



## Women's History Month: Honoring Women Who Shaped Seattle

**M**arch is Women's History Month, a time to recognize the women whose courage, creativity, and leadership have helped shape our communities. Seattle's history includes many remarkable women, including Janet McCloud, Mia Zapata, and Sue Bird.

Janet McCloud was a powerful advocate for Indigenous sovereignty and treaty rights. Her leadership during the fishing rights movement helped secure legal recognition of tribal fishing rights in Washington State and strengthened the voice of Native communities.

Mia Zapata brought a raw and soulful force to Seattle's early 1990s music scene. As lead singer of The Gits, she became known for blending punk energy, gritty rock, and raspy vocals in a way that stood apart from the sludge heavier grunge sound surrounding them. Her legacy continues through Home Alive, a nonprofit focused on self-defense & empowerment.

Sue Bird became one of the most celebrated athletes in Seattle sports history, leading the Seattle Storm to four WNBA championships and earning five Olympic gold medals with Team USA. These women remind us that Seattle's story is shaped by leaders who use their voices to inspire change.



## Calling All 12s. Your Official "How to Survive the Offseason" Checklist

Football season may be over, but being a 12 never takes a break. Here's how to make it through the offseason like a pro.

- 1. Rewatch the Super Bowl**  
Study every play like it's a documentary.
- 2. Perfect Your "Where Were You?" Story**  
Every championship deserves a legendary retelling.
- 3. Upgrade the Gear**  
Rotate the championship hoodie. Maybe add to the Seahawks shrine.
- 4. Become a Draft Expert**  
Learn phrases like "great value pick" and "scheme fit."
- 5. Tune Into Sports Radio**  
Analyze every offseason move like it decides the season.
- 6. Stay in Game Shape**  
Practice yelling on third down. Don't lose your edge.
- 7. Visit Lumen Field**  
Walk by, take a tour, and say "See you soon."
- 8. Support Community Events**  
Many Seahawks players stay active locally during the offseason.
- 9. Watch the Classics**  
Relive playoff runs and legendary moments.
- 10. Host a Way Too Early Football BBQ**  
Predict the record and guarantee another Super Bowl.
- 11. Convert a New 12**  
Teach someone when to yell and why noise matters.
- 12. Start the Countdown**  
Training camp. Preseason. Opening kickoff.

Because being a 12 doesn't stop when the season ends. The anticipation just gets louder.

## Women-Owned Restaurants to Try in Seattle



### Communion

Chef Kristi Brown's nationally recognized restaurant in the Central District blends soulful comfort food with global flavors while celebrating Black culture and community.

### The Pink Door

A Pike Place Market favorite owned by Jackie Roberts, serving classic Italian dishes in a lively setting known for its cabaret entertainment.

### Plenty of Clouds

Chef Lisa Zack's Capitol Hill restaurant is loved for its bold Chinese flavors, handmade dumplings, and comforting noodle dishes.

### Bottlehouse

Owner Peggy Liu's cozy Madrona wine bar pairs thoughtfully selected wines with seasonal European-inspired small plates.



## Designing for Every Experience: The Power of Inclusive Spaces

Developmental Disabilities Awareness Month is celebrated in March. The National Association of Councils on Developmental Disabilities has introduced the theme “We’re Here. Then. Now. Always.” The recognition of the differences in individual unique strengths, abilities and perspectives allows design to better support the needs of all. Inclusive design is a methodology that grows out of the disability community’s needs. Ultimately this supportive design benefits everyone.

To put these principles into practice, it’s important to prioritize human agency as the foundation. This equates to designing physical layouts that offer variety and choice. That way people

can use the spaces in more ways than one. For example, in a workplace setting allowing different zones for different activities allows users to self-regulate in the environment type that best fits them at the time. Practical solutions to implement inclusive design include clear signage, adjustable lighting and acoustic transitions.

When we design with the most diverse users in mind, we create spaces that are simpler to navigate and more welcoming for everyone, proving that an inclusive environment is a more functional environment for all.

