

Around The Market :

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•
Great Buns
•
Condiments Galore



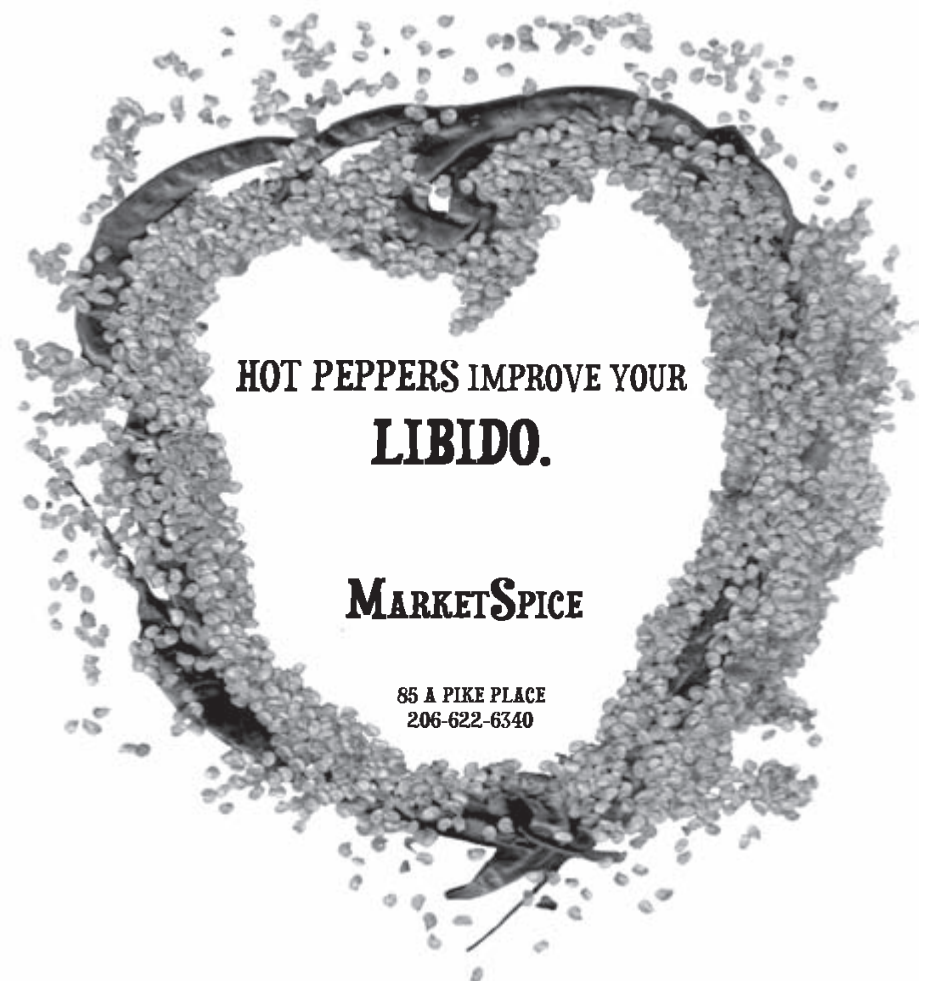
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Open Mon. - Thurs. 11am to 4pm, Fri. - Sun. 11am to 5pm

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Public Market Parking Garage

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MARKET**

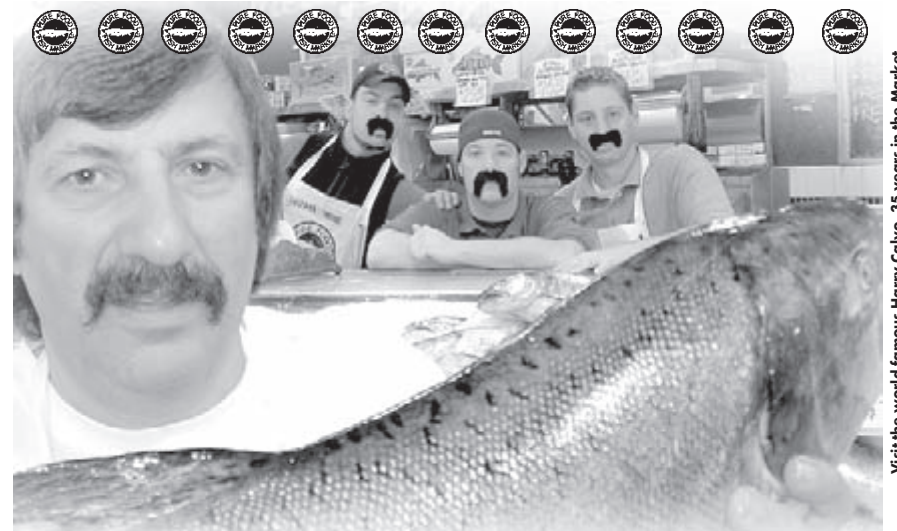


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Sanitary Market Welcomes Yong Kang Chinese

Medicine Clinic, Upstairs

Michael Max is excited to present Yong Kang Chinese Medicine Clinic, his new acupuncture clinic and Herbal Pharmacy, a service never previously offered in the Market. He plans to run his clinic like the ones in China, no set appointments, you just walk in, take a number and he will see you. Yong Kang Chinese Medical Clinic is taking over the former Rainbow Condoms shop location, in the Sanitary Market, upstairs from the Creamery, near Bohemia Massage. Max himself is just returning to Seattle after spending the last three years continuing his training in China where he studied Chinese, after getting his degree in Chinese Medicine, here in Seattle. He says his method of medicine does two things: 1.) It helps to support all natural functions and correct already in the body and make sure things are running smoothly. 2.) It aims at attacking, and relining symptoms of problem; to go to the root and manifestation of the problem.

Max translates the Chinese proverb: "When the body is strong there is no room for illness."

It attempts to re-regulate the body so the problem doesn't exist. Max's own (previous) bad health, bad luck and chronic health problems are what inspired him to get into Chinese medicine. A friend of his suggested it and the next thing he knew he was in Taiwan. He says the time he spent abroad—especially in China—taught him to "eat chaos," to need the noise and action. That is what attracted him to the Market. Just inside the door of his calming green clinic is the extensive pharmacy area. He is working to stock an average 200-250 herbs, as per a usual in a Chinese pharmacy. Most of the time Chinese remedies use more than one herb, magnified in a symphonic trio or quartet to heal. Max explains how herbs work together—some with deeper, stronger action, others softer—like spices in a recipe, to balance and complement each other, in an attempt to solve the problem.

A first time appointment usually takes about a half an hour, in which time Max consults with the patient, makes a diagnosis and as an Herbalist recommends which remedies would be appropriate. He and his staff will offer a both Chinese and Japanese Acupuncture, in the back two treatment rooms. He explains that the main difference is the needles. The Japanese method tends to be gentler; the needles tend to be thinner and not inserted as deeply. Different treatments are required for different people and different reasons. Max elates in discussing his practice and philosophies. He likes teaching people who are new Eastern traditions or any enthusiasts. He invites anyone interested to stop in for tea.

Un Diner Romantique de Valentine

Looking for possibly the most romantic place in the Market for Valentines Day? Maximilien Restaurant, nominated "Best Place to Kiss," is just down the corridor from Don & Joe's Butcher, an amazing view and *cuisine tonnante*.

From 5 to 10:45 p.m., on the evening of February 14, Maximilien celebrates with a five-course dinner menu and live romantic classical guitar by the talented Mr. Solbrig. Le menu is \$79.00 and includes *Bisque de Homard al Huile de Truffe Blanche*, Lobster Bisque with White Truffle Oil, *Salade Frise aux noix*, with warm Goat Cheese, *Coquille St Jacques*, *Fondue de Poireaux Sauce aux Champignons*, Roasted Sea Scallops with braised leeks and more. Followed by Lemon Sorbet with Absolut Citron Vodka or Black Forest Chocolate Cake.

Charlie Solbrig's collection of romantic classical guitar melodies will continue all evening to work it all off. Space is limited. Make your reservations early. Call 206.682.7270, please have your credit card number available to book your reservation. Check www.maximilienrestaurant.com/events/vday/2006/ for more info.

A Strong Foundation Requires Support

A firm foundation requires sound structural support and the unique foundation that is the Pike Place Market Foundation does this brilliantly. Throughout the year the small, but devoted group is continuously fundraising, coordinating and planning events.

The second annual GOING PLACES online benefit auction action continues through February 7, at marketfoundation.cmarket.com. A great opportunity to snatch your own bit of unique Market history and support the Market at the same time. Items up for auction include a night at Rosario Resort, Market Optical gift certificates, Market gift baskets, a trip for six to Mexico, ballet tickets, a mini Seahawk helmet autographed by Walter Jones, wine tastings and much more.

February 2 is the second annual Care For the Market Luncheon, an entertaining and educational luncheon at the Westin Hotel, celebrating the Market Foundation and its beneficiaries. The luncheon offers guests the opportunity to join with hundreds of other Market supporters to learn about and contribute to the work of the Foundation to fund services for the low income and elderly residents of Seattle's downtown neighborhood, including the Pike Market Medical Clinic, Senior Center, Child Care & Preschool and the Downtown Food Bank. Highlights of the event promise to be words from our speaker, former Washington Governor Gary Locke and comments by our event emcee, Hubert Locke, newspaper columnist and Professor Emeritus and Retired Dean of the Daniel J. Evans School of Public Affairs at the UW. The Foundation thanks all the Market merchants who strung banners above Pike Place during the holiday season—these donations raised \$7,000 to fund Market services—and looks forward to an exciting year: Chef's Tours on select Saturdays, the annual Street Festival (on the weekend of June 3 this year), and the Sunset Supper, August 18.

Heritage Tours give visitors and enthusiastic locals the Insider's Tour of the Market. For more information about the Foundation go to pikeplacemarket.org or contact Michele, 774.5249, to schedule a tour.

Your Chocolate Determines Your Personality

To find out what your favorite chocolate reveals about your personality talk to Shelia Lyon, the Diva of Divination, at the Market Magic Shop, in the DownUnder. The Diva explains how what type of chocolate you or someone you know craves is a unique window into their personality.

For example, someone who lusts for rich, dark chocolate tend to be 'a curious type,' one looking for answers. If it is solid dark chocolate they prefer, that tends to indicate stubbornness. If a person specifically seeks out chocolate with shapely, rounded edges it is an indicator they prefer systems and order—not that they necessarily anal. Lyon says it is amazing how chocolate lovers are so specifically specific on their favorite type of chocolate. Like local latte lovers, people really know what they want (and how to order it) in this department.

Find the dive at the Magic Shop or reach her 713-8506 or at shelia@speakeasy.net. Learn out what your girlfriend's favorite chocolate reveals about her! Or, if you want to try something more 'handy,' check out Lyon's most recent book: "Palm's Up! A Handy Guide to 21st Century Palmistry."

Flower and Garden Show Time Again

The eagerly anticipated annual Northwest Flower and Garden Show February 8 - 12, sprouting garden enthusiasts all over town—signaling spring is around the corner. The Market was left somewhat fallow when the Garden Center, in the former Molbak's Building, left. But now, Black Creek

Call Megan to advertise in the Pike Place Market News

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