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# letter from the EDITOR

Feeling a little nostalgic this month, so I hope you enjoy this very photo-oriented issue. It's hard to believe *Points Living* magazine is already 7 years old. Eighty-four issues later we are still growing and changing with the community. I spent some time going through pictures from old issues, and randomly pulled a few that I thought were fun and noteworthy. I even threw in an old real estate resource comp. for fun.

This month, I also included several nonprofits' spotlights. Jubilee Reach and Destination Imagination have both been around for a while. They both focus on building self-esteem in our youth and continue to grow to help kids feel better about themselves. I'm sure we all agree that this is the building block for everything in our lives. And, of course, our own Bellevue Schools Foundation, Bellevue LifeSpring, and Bellevue Boys and Girls Club -- truly a great group of people working together.

You may have read about the Salt Arium a while back. The last time we did a review there was almost five years ago.

In case you missed it, or haven't been, treat yourself to a relaxing journey in the salt room. Since then, they've added two massage rooms as well as designing and building custom salt rooms in homes and businesses in the area--a great way to beat the winter blues.

Our sponsor spotlight this month is Goldfarb Jeweler. Freda and Steve are two of my favorite people. It's their genuine personalities and great taste in jewelry that keep people coming back generation to generation. Special thanks to the Goldfarb's for supporting *Points Living* for so many years.

We also want to thank Team Foster at Avenue Properties and Spektor Dental, for renewing their sponsorships into 2017 and beyond. Along with all of our other wonderful sponsors, they help to keep *Points Living* growing and thriving.

I hope everyone has a safe and relaxing Spring Break. Don't forget to smile more and worry less!

Cheers, To our community.

*June*



June Grayuski



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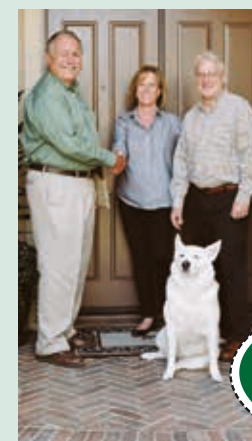
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2004 Team



2005 Team

# WIN

## WASHINGTON FOUNDER'S CUP TOURNAMENT

**CONGRATULATIONS** to both our Girls 2004 and Girls 2005 teams! They competed against other Select soccer teams from all over Washington and won the post-season Founder's Cup Tournament. We could not be prouder of their performance, their sportsmanship, and their determination!

Winning the Founder's Cup is a big deal - and even bigger, given the US Soccer-driven age changes adopted in 2016. During the 2015 season, the Bellevue United FC (BUFC) then 5th-grade girls team won the Founder's Cup. That 6th-grade team was cut in 2 for 2016--half the girls ending up on the 2004 team and the other half on 2005. Both teams struggled to adjust to the changes, but improved over the course of the season. They frequently practiced and scrimmaged together, helping the girls build a strong rapport and trust in each other. The girls

gained confidence in their skill and athleticism, and ultimately, both teams won the North Puget Sound League Division 1 Title.

But the competition would be formidable in the state-wide Founder's Cup Tournament. When the going got tough in the semis and finals, the girls showed courage and determination in very physical matches. Ironically, both teams won their semi-final games in penalty kicks. And, in the finals, both teams won 1-0, scoring their only goal near the end of regulation play. Staying focused, trusting the team, and refusing to give up, paid off! Winning the tournament was a reflection of all their hard work!

It takes a village to support these teams. We owe a BIG thank you to our enthusiastic parents, dedicated team managers, and our devoted coaches



-- Patrick, Mike, Greg, and head coach of both teams, Simon Robinson. We couldn't have done it without you!

Bellevue United FC, formerly Bellevue Youth Soccer, is the soccer club that has served West Bellevue for more than 60 years. BUFC is looking forward to a great 2017 season -- which starts with try-outs for our Select teams! We will have the try-out schedule soon -- expect them to begin in late April and continue throughout May. For more information, visit: [bellevueunitedfc.org](http://bellevueunitedfc.org)



# a relaxing experience AT THE SALT MINE ARIUM

Niki Amini | Photos by Cecile Miller

I love to sprinkle sea salt on my pancakes and use it in body scrubs, but I never knew about the natural health benefits of another ancient, and more beautiful, salt -- Pink Himalayan Salt. This exotic rock is more than two hundred million years old, and contains eighty-four minerals. Thus, it is not a surprise that salt therapy boasts a multitude of health benefits. Salt therapy has been known to reduce airway inflammation; improve lung, skin, and immune system health; cleanse nasal cavities and sinuses; reduce asthma; and relieve stress. As someone with asthma, I was excited to try out The Salt Mine Arium to experience the natural benefits of salt therapy.

The Salt Mine Arium in Bellevue offers customers salt therapy, massage, meditation, sound bath, and acupuncture sessions. Customers can also purchase a plethora of salt-related products, such as pink salt walls, salt lamps, salt bath and body products, cooking salt, essential oil diffusers,

salt lick stones for animals, candle-holders, and salt brine kits. However, Soha, Bahar, Kiana, Cecile, Liz, Isabelle, and I, only tried out a salt room therapy session.

We laid on gravity-free chairs in a serene room enclosed by walls built from Pink Himalayan Salt. The lights dimmed, relaxing music hummed, and a pink salt mist sprayed into the room. Our setting mirrored the inside of a salt cave. The surroundings of the room transformed into a day on the beach, and I could taste the salt upon my lips. The pink bricks glowed as light diffused from the ceiling. While the others slept, I watched as the setting darkened to reveal a canopy of stars. I wrapped myself cozily in my blanket in the cool room and dozed off to the soothing music and calming scenery. By the end of the 45 minutes, we awoke relaxed and de-stressed.

We all agreed, "The owners were very polite and welcoming" and "the atmosphere was very relaxing and

serene". Isabelle mentioned she "liked how they gave everyone blankets and had zero-gravity recliners because it made the experience as comfortable as possible". Soha particularly enjoyed the moment "when the room darkened and there were stars on the ceiling". She also "found the lighting and waterfall very soothing and relaxing". I agree that the stars and waterfall were pleasant surprises, and the lighting was stunning and intriguing. Liz noted, "The fountain with salt water made the most relaxing noise!" Kiana explained how this service would be a beneficial experience "for people who are sick or just need to relax because salt therapy has many healing benefits". She suggests this therapy for middle-aged adults, rather than young children.

Liz believes salt therapy "would help a lot for people with allergies since the salt in the air did decongest her [me] quite a bit". Bahar encourages people interested in salt therapy to "try the massage as well because that



will make a complete and more fulfilling experience". I agreed with her that interested people should pair the salt therapy with another service Salt Arium offers such as massages, acupuncture sessions, or meditation classes, rather than to experience solely the salt room session. Liz encourages salt spa users to "wear a sweatshirt and bring chapstick" to stay warm and moisturized in the cool, but refreshing atmosphere. We all agreed customers should wear warm and cozy clothes to maximize comfort.

According to the owner, customers should attend the salt therapy sessions three times a week to experience their natural benefits. The most popular service is a massage (couple and single available) followed by a salt therapy session. Also, several customers have explained to the owners that they "don't need their inhaler and pills anymore".

I enjoyed the relaxing and unique salt therapy session, and I am excited to try out the massage in the future as well.

The Salt Mine Arium,  
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# BELLEVUE SCHOOLS FOUNDATION

## *Donors A Little Night Music*

More than 100 Bellevue Schools Foundation donors celebrated the power of their gifts at a recent Donor Recognition Reception in Bellevue. Leadership Donors, who contribute \$1,000 or more to the Foundation annually, were treated to delicious hors d'oeuvres and desserts by Newport Knives Culinary Program. The Bellevue High School Drum Line and Interlake High School String Quartet provided ambiance and entertainment, and educators shared how donor-funded programs impact every student in the district.

This annual reception has been held in recent years in the Gateway One Talon Private Capitol, who generously donated the space, and Piccola Cellars donated wine for the event.

To learn more about Leadership giving and the programs Foundation donors support, visit [bellevue-schoolsfoundation.org](http://bellevue-schoolsfoundation.org).



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# LOTS OF GUESSING

## Going On in the Financial World These Days

Steve Juetten, CFP®



I was in someone's office yesterday, and the business news was on the television. On the table there was a copy of the *Wall Street Journal*.

Both media were filled with headlines like "What the Trump Presidency Means for Investors" and "Trump and the Fed". I also noticed on my computer earlier in the day, that there are numerous on-line articles of a similar type.

They all have one thing in common--the authors are **guessing about the future**. Again. They were **guessing** about what a Hilary White House would mean to the financial markets before the election, and now they are **guessing** about what a Trump Presidency means to the same financial markets. Always guessing. Always trying to predict the future. Always

speculating. Always trying to get you to **gamble** with your money, making you and everyone else just a little bit fearful about the future.

Here is one thing I know for sure--no one, not even the new President, knows what will happen to the financial markets and your investments in the future because the future is unknowable. So don't be suckered into thinking you need to buy, or sell, or do anything other than what you've been doing with your personal finances. Follow some simple, common sense rules about money, and stick with them.

1. **Have an abundant mindset**
2. **Protect yourself and your family**
3. **Have goals tied to your values**
4. **Use cash flow and debt smartly**
5. **Know how much is enough for retirement**

6. **Invest wisely**
7. **Review and re-balance regularly (but not too much)**

And maybe I should add one more. Other than for entertainment, ignore the media.

Steve Juetten is a CERTIFIED FINANCIAL PLANNER™ professional, and the Principal of Juetten Personal Financial Planning, LLC in Bellevue, Washington. Steve and the other advisors on his team are fee-only advisors and fiduciaries for their clients. They don't sell products or take commissions, and only their clients pay them. Steve offers a free book on the seven SmartMoney Rules™ that anyone can follow to achieve financial freedom. Download it here: [www.finpath.com/gift](http://www.finpath.com/gift). You can also contact Steve at 425-373-9393.



# FOCUS:

## ENCOURAGING CONFIDENCE AND BUILDING SELF ESTEEM

### jubilee reach

An Interview with Founder, Brent Christie

#### When did you first come up with the idea to start a Jubilee REACH?

We began in 2005 by just hearing the “needs” from an Elementary School principal. That principal, Judy Buckmaster, then led us to five more principals, then to their counselors, and also to people from Bellevue’s Parks and Human Services Department. We wrote down a long list of things that broke their hearts. Interestingly, none of the “needs” had to do with academics, but rather daily life circumstances that impeded achievement.



Brent Christie Founder of Jubilee REACH

We committed to start by addressing just one need and doing it well. Judy had reported that hardworking parents were dropping their kids on her school’s steps on those dark, cold, wet mornings, as early as 6:30 a.m.-- an hour and a half before school opened. Parents had to get to jobs to sustain their families. We “stepped in the gap” providing volunteers from BelPres and other churches and businesses, just to love, nurture, and nourish kids, every morning before school.

Then eight kids showed up after school. From them, we learned what an After School Program looked like. Then, upon learning there were 117 countries and 84 languages represented in the Bellevue School District, another volunteer began ESL classes for adults. We quickly discovered that English became the language of relationship and reconciliation among diverse cultures. It exploded from there. Jubilee REACH became a “hub center for community” and hospitality.

So it wasn’t any big business plan. In fact, we’re fond of saying that we just Love, Listen, Learn, build relationships, and earn trust, so that we may hear the deeper “needs,” then step in the gap to provide a hand up. It is said that we can and should make our plans, but God marks our steps. That’s the Jubilee REACH story.

**Is this something you’ve always wanted to do?** This was NOT my plan! But I’ve learned that our plans are not His plans.

After retiring from a career in the hospitality field, I had thoughts of starting a new entrepreneurial venture. What I realized is that I love loving or serving people. I also discovered that what gave me the most “joy” in my hospitality career, was loving the maids, the dishwasher, the cooks; those who did the ordinary in an extraordinary way were the ones who earned our 5-Star hotel ratings. If I didn’t show up for work, nobody cared or knew the difference. If they hadn’t shown up, we’d be out of business.

There is a Biblical verse about hospitality, “Share with God’s people who are in need, practice hospitality.” Author Henri Nouwen defined hospitality as “The love of strangers or those who are estranged from the country, culture, friends, family, even from God.” By no plan of my own, I feel I now have the privilege of practicing the purest form of hospitality. Honestly, I’m totally out of my comfort zone. But every day I experience joy in loving “the stranger,” and that trumps the temporal pursuit of “happiness”.

**What is the main goal of this program?** Our call is to “love our neighbor”. Today, Jubilee REACH positively impacts thousands of lives. Through an authentic partnership with the Bellevue School District, our Site Coaches build relational community and mutual respect within schools, transforming lives and futures of students. Our Center serves as a hub for hospitality, welcoming diverse families from over 100 countries through a multitude of wrap-around services from ESL classes, dental care, medical care and legal support, to financial assistance. The Jubilee REACH Thrift Store offers a high-value, hospitable shopping experience, as well as jobs to help restore lives while providing furniture, household essentials, and baby supplies for families through our furniture bank.

Our mission is to “transform lives and communities one student at a time”. The foundation for our work starts in schools. We begin with the child, who speaks truth. That leads us to the parent. We then build a collaborative, accountable community of care to sustain the families. Our heart is for those children who need love the



Jubilee Reach hosts a dental bus free of charge regularly



Executive Director Randy Eng



Naz does push ups for the boys if he misses goals.



The kids just love Naz who works at Chinook Middle School



PE Just got a lot more fun!



most but tend to express that need in the most unloving ways, often referred to as the “bullies”. When we love unconditionally, we see bullies become bold leaders. We witness when one is transformed, a whole school and the surrounding community changes.

Our basic belief is that every child simply desires to be known, loved, affirmed, belong, and become part of something greater than self. Ultimately, that may be a team, a homework club, or some form of caring, accountable community.

#### How many schools does Jubilee REACH currently serve?

Currently, there are Jubilee REACH Site Coaches and support staff with offices in 14 Bellevue public schools, reaching a student population of approximately 10,000 students. This encompasses six elementary schools, seven middle schools (which include the magnet schools of International and Big Picture comprising sixth through twelfth grade), and Sammamish High School. We serve every Title I school. In addition to serving on campus, in classrooms, and in the lunchroom before, during, and after school, Jubilee REACH operates the interscholastic athletics for all Bellevue middle schools.

#### Do you have plans for expansion?

We are privileged to serve in authentic partnership with the Bellevue School District. Our mutual desire is to expand pragmatically, as we develop trained, passionate staff and the essential financial resources to sustain the work. At its soul, Jubilee REACH is a proactive, preventative ministry of “presence,” with the purpose to shepherd youth toward positive and productive life paths. This requires the resources and ability to “stay alongside,” so we may love without ceasing, to build

genuine relationship and trust. At their soul, the need of so many of the youth we serve are the result of broken relationships in the home, family, and their social environments. Therefore, when we enter a school, we are diligent in providing the sustainable financial and human resources to “stay”. As a 501(c)3 Non-Profit, we are dependent upon the generous giving of individuals that we refer to as “investors” to partner with us in that process.

#### Are you looking for volunteers?

YES! That’s literally how I began. Be careful, though, as the life you change may be your own! We need volunteers in schools throughout the day as tutors, mentors, classroom, cafeteria, and recess “coaches, and after school to assist with sports and activities. We need volunteers at the Center before and after school to simply love kids. Our Jubilee REACH Thrift Store and Furniture Bank always needs volunteers to sort, price, and stock shelves, and to help with merchandising and serving our “guests.” You can go to our website for lots of opportunities. An application, orientation, and vetting process is all that is required to assure everyone’s well-being.

#### If we can’t volunteer, how can we still help?

We would be most grateful to all who would like to “invest” and partner in the work we do to build a bright future for all of Bellevue’s youth and families. People can make tax-deductible donations, or even set up monthly donations, by going to our website at [www.jubileereach.org](http://www.jubileereach.org). And of course, please share the Jubilee REACH story with your friends, family, and neighbors, and invite all to invest a bit of their time, talent, or treasure in the future of our great community, so that we may be that model for other cities and school districts.

# Come Join *us for* An Event

With all the new restaurants, museums, and activities this area has to offer, there is always something fun to do. Whether you are new to the neighborhood or just want to enjoy a night with friends, we would love to have you. Please email [junez@n2pub.com](mailto:junez@n2pub.com) to be added to the guest list. We have events monthly, and are always looking for new places or ideas. We would love to hear from you!

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# Chicken

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favorite

Melanie Atwood

This is a great dinner that is easy to make, and so delicious. You might want to keep an extra copy of the recipe handy, as guests always ask for it.

**INGREDIENTS:**

- 2 tablespoons vegetable oil
- 6 skinless, boneless chicken breast halves
- 1/2 cup teriyaki basting sauce
- 1/2 cup Ranch-style salad dressing
- 1 cup shredded Cheddar cheese
- 3 green onions, chopped
- 1/2 (3 ounce) can bacon bits
- 1 tablespoon chopped fresh parsley, for garnish

**DIRECTIONS:**

Preheat oven to 350 degrees. In a large skillet, heat oil over medium-high heat. Add chicken breasts and saute for 4 to 5 minutes each side, until lightly browned. Place browned chicken breasts in a 9x13-inch baking dish. Brush with teriyaki sauce, then spoon on salad dressing. Sprinkle with cheese, green onions, and bacon bits. Bake for 25 to 35 minutes, or until chicken is no longer pink, and juices run clear. Garnish with parsley and serve.



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## NEIGHBORS **HELPING** NEIGHBORS

Whether they know it or not, every child in the Bellevue School District has a classmate who is living in poverty.

Despite the belief about the affluence of Bellevue, hunger happens here. Even in the Points, there are children with families who struggle to put food on the table. Points community members are helping to end hunger in Bellevue and break the cycle of poverty through their support of Bellevue LifeSpring's Breaktime-Mealtime™ Program.

One in five children in the Bellevue School District is living in poverty and at risk of hunger. That's over 3,700 children. Another 750 live just above the income threshold that would make them eligible for government assistance, even as their parents take second or third jobs to try and keep ahead of bills. Bellevue LifeSpring's Breaktime-Mealtime Program was created to provide students living in poverty with boxes of food during school breaks to replace meals they would normally receive through their school's free and reduced-price lunch program. These boxes include staple items such as rice, beans, and other canned goods, as well as a Safeway voucher ensuring access to fresh produce and other perishable items. This Spring Break, Bellevue LifeSpring will distribute 1,000+ Breaktime-Mealtime boxes to schools across Bellevue, including more than 40 boxes for Clyde Hill and Medina Elementary, Chinook Middle School, and Bellevue High School.

Medina resident, Jennifer, had children in three of these schools when she lost her husband Brandon to cancer. Faced with a mountain of medical bills, she struggled to provide basic needs in what had suddenly become a single-income household. "I have never felt so alone," she shared. "There is nothing scarier than having all eyes on you when tragedy hits, watching to see what you'll do, how you will cope and keep it together."

However, thanks to her Points neighbors, Jennifer wasn't alone. Through their support, Bellevue LifeSpring provided Jennifer's family with back-to-school clothes and holiday food and gifts, as well as vital nutrition through Breaktime-Mealtime. "It's amazing to find out how much help there is for those of us in our community who are facing hardship. The support of Bellevue LifeSpring and this community gave us the hope to get our lives back on track, despite our emotional and financial struggles," says Jennifer.

In the past year, Bellevue friends and neighbors contributed more than 350 volunteer hours to feeding hungry kids in Bellevue. Volunteers are vital to the Breaktime-Mealtime Program, helping to prepare materials and pack boxes at the Bellevue School District warehouse so boxes can be distributed during school breaks.

The support of Points neighbors is making the difference for students like Lacey.



Lacey has been living with foster families for the past three years. She's in third grade, and has not had a steady home or a consistent adult role model since kindergarten. She turned in the application for Breaktime-Mealtime a few weeks before the break, telling school staff, "You don't have to call my foster mom since her phone isn't working. I can take care of it myself." When the box arrived at school, her teacher helped her put all the non-perishable items into two bags so she could carry them home, and explained how to use the Safeway voucher to buy fresh food. She told her teacher that she has to find resources for food when school is out, because there's not enough to eat at home. The Breaktime-Mealtime box lets her make simple meals on her own. "I can even walk to Safeway to get something I like with the voucher," she shared.

***Hunger doesn't have to happen here.***

Thanks to the support of her Bellevue community, Lacey will have food to eat this Spring Break. By providing her with proper nutrition, you're helping give her a strong foundation for a successful future. Support kids like Lacey by adopting a Breaktime-Mealtime box, or signing up to volunteer at [www.BellevueLifeSpring.org](http://www.BellevueLifeSpring.org).



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- Clyde Hill Elementary** – 1 family, 1 child
- Medina Elementary** – 3 families, 8 children
- Chinook Middle School** – 17 families, 32 children
- Bellevue High School** – 9 families, 16 children
- Cherry Crest Elementary** – 4 families, 9 children
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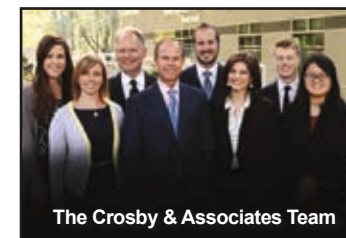
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Nita-Jo at a recent book signing



# SELECTING THE *Perfect Rose*

Nita-Jo Rountree

*Are you an impulse plant shopper -- like me?  
Do you buy a rose because you fall in love with  
a glamour photo in a catalog, or because of the  
name -- like me?*

Years ago, I bought a beautiful single-petaled rose named 'Dainty Bess,' because my mother was named Bess. I did everything short of using nuclear weapons to rid that rose of disease, but alas, to no avail. Many roses like this one are disease prone, especially in our drizzly, cloudy climate. Sadly, I finally gave up and threw it away; it was like throwing away my mother!

So how should we begin the process of selecting the perfect rose? Answer: Right rose, right place.

Do a little research by asking experts for advice. After all, the hunt is half the fun. Recently, thanks to the work of many esteemed breeders, disease resistance has moved to the forefront of their breeding efforts. Look for "excellent disease resistance" in the description of various roses in books, and on the internet. Next, find the perfect spot in your garden where there is full sun and good drainage. Then comes the fun part of choosing the color, growth habit, and flower form that fits that space.

It helps to know the traits of the types of roses that are most commonly available, so the following is a list, along with a disease-resistant example for each:

**Hybrid Tea**—This is what most people envision when they think of roses. They have single, perfectly-formed flowers on long stems that repeat bloom and have intoxicating fragrances. These have long been thought of as the fussiest to grow, until now. Generally, they tend to be around 4'-4 1/2' tall and 3' wide. Example: 'Elina' has lightly-fragrant blossoms that can be up to an amazing 6" in diameter. The color is light yellow in the center, graduating to cream on the outer petals.

**Floribunda**—These have clusters of fragrant, repeat-blooming flowers on top of each stem, and they tend to be around 3' tall and 2 1/2' wide. Floribundas are a cross between hybrid teas and polyantha roses. Example: 'Poseidon', with Cabernet-colored buds that open to fragrant, frilly, lavender flowers.

**Grandiflora**—This category was created in 1954, with the first cross of a hybrid tea with a floribunda. The result was a bush that had clusters of repeat-blooming flowers, with the classic shape of a hybrid tea on top of long stems. They tend to be very tall growing to around 6'-8' tall and 3' wide. Example: 'Dark Desire' Parfuma, with almost black buds that open to an extremely fragrant, rich violet red color. It was originally classified as a hybrid tea.

**Shrub/Landscape/Ground Cover**—These plants have masses of flowers on low-growing, repeat-blooming plants. The Knock Out and Flower Carpet series are the best known landscape roses. Most have no fragrance, but they are disease resistant and shade tolerant.

**Climbing**—These roses don't actually climb; they have long, flexible canes that need to be tied to a support. They vary greatly in size, so check the label. Example: 'Westerland', an older favorite Korde's-bred rose, with fragrant apricot orange blossoms.

**David Austin/English**—David Austin has been crossing old garden roses with modern roses for over 50 years, in order to have the multi-petaled, old-fashioned flower form with the repeat-blooming characteristic of modern roses. Most of his roses tend to be large bushes growing to around 4'-5' tall and wide. Many of his introductions are not disease resistant, but this example is. Example: 'The Ancient Mariner', a 2017 introduction, with fragrant flowers that are deep pink in the center, graduating to paler pink on the outside.

So don't do what I do. Instead, do your research and select the right rose for the right place. You will be rewarded beyond belief!



## THIS IS FAMILY PET OF *Poppy* THE DEVEREUX'S precious pets



She is a 4-year-old Australian Labradoodle and arrived at the Devereux's as a Christmas surprise on Christmas Eve 2012. Poppy's favorite activity is going to the dog park; she greets owners first and their dog second. She also looks forward to her playdates with her boyfriend Dudley -- a previously featured pet. During the day, she enjoys lounging on the back of the couch and keeping watch over all the squirrels and birds in the backyard. She is playful, sweet, friendly and very loving, so feel free to stop and give her some love if you see her around town.



# THANK YOU, *Jacqueline Niles,* FOR ALL YOU DO TO INSPIRE THESE GIRLS!

After the last article on Destination Imagination, we had a few questions about the program. For those who are interested, it's a wonderful way to create, inspire, and make new friends.

Destination Imagination, Inc. is a leading educational nonprofit dedicated to teaching students the skills needed to succeed in school, their careers, and beyond. We develop project-based learning programs that blend STEM (science, technology, engineering and mathematics) education with the arts and social entrepreneurship.

Since the incorporation in 1982, these programs have reached more than 1.5 million kids. They have received support from 38,000 volunteers who help run these programs around the

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# ALVIN GOLDFARB JEWELER



Steven Goldfarb

A recent visit to Alvin Goldfarb Jeweler found the Bellevue boutique buzzing with activity.

The freshly cleaned ring sparkling on her finger, a newly-married client excitedly pages through her wedding photos, eliciting a chorus of “oohs and ah’s” from the Goldfarb personnel surrounding her.

In the shop’s Rolex room, one couple peruses his and hers gifts befitting a 50th-anniversary celebration. Another couple huddles over the engagement ring counter, several favorites pulled out to try on (Two celebratory glasses of bubbly are at the ready should they find “the one”).

At the Client Services desk, two women plot a “charm party” for a girlfriend’s 40th birthday, where each party participant will procure a charm that calls to mind their particular relationship with the birthday girl. Alvin Goldfarb Jeweler handles all the details, from ordering in special charms to collecting payment, and then delivers the beautifully-wrapped packages to the celebration.

Owner Steven Goldfarb deftly maneuvers around one client’s Great Dane and then scoops up a fluffy

Havanese as he makes his way to greet us. Dogs are always welcome here with their people friends.

“Welcome to an average Monday!” he says with a smile.

We tour the store, trying on brilliant baubles, luxurious watches, and polished pearls as we go along, and then ask Steven to talk about what makes this store so special.

He immediately cites the company’s founder, his father Alvin Goldfarb, as the store’s biggest influencer. “He was a force of nature, both inside and outside the jewelry business,” says Steven. Alvin was not only the face but the heart of the store from the day it first opened its doors in April 1980, to his retirement just a few years ago. The elder Goldfarb passed away in September 2016, at the age of 84.

“My dad’s optimism, great taste and, most especially, his belief that everyone who came through our doors was a special person celebrating a special occasion, underlines everything we do,” he continues.



The Goldfarb Team boasts over 240 years of jewelry experience and considers clients extended family



Ellie Goldfarb greets customers beneath a sign stating: “Four-footed friends welcome here”

Thus, the team at Goldfarb aims to make each purchasing experience a joyful one, and the crew has sometimes gone above and beyond to ensure it is so.

“We have created more than one game show-type activity here in the store where someone ‘wins’ their gift,” says Steven with a chuckle. “We have hosted a Sweet 16 party, and I’ve hidden behind trees to suddenly appear with a ring at an engagement. One time, I opened the store after hours so a young man I’d known since he was a baby could select an engagement ring with his parents and brothers cheering him on.”

Alvin Goldfarb Jeweler is also committed to being a good corporate citizen, supporting or donating to many philanthropic causes.

“Again, that is my dad’s influence,” Steven explains. “He encouraged me and my siblings to work hard and give back when we could.” In addition to supporting customer auctions and the like, Steven and his team are actively involved in Bellevue, Seattle, and beyond, with Steven often speaking at schools, civic clubs, and retirement homes, about various topics. Employees are encouraged to volunteer in the community, and they do so with pleasure.

It’s no surprise then that the store exudes a family feel, and that is exactly Goldfarb’s intention.

“We have a group of people working here that are second to none. Our combined experience in jewelry is close to 300 years!” Steven concludes. “But more than anything, we are grateful; grateful for the loyalty, trust, and friendship of clients, whom we view as members of our extended family. We feel so privileged to be part of their celebrations — the engagements, weddings, birthdays, and holidays, that mark the most special moments of our lives.”

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## chef barbara's RECIPE OF THE MONTH



Lamb always seems an appropriate way to ring in Spring –especially in the form of those perfectly decadent little chops. When paired with a sunshiny light lemony risotto, it can make the most manic of spring weather seem tame – even hopeful.

### Garlic and Herb-Marinated Lamb Chops

Serves 4

#### INGREDIENTS:

- 2 racks of lamb, Frenched (about 2 pounds each)
- 1/4 cup olive oil
- Juice and zest of 1 large lemon
- 3 large cloves garlic, minced
- 2 tablespoons each minced oregano, thyme, and parsley
- 1 tablespoon minced rosemary
- Kosher salt and fresh ground pepper

#### METHOD:

Preheat oven to 400°. Divide the racks of lamb into

chops about 1-1/2 to 2 inches thick. This usually includes 2 ribs. Trim any excess fat. Place in glass baking dish or on a parchment-covered sheet pan. In a small bowl, combine the olive oil, lemon juice and zest, garlic, and herbs. Rub mixture over lamb chops. Season chops with salt and pepper. Heat a large skillet over medium heat and add a bit of oil to the pan (about 2 tablespoons). Once hot, sear the chops on all sides – this takes about 1-2 minutes per side. Note: Do not overcrowd the pan. This will steam the chops instead of searing. Work in batches if needed. Additional Note: You can do this part several hours ahead of time, just refrigerate if more than three hours, and let lamb come to room temperature before finishing in the oven. Place chops on clean

sheet pan and bake to desired doneness. This will take about 8-10 minutes for medium-rare (125° internal temp). Hold loosely covered in foil for about 10 minutes before serving.

### Minted Lemon Risotto

#### INGREDIENTS:

- 3 tablespoons butter, divided
- 2 tablespoons olive oil
- 1 medium shallot, minced
- 2 cloves garlic, minced
- Zest of 1 lemon
- 1 cup risotto rice (Carnaroli is my favorite)
- Kosher salt and fresh ground pepper
- 2-3 cups chicken stock
- 1/3 cup grated parmesan
- 2 tablespoons coarsely chopped mint leaves

#### DIRECTIONS:

In a heavy sauce pot over medium heat, melt 1 tablespoon of butter with the olive oil. When the butter begins to sizzle, add the minced shallot and cook until translucent, about 3 minutes. Add the garlic and lemon zest. Cook only about a minute before adding the risotto. Stir to combine and then cook, stirring only occasionally, to lightly toast the risotto. Season with about 1/2 teaspoon of salt and a few grinds of pepper. Add the chicken stock about 1/2 cup at a time, making sure the stock is mostly absorbed before adding more. You will need to stir almost constantly from this point. Adding and stirring – lower the heat if needed to prevent boiling. This process will take about 20 minutes. The amount of liquid required will depend upon the variety of risotto. The best way to tell if the risotto is done is to taste it. It should be tender, but not mushy. Resist any urge to add salt at this point, and wait until after you've added the cheese. Turn off the heat and stir in the remaining 2 tablespoons of butter, followed by the cheese and mint. Taste and adjust seasoning if needed. Serve immediately!

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Photos by Cecile Miller



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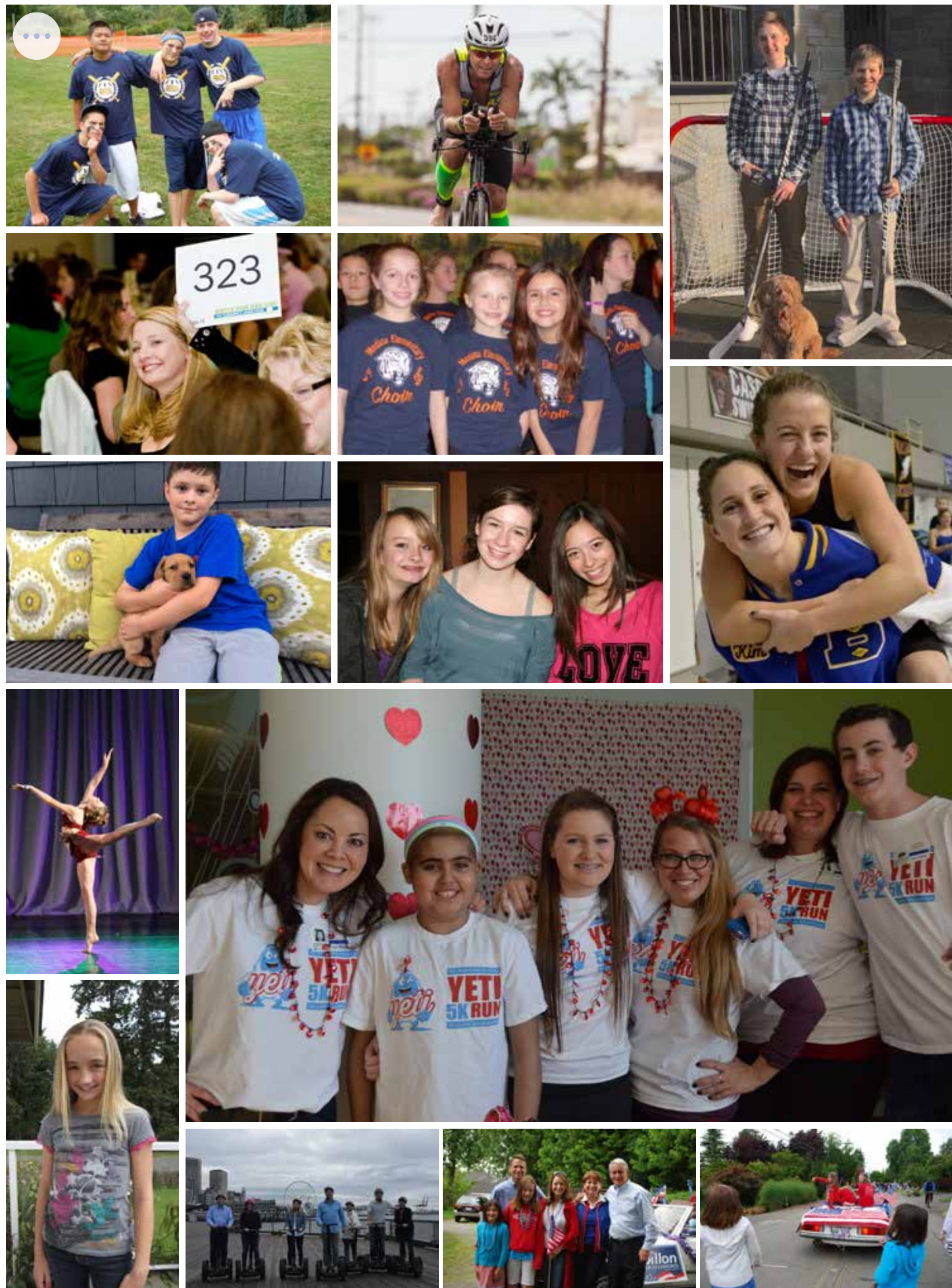
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points living  
emergency  
preparedness tip  
of the month

Kay Koelemay

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EMERGENCY PLAN TODAY.



# EMERGENCY FOOD SUPPLIES

Power outages can occur at any time of the year, and it may take from a few hours to several days for electricity to be restored to residential areas.

*In a regional disaster, it may take longer.*

**STORE AT LEAST A THREE-DAY SUPPLY OF FOOD FOR SUCH AN EMERGENCY.**

Choose foods your family will eat.

Remember any special dietary needs.

Avoid foods that will make you thirsty.

Select foods that require no refrigeration or cooking, and little or no water.

Make sure you have a manual can opener!

### SUGGESTIONS FOR FOOD SUPPLIES:

Paper plates, plastic utensils, and paper towels  
Ready-to-eat canned meats, fruits, and vegetables

Protein or fruit bars

Dry cereal or granola

Peanut butter

Dried fruit

Nuts

Crackers

Canned juices

Non-perishable pasteurized milk

High-energy foods

Vitamins

Food for infants

Comfort/stress foods (yeah!)

Pet food

### STORAGE TIPS

Keep food in a dry, cool spot. If possible, choose an area out of the sun.

Check your food supply at least every six months.

Use foods before they expire, and replace them with fresh items.

Immediately throw away canned goods that look swollen, dented, or rusty.

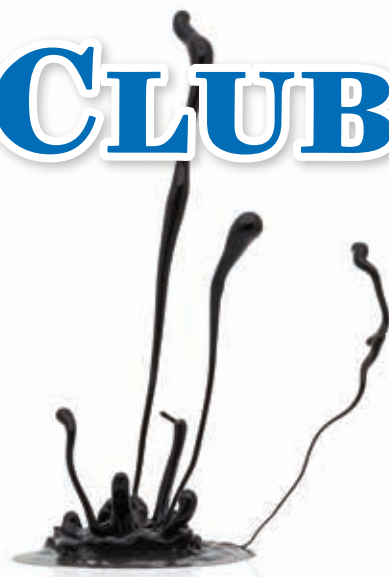




spilled ink

# INTERNATIONAL SCHOOL

# writing CLUB



## MUESDAY

*By Sterling Brown*

Hey what day is it Mr. Ray?  
 Why it is for sure Tuesday  
 Monday to start the week  
 It was a 3-day weekend you geek  
 Back to work on Tuesday get a clue  
 4 days short week but it feels like 2  
 Keep on pushing no time to slack  
 Sunday the Falcons host the Pack  
 Go to the gym work on your lats  
 Over here it's Hawks all day never pats  
 Boy looky here Friday in house  
 No sitting facing the corner to pout  
 The weekend is here you work for you  
 Relax it up productivity grind deadline soon

## THE ART OF RELAXATION

*By Nikita Chinamanthur*

Have you ever lived a life unencumbered by alarms, or watches, or meetings, or routine? A life without any rhythm and the only times you care about is when you eat and when you sleep. That is what I would call true relaxation. I believe in relaxation, in taking a step back and in focusing my attention on something I love. As a young adult, part of my childishness manifests in my vague fantasies – dreams of working but only barely because I will love my job so much, or living in a nice, large New York apartment, even though I know I'd only get a broom cupboard. However, when I am forced to spend my youth entrapped in regiment, I have to make the most of my days. Even if that means having elaborate daydreams, when I am swamped with homework. The hilarity of it is that homework itself is a childish concept. For the first 15 years of my life, I had never felt the intense paranoia when oversleeping an alarm or not charging my phone overnight. My rhythm was set each night, my alarm ever changing, and my mornings focused. Within a month of this academic year, I've felt some of the rudest awakenings ever. I have more stressors in my life; my rhythm has been tarnished by my formal education, what I considered the most exciting part of my day; and every moment of every day is being drawn out to the point where I feel like ripping out every last hair off of my head. I am not escaping my stress as I did for the past fifteen years. Instead, I am confronted with its consequences in the purest of forms. When my friend tells me she's completely overwhelmed, I grit my teeth and nod, because I know for a fact I have more activities, liabilities and crushing amounts of homework than she does. This is my limit; this is where I step back, pause, and contemplate my small moments. The moment I reach home, slip off my shoes and sit, stretching my toes and watching a bit of television. The moment I finish all my work for the day, and have the ability to smile, exhale and do something fun. The moments I make for myself. There is something easy and natural that comes to be when I relax. The thoughts of a

wearry day, the stresses of daily life, the homework, the drama all melt away into a little pool of candle wax that eventually hardens up again in the morning. I don't have to think about an upcoming project while I'm eating dinner or watching Bob's Burgers. I don't have to cram frantically the night before a test - what I knew three days ago, still remains. My stresses are transient and dynamic, therefore whilst currently they may feel like my life, in the long run, they are mere distractions to my lifelong goal of relaxation.

## FINDING HAPPINESS OUT OF THE HARDEST SITUATIONS

*By Niyati Trivedi*

Could it be true? My dad stared in shock at his room as my mom sat down crying. Our room was stripped of color and brightness. The jewelry was gone. The paintings my dad had spent so long painting were gone. All my awards were gone. Someone had just robbed the only place I called home. What would happen now? Thirty minutes later, the police arrive. They search the room high and low looking for anything that would give them a clue of who had robbed our home. They asked my dad and mom questions of what they remembered. They asked us what we had been doing. Later on, they grab me and ask me the exact same questions. Where were you? At lacrosse practice. How long were you gone? 3 hours. Is anything important missing? My awards. My mom's jewelry. My dad's paintings. Everything important was missing. Later the police came back only to say that they couldn't find anything. Not even a fingerprint. My dad looked at me only to say, "Don't be sad. We have a new fresh start. We can redo everything." Three months later, we are back on our feet. There are new awards to replace the old. New paintings that are much better than the old are. Even more beautiful jewelry replaced the old. It was a new fresh start. We never found the person who did it. Now I know, every dead end means a new fresh start.

## A POEM ABOUT A FRIEND

*By Anonymous*

When you are gone, I'll be slightly less interested in waking up in the morning.  
 Earl Gray won't taste quite the same,  
 Chess will be a different game.  
 I'll end up finding the right shade of red that smears up in your backpack, and eventually on my bed.  
 And no one else will listen to my lists the way you do.  
 When you are gone, I'll leave a spot next to me where you would sit and listen to your memory-stained music  
 From when we cried on the ledge looking out into the dark sea.  
 I'll miss our late night conversations littered with lyrics we screamed on July eighteenth.  
 I'll break all the king's hats and all the glass walls To see you again in the fall.



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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Lot Sf
9020 NE 28th St	Clyde Hill	\$3,595,000	\$3,420,000	01/30/17	140	5	4.75	5,400	23,604
9232 NE 1st St	Bellevue	\$3,399,950	\$3,399,950	02/01/17	7	5	4.5	4,863	11,700
1820 98th Ave NE	Bellevue	\$2,799,900	\$2,799,900	02/21/17	44	5	5.5	5,006	9,900
8612 NE 10th St	Medina	\$2,698,000	\$2,698,000	02/22/17	159	4	3.5	4,500	16,334
2136 104th Place SE	Bellevue	\$2,600,000	\$2,528,000	02/23/17	13	4	4.25	4,537	10,872
733 96th Ave NE	Bellevue	\$2,598,000	\$2,505,000	02/16/17	208	5	4	4,771	7,302
827 104th Ave SE	Bellevue	\$1,849,950	\$1,849,950	02/19/17	3	4	2.75	3,117	6,941
10017 NE 23rd St	Bellevue	\$1,758,000	\$1,801,000	02/14/17	2	5	3.25	3,530	9,070
2518 100th Ave NE	Bellevue	\$1,795,000	\$1,650,000	01/31/17	95	3	2.5	2,970	22,519
10626 NE 9th Place #TH8	Bellevue	\$1,391,000	\$1,337,658	02/20/17	565	2	2.5	2,150	n/a
10718 NE 26th St	Bellevue	\$1,000,000	\$1,230,000	02/10/17	1	4	1.75	2,370	10,352
10610 NE 9th Place #2300	Bellevue	\$1,208,000	\$1,185,000	02/20/17	790	2	1.75	1,333	n/a
1626 98th Ave NE	Bellevue	\$1,200,000	\$1,150,000	01/31/17	11	3	2	2,050	13,245
10217 NE 24 St	Bellevue	\$990,000	\$940,000	02/01/17	65	4	2.25	1,820	8,442
3730 101 Wy NE #704	Kirkland	\$730,000	\$822,000	02/22/17	5	2	2.5	1,552	1,552
8055 NE 28th St	Medina	\$899,090	\$806,000	01/31/17	24	4	2	1,770	10,189
10650 NE 9th Place #423	Bellevue	\$729,000	\$707,057	02/03/17	28	2	1	1,238	n/a
10650 NE 9th Place #1727	Bellevue	\$570,000	\$575,000	02/15/17	3	1	1	788	102,684
2600 118th Ave SE #4-102	Bellevue	\$280,000	\$290,000	01/31/17	1	2	2	885	n/a
11052 NE 33rd Place #A10	Bellevue	\$280,000	\$280,000	02/15/17	8	1	1	657	n/a



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