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Vulcan Real Estate Introduces “South Lake Union Discovery Talks”

New series to explore global impacts made by local companies

SEATTLE — March 28, 2013 — Attention engineers, scientists, artists, tastemakers and game changers: today Vulcan Real Estate announced the launch of “South Lake Union Discovery Talks,” a new three-part series to examine the synergies, innovations, cultures and the impact the South Lake Union neighborhood has made on the world.

“The adjacencies inherent in South Lake Union make it an integral part of Seattle’s global reputation as a hub of innovation,” said Ada M. Healey, vice president of real estate at Vulcan. “Techniques, products and ideas established in the neighborhood are changing the global landscape. The ‘South Lake Union Discovery Talks’ are designed to showcase this local talent as influencers today and into the future.”

The first talk in the series, “Eating to Prevent Disease,” will take place at the South Lake Union Discovery Center on Wednesday, April 17th at 6:00 p.m. Speakers include Dr. Mario Kratz of the Fred Hutchinson Cancer Research Center and restaurateur Meeru Dhalwala of Shanik. Judy Simon, a registered dietitian from the UW Medical Center will serve as moderator. Dr. Kratz will share the latest insights from his research on the relationship between diet, obesity and chronic diseases associated with obesity. Dhalwala will discuss the role environment, cooking, culture, diet and nutrition play in disease prevention.

- **Dr. Mario Kratz**, Ph.D., is an assistant member in the Public Health Sciences Division at Fred Hutchinson Cancer Research Center and a Research Assistant Professor at the University of Washington’s Departments of Medicine and Epidemiology. Dr. Kratz is also a Core Faculty Member in the Nutritional Sciences Program at the University of Washington and an Associate Director of the Immunology and Inflammation Core of the University of Washington Diabetes Research Center.
- Born in India, **Meeru Dhalwala** is co-owner of Shanik, a new Indian restaurant in South Lake Union. She is also co-owner of award winning Vij’s and Rangoli, both located in Vancouver B.C. She has two cookbooks; “Vij’s—Elegant and Inspired Indian Cuisine” and “Vij’s at Home: Relax, Honey.” Dhalwala works closely with her all-female kitchen staff—all of whom hail from villages in the Punjab, India—to experiment with cooking techniques and spice combinations.
- **Judy D. Simon, M.S., R.D., C.D.** is a clinical dietitian and nutritionist at UW Medical Center’s Roosevelt Clinic. She works with medical teams and patients, providing guidance and education about nutrition to adults and children. She is also a part-time lecturer for the University of Washington’s Nutritional Sciences Program.

Tickets are \$15 and include bites and wine provided by Shanik. To purchase tickets visit Brown Paper Tickets at <http://southlakeuniondiscoverytalks.brownpapertickets.com> or visit www.discoverslu.com for more information.

About Vulcan Real Estate

Seattle-based Vulcan Real Estate directs all real estate investment activities for Vulcan Inc., a Paul G. Allen company. Through strategic acquisitions and innovative development, Vulcan Real Estate has created a diversified portfolio of high-performing quality assets including office, biotech, residential and mixed-use projects. The company's integrated team of real estate professionals offers a full range of development and portfolio management services from site selection and urban planning to build-to-suit construction, leasing and asset repositioning. Its real estate model is based on quality, sustainable development that builds new value across the entire community. The company currently manages \$1.4 billion in real estate assets. For more information, visit www.vulcanrealestate.com.

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