormous library, photographs and 28 tableaux of small clay figures depicted important moments in his life.

By the end of our trip I could understand more clearly Gandhi's extraordinary principles. In the countryside we saw farming with bullocks and the ongoing poverty that he sought to alleviate by encouraging textiles and crafts, and resisting imported fabrics. The caste system that Gandhi boldly confronted, still appears in social customs. On our first day, we read about a young university woman who married below her caste, and was taken back to a village by her parents and killed. The contradictions for women continue. Our driver's daughter had a Ph.D. but was about to enter a marriage arranged by a village priest. One guide had a sister who was widowed at a young age and could never remarry because she was from the "warrior" caste and lived in her ancestral village.

Balancing the weight of the ongoing oppressions of tradition though, contemporary artists respond to these contradictions. We met artists who addressed the conditions of women, men and the threats to the environment in present day India. For example, Gogi Saroj Pal, a well-known feminist artist, directly responds to the gang rape of a woman in Delhi in 2012. "Our mythology is crooked and so is our mentality," says Pal. "As we celebrate Navaratri [Hindu Festival of Lights in honor of Durga the universal mother], we also kill a girl child, and as we worship goddesses for money, we continue to rape our women."

## Leschi Lakecenter and Yacht Basin

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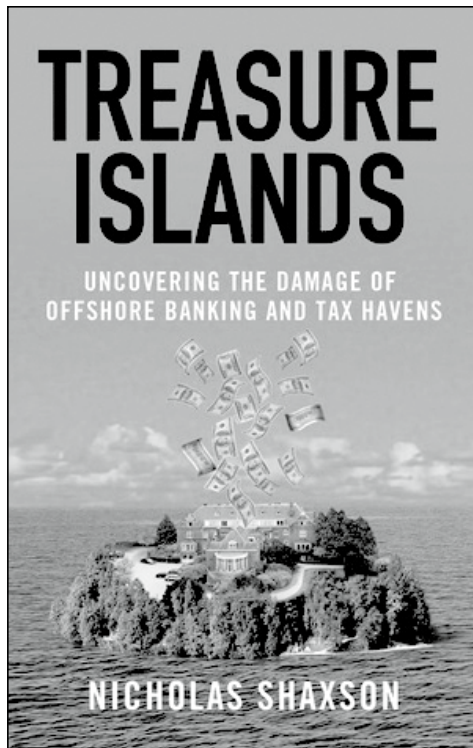
## BOOK REVIEW

### Treasure Islands: Uncovering the Damage of Offshore Banking and Tax Havens

Since we have a clutch of big tax chiselers right here in River City\*, this subject interests me greatly. As the Great Recession drags on for six years, with 9300 homeless just in our county, I have been puzzled by our economy's apparent inability to right itself. This book and a couple of others have opened my eyes to central problems that don't seem to get much attention, and certainly not clear analysis, in the media. To my mind the problems are those of offshoring of jobs, offshoring and withholding of capital, the resulting debt and the avoidance and shifting of tax burden down the social

scale, further reducing the spendable incomes needed for a robust economy. This has all been done under the rubric of "deregulation for efficiency" and the supposed provision of more for everyone. However, any greater efficiency and increased GDP that has occurred since the deregulation craze began in the Carter Administration is due to advances in science, I believe, not deregulation. The fruits of scientific advance, on the other hand, are not being shared fairly. Much of the great developments in science are funded by us all through government sponsored research, and in any case are not the fundamental product of the creativity of the 1% who have reaped most of the benefits. The book *Treasure Islands* by Nicholas Shaxson deals with the offshoring problem, i.e., the wizardry of tax avoidance, tax evasion, and the hiding of illegally acquired assets. He makes the case that this seriously hurts us, Europeans and the people of less-developed nations equally. The money lost just by U.S. taxpayers is estimated to be \$100 billion per year. Just think how that might be used productively here. Google "Jeff Reifman and Crosscut" for a local example.

As I listen to Thom Hartmann today pointing out that a third of all U.S. taxes in the Eisenhower years were paid by corporations and that it is now down to 8%, I think about the story told so entertainingly and persuasively by this book. It is a story of the offshore ways that U.S. corporations have perfected since the Eisenhower years to accomplish this. It is also a history of the development of opportunities to hide illegally acquired loot that has been offered internationally



to new political leaders as the French, British and American colonial empires were nominally dissolved and the local elites adjusted their larcenous methods.

Shaxson is a journalist who has specialized in African affairs, has written for the *Economist* and *Financial Times* and is an associate fellow with the Royal Institute of International Affairs. He begins his story with his own introduction to a mixture of oil money, French politics, intelligence services and bribery as it was applied to wealth extraction in Gabon, the small ex-French colony in West Africa. Wealth extraction and its concentration elsewhere is the theme of this book and that is what he sees as the greatly destructive effect of tax havens. They often divert funds

in ways that corrupt democratic government at the source and always leave it less productive at its final resting place, or worse, free to finance mayhem. The small oil-rich ex-French colony of Gabon is portrayed as a jewel in the crown of post-colonial power relationships. Here the French even bivouacked a few hundred paratroopers within quick reach of the dictator's palace by means of a tunnel, just to assure his continued compliant reign. He lived to be the world's longest serving chief of state. As it happened, the author's visit to Gabon came as what became known as the giant ELF Aquitaine corruption affair began to explode in France, revealing some of the nastier political and criminal effects of such arrangements. That, as he tells it, drew him into the study of tax havens that produced the book.

His narrative draws the reader in like a novel of international intrigue. It has the appeal of telling you about the bad and semi-bad guys who are reaming you tax-wise, supported by extensive footnotes you can ignore, while making the whole thing go down easily, greased with spicy

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details. There is the overly inquisitive accountant who is poisoned, a miniature coffin sent to a French investigating magistrate, secret handshakes, the detective who knows when to back off, an executive found in the back of his burning hatchback, and naked girls greeting drug lords when they touch down at private Caribbean airfields. Even the statistics are riveting: As the dust jacket blurb points out, over half of world trade is routed through tax havens. Off balance sheet practices that caused much of the crash of 2008 can be traced to tax havens. And ten times as many dollars we send in aid to developing countries slip out the back door to the secret tax haven accounts of corrupt rulers and elites.

Shaxson digs deeper and deeper into the details of the tangled and growing mass of havens such as Liechtenstein, the Isle of Jersey, the Caymans, the Bahamas, Hong Kong, Nevada, Delaware, Wyoming, Nauru and on and on. He finds that the connections circle back to The City of London. This is a small enclave within London proper that has only 9000 or so real inhabitants. It has been the center of international finance since the glory days of the British Empire and because of the firms officially located there has developed the strands of what he characterizes as a web of unregulated and obscure financial transactions for the purpose of secrecy. While Switzerland may be the final resting place of a great deal of invisible money, the records that would be necessary to trace the travels of that money are protected from any agency's discovery by this carefully constructed web at which The City is the center. As we know from our daily news, London continues to provide the seductive advantages of dodgy financial supervision. You get whiffs of this in the episode of Morgan Chase's multi-billion dollar London Whale fracas and the criminal fixing of international interest rates, to say nothing of the several strange Morgan employee deaths.

Then there is the chapter detailing the corrupting effect of captured small governments on larger countries through the threat that companies can then make of leaving a relatively respectable jurisdiction for more complacent climes. The examples of Delaware and Jersey are striking. There, successful efforts were mounted to effect lax legislation in

Parliament and Washington allowing, respectively, audit firms to avoid liability for bad audits and banks to remove limits on usurious credit card interest rates, both things that certainly contributed to our current troubles. All of this is justified, it seems, using the new twisted free market philosophy of subverting and reducing government while using what government remains greedily for special purposes.

But the most troubling aspect of this story is the effect these financial pipelines out of poor countries have on their economies. This, he claims, is why places with great potential mineral or agricultural wealth remain desperately poor. Contrary to self serving theories of the benefits of minimal government, he argues, poor countries need sufficient bureaucracy to enforce a system of taxation, one to create the proper infrastructure conducive to a modern productive society and prevent this very outflow of loot that drains the country of investment funds. A healthy and honestly administered tax system, he says, can encourage creation of local enterprise and the democracy giving residents a stake in civil society that we tell less developed societies they should have. He finishes by providing a list of several correctives to the ills he sees, all of which are impossible to enact given the present political scene.



The next step in any program of reform will clearly have to involve removal of the suffocating influence of big money in U.S. politics. That is another book altogether and a rant I will reserve for another day.

A book that explores the matter of the economics of less developed nations, and in my opinion pretty persuasively destroys the inflexible "free-trade" rationale of the IMF and World Bank, is Cambridge professor Ha-Joon Chang's *Bad Samaritans*. He points out that, in contrast with less developed nations of the present day, in our Gilded Age we had the advantage that the loot of the great buccaneers was kept at home to be invested by them in our economy. That book won't be as much fun. No death, drugs and intrigue, but you might try looking at it as well. The two together could just shake up your whole worldview. Good books can do that.

-Jim Snell

\* "Right here in River City" refers to the song "Ya got Trouble" from *The Music Man*.





# Seeking Sustenance in the Wilds of Seattle

■ *We could whine about the lack of a wine article this month or we could resolve to make some resolutions about healthy eating and an exercise regime. As someone who has never met a resolution that she has kept or even remembered for very long, I was intrigued by the following contribution to our newsletter. -Editor*

## DITCH THE RESOLUTION AND TAKE SMALL STEPS

Maybe you've never been a resolution person. Maybe your resolution illusions were shattered long ago. Or maybe you're poised for a big resolution this month.

Wherever you find yourself, you'll benefit from these three improvements on fitness and health resolutions. You've probably heard that a very large number of those who resolve big fitness and diet changes on January 1, have abandoned them by Feb 15, if not a lot sooner. In the wave of self-loathing that follows the holidays, we adopt grandiose ideas about what needs to change and sweeping makeover schemes for ourselves. As a result, we set our sights too high and underestimate the effort it takes to change deep habits. As a coach who helps people integrate fitness, diet, sleep and mood-related health changes into their daily lives, I'm calling on you to ditch the resolutions this year and try these things instead.

1. Start way smaller than you might think. Though you may have big dreams for the year, make sure you start with one or two (at the most) small, very specific daily habits. It's better to do one small thing consistently—you'll build both momentum and automaticity.

2. Choose habits or actions you have high confidence you can do—you should almost feel like it's silly to have such an easy goal. If you don't have at least 80% confidence, revise the habit or goal until you are more confident. And if your track record for the first week or two doesn't bear that out, revise your habit to make it easier to do.

3. If you have some New Year's motivation, spend it on addressing your obstacles. I find people are quick to blame themselves and feel inadequate about not being able to stick with a consistent fitness practice, rather than taking a serious look at the reasons why they're failing. When I was first trying to get into swimming, can you guess what kept me from going to the pool for three straight weeks? I didn't have a duplicate set of toiletries for my gym bag. Sometimes it's a need to be firm about a schedule boundary, or a change to childcare arrangements, or just a bit more planning. They can sometimes be surprisingly easy fixes, but you've got to track them down.

Finally, iterate, iterate, iterate! Keep at it even if you completely blow off your new habit for a week or two. It doesn't mean you've failed. You just need to observe, ask what went wrong, tweak and try it again. Happy 2015 and here's to small changes that make a big difference.

Rachel Carey DeBusk is a holistic fitness and nutrition coach. For classes, coaching, training check out [UnstillLife.com](http://UnstillLife.com) and [RachelxTwo.com](http://RachelxTwo.com) [Rachel@UnstillLife.com](mailto:Rachel@UnstillLife.com)

*-Rachel Carey DeBusk*

## SAM'S MOROCCAN SANDWICHES

Diane Morris read about a new sandwich shop in the area and called to say we needed to try it out. The big rave was the Pocadio sandwich: albacore tuna, beets, carrot & hard-boiled egg on a roll. She quoted a price of \$5.99, which seemed reasonable for a sandwich these days. When we arrived, old prices were covered up and new prices posted; her sandwich was now \$8.99 (as were most other sandwiches). After the initial price disappointment, we decided to stay because we had agreed to review this place in the December newsletter. Diane ordered the Pocadio; I ordered the Tuna Melt. The sandwiches are served on French rolls and are very generously sized. Diane was happy with hers; she did ask for the hard-boiled egg on the side, so her roll was a little less stuffed than it ordinarily would be. On the other hand, my roll was overstuffed. As a veggie who sometimes eats seafood, it is eaten in small quantities. I felt like I had consumed a week's worth of protein on the national nutritional

chart. Ordinarily I would chop a lot of veggies to stretch out that tuna and maybe use plain yogurt instead of mayo. This sandwich was heavy lifting for me, but I can see where tuna lovers would be delighted with a generous serving like that. There is the faint hint of Sriracha and your waiter brings the entire bottle in case you need more. There is also an occasional bite of Kalamata olive which helps to redeem the overwhelming tuna. The owner is delightful and he spoke French with Diane Morris; her French is more fluent than mine. I have to be in Paris with no English-speaking friends for at least 48 hours for my French to come back in any rudimentary form.

Sam serves homemade hummus and his own sauce for pasta (spaghetti with meatballs is on the menu.) Order the Chicken Wrap to get a taste of his hummus.

### SAM'S MOROCCAN SANDWICHES

1110 23rd Ave (in the post office site strip)

11am-7pm

**EASTPAC MEETING 12/4/14**

The East Precinct meeting for both November and December was held on Dec. 4 as their usual meeting time of the fourth Thursday conflicted with both Thanksgiving and Christmas.

The announced topic for the evening was being safe for the holidays: a discussion on how to safely order online and get packages delivered to a safe address (work or neighbor if you can't be home) and safe mall shopping and making sure your packages are not visible in the car.

Advice was given on making videos or taking photos of valuables in your home, but safely storing the information in the cloud or a safe deposit box, NOT on your computer, which may walk out the door with the other valuables.

The attendees wanted to talk about other events: the ongoing demonstrations following the grand jury verdicts in Ferguson and Staten Island. Folks who wanted to demonstrate peacefully felt threatened by the "anarchist" types causing property damage; they didn't want to be swept up in a mass arrest. Sgt. Jay Shin was the only officer present and he told about the peaceful protests with Garfield students and the question and answer exchanges held in front of the East Precinct at the end of the march. The marches that ended at Westlake seemed to attract other groups; more interested in window smashing and alarmed businesses had asked the police to intervene. He made it clear that police were only interested in arresting the perpetrators and not making a wide sweep.

A suggestion to hold a future meeting on the Grand Jury so we could better understand this process was discussed. Next meeting: January 22, 6:30pm at Chardin Hall on Seattle U campus. Free parking can be accessed off Jefferson just west of 12th.

*-Diane Snell*

**CENTRAL AREA NEIGHBORHOOD DISTRICT COUNCIL MEETING 12/11/14**

A very brief meeting was held to elect new officers. For 2015, the elected officers are Bill Zosel (Squire Park) President, Dan Sanchez (Madrona), Vice-President, and Diane Snell (Leschi), Secretary. The other order of business was that group voted to support Leschi in a letter of support to reinstate the route of Bus #27. Meeting adjourned early for attendees to party at the Central Cinema. Next Meeting: January 8, 6 pm, at the Central Area Senior Center.

*-Diane Snell*

**LCC EXECUTIVE BOARD MEETING 12/8/14**

Attending: Diane Morris, Diane Snell, John Barber, Kim Murillo, Amy Fink

**Kim/Treasury Report:**

- Please see Kim's spreadsheet (edits: subtract music/entertainment from the recurring expense column and the Youth Fund from the restricted funds column). We're doing well financially; we're in the black, mostly due to the two Dianes collecting past due ad revenue and membership dues.

- It was noted that the Frink Park grant is a pre-pay arrangement.
- Diane Snell proposed sending \$100 to Leschi School to help with non-covered expenses (per the PTA's request). The motion was carried.
- A Leschi resident donated \$200 when she noticed how little money the book sale brought in this year. Diane proposed giving this amount to Seattle Music Partners program. Motion was carried.

**Jeff/LURC**

(provided in advance of the meeting): "LURC and the Bangassers go in front of the city council committee next Tuesday (12/16) for a final hearing. LURC also had a public meeting to discuss the site next to Ernestine Anderson Place (the vacant lot that hosted 'Nickelsville' for a few months), where LURC heard from LIHI and their architect. Similar size to Ernestine Anderson Place: 7 stories with 68 units of 'workforce' housing. Hoping to break ground in July 2015, 14 month construction period."

**John/Parks and Green-space update**

- Rich Appleton will be given the Denny award for his work on the natural area and Nora's Woods.
- John feels the Parks dept. is over-engineering the trails in Frink Park. The goal was for unobtrusive trails, but the parks team is working with Goodwill volunteers making 3-4 ft. wide trails. John/Darrell have met with parks about this. They walked park officials through the offensive areas. The next step is for John/Darrell to meet with parks staff.
- A pine tree in the neighborhood was cut down by a homeowner, but it may have been on parks property. John has asked them to replace it.
- John will be planting a maple and a tupelo gum tree at the LK WA Blvd/Lakeside jct.
- The six trees being disturbed by the planned sewer upgrades will be replaced with native species.
- String of Pearls: The King Street Park is a native plant area – John wants to make sure this is protected.

**Diane S/Bus 27 update**

John had an idea to get the East-PAC meeting to support us in our effort to restore the 27. One of their board members is with the First Hill association; that group will be writing a letter in support. CANDC will also write a letter.

**Diane S/Programming committee meeting**

Bob Santos wanted to wait on his (planned Feb.) presentation until his book comes out in May. Amy will contact the Professor Morris about speaking or playing for the Feb/Black history meeting.

**Wine Tasting**

The Senior Center would like a fundraiser wine tasting; Diane S. is working on the details with Steve at Leschi Mart. Snacks would be in the vein of Bite of New Orleans and hopefully the event will occur prior to Lent.

## Support your community by joining the Leschi Community Council!

We create awareness of neighborhood issues so residents may make informed and effective decisions.

LCC joins with the Leschi Business Association on ArtWalk and Halloween Spooktacular

LCC supports the Instrumental Music Program at Leschi Elementary

LCC supports volunteer activities in our local parks and on our public stairways

LCC supports the Central (Central Area Senior Center)

LCC produces the Leschi News 10 times a year

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\$15 student/low income/ senior membership

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### Diane Snell's contacts with other neighborhood boards

The Madrona Dining/Sipping society group encouraged other neighborhoods to form similar groups to benefit the restaurants in their neighborhoods. Diane wants to support Leschi businesses but doesn't have the time to work on this type of project. None of the other board members expressed an interest in forming a Leschi dining/sipping society. Also, Diane was interviewed by Madison Park Times. She was asked if Leschi had something similar to Mad. Park's Snow Brigade. The board discussed the pros/cons of doing this in Leschi, but lower Leschi becomes shut down on snow days. We all help neighbors on snow days and opted to keep it that way, not formalize a group.

John asked whether the council could be doing more to help senior citizens in the area adapt and stay in their homes. Diane Morris brought the board's attention to 'Rebuilding Together Seattle', a non-profit that offers free upgrades/fixes to homes of homeowners that couldn't otherwise afford it. Kim will research the organization.

### Lake Dell Retaining Wall

Diane S. hasn't been able to connect with the contact person at SDOT regarding the plants/living wall. John suggested working with the permits division. Diane M. suggested working with a landscape architect she knows in Madrona. Amy will ask a retired landscape architect (Leschi resident) to see if he'd be interested in working on this project with the council.

*-Respectfully submitted by Amy Fink*

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## January 2015 | Calendar

**Reminder: no Leschi CC Meeting this month**

**JAN 3** Leschi Natural Area work party 9am-3pm. Lunch & tools provided.  
36th & Terrace.

**JAN 8** Central Area Neighborhood District Council, 6pm, The Central 500 30th Ave S

**JAN 10** Seattle Neighborhood Coalition, 9am, The Central (Breakfast: \$12)

**JAN 12** Leschi CC Executive Board Meeting, 7pm. 128 30th (Diane Morris's)

**JAN 16** Green Dolphin Street Lounge, 6-9pm, featuring Goody Baggy Band.  
Admission is \$20 for non-members and \$15 for lifetime members. Refreshments, no host bar.

**JAN 18** Garfield Jazz Winter Concert, 7pm, Quincy Jones PAC

**JAN 22** EastPAC meeting 6:30pm. Chardin Hall, Seattle U. Parking off Jefferson past 12th on right.

**JAN 24** Garfield Symphony Orchestra Winter Waltz, 7:30pm, Benaroya Lobby

**JAN 25** Garfield Jazz Jam, 6pm, The Royal Room, 5000 Rainier Ave S

**Contact John Barber about String of Pearls work parties at 206.324.1548 and contact Darcy Thompson for Frink Park work parties at 206.325.4295.**

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