



Clyde Hill - Hunts Point - Medina - Yarrow Point

the Points Living

An Exclusive Newsletter for the Residents of The Points Communities • February 2017

Hats off to Kameron Mclain ...

and the Entire Girls Husky Volleyball Team for Making it All the Way to the Elite 8



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AREA DIRECTOR Jason Kono
NEW AD SALES 206.920.0187
jason.kono@n2pub.com

RESIDENT CONTENT June Grayuski, 425.974.9656
COORDINATOR/EDITOR junez@n2pub.com

CLIENT ACCOUNTS MANAGER Jenny Danowski, 425-765-2869
TPL_Ads@N2pub.com

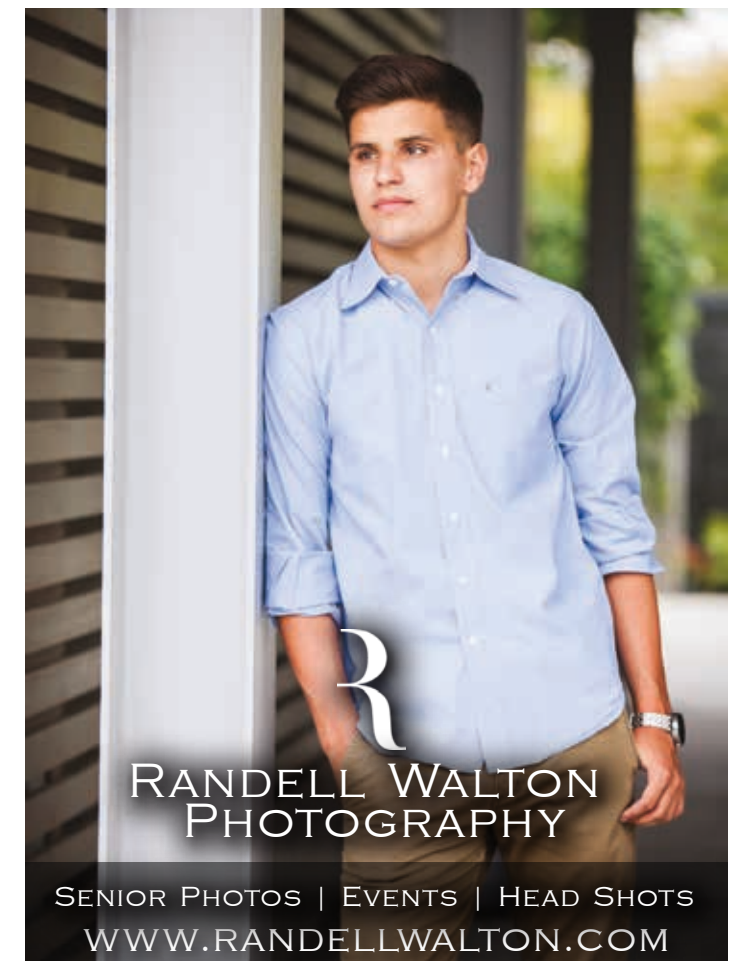
WRITERS Niki Amini-Naieni
Barbara Sowatsky
Jenny Danowski Risè Hirsch

CREATIVE TEAM N2 Publishing Design Team

WANT TO BE A CONTRIBUTOR?

We are always looking for a few good residents to follow up on leads, find great stories, seek out residents eager to share their recipes/family story/pet stories, and think outside the box! Also if you have updated your home, added a sunroom, or landscaping, we'd love to feature the finished product in our next issue. Contact June @ junez@n2pub.com or call-text **425-974-9656**.

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letter from the EDITOR



It's that time of year when we all start to get a little stir crazy. We are all ready for more than just a sun break. We need to remove ourselves from the gloomy days for a while and recharge in the sun. Fortunately, the school district has not removed our much-needed escape week in February. Originally called ski week, so families could go enjoy the snow, now many of us are opting for warmer weather instead. Our family heads to Sand Key, FL, every year to meet up with the same family from Chicago we met at the resort six years ago. Well worth waiting the extra week in June for school to end. If you have any vacation family photos or stories you would like to submit, we would love to hear from you. Send them to junez@N2pub.com.

Be sure to check out Jujubeet on Main next time you are in town. Niki and her friends did a wonderful job reviewing it, and I'm sure you'll agree

when you read her article. The space is so bright and cheery. Everything is healthy and made with love.

Also, a huge congratulations to the Huskies volleyball team and Bellevue High girls soccer team for an outstanding season. We will be featuring basketball and Husky Football next month.

Remember to shop locally and support our advertisers. Thanks to them, they make this magazine possible. On that note, we would like to thank both Alvin Goldfarb Jeweler and Shawn Casey Results Fitness for renewing their contracts into the new year and beyond!

Have a great break and a wonderful Valentine's Day. Spring is just around the corner.

Cheers ~
To more sun

June

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If you haven't joined Nextdoor.com, you might want to consider joining. It is a wonderful resource for lost pets. If you are a pet owner and not yet a member, you will find this a valuable resource. This app has helped reunite many animals with their owners here in our neighborhood.



Walter F. Toth
CONSTRUCTION



Beautiful Music

IN YOUR OWN

Backyard

ST. THOMAS HAS JUST THE TICKET

In homes throughout the Points communities, parents often find themselves shaking their heads in bafflement over their children's choice of music. From the rock and roll of the '50s to the hip-hop of today, music has evolved at a dizzying pace, and tastes have changed radically from one generation to the next.

Debates over musical styles and preferences aren't limited to the homes in our community. Just down the street, St. Thomas Church grapples with similar questions. Organ or guitar? Choir or drums? Classic or contemporary? St. Thomas has a longstanding tradition of excellence in traditional music, while frequently mixing in new styles ranging from American jazz to African chant. The church recently reaffirmed its commitment to fine music with the hiring of Dr. Doug Cleveland as its new director of music and liturgical arts.

An internationally acclaimed organ performer, Cleveland won the American Guild of Organists National Young Artists Competition at the age of 25. He has toured throughout the world, performing in such major European cities as London, Paris, Berlin, and Moscow, as well as in Australia, Japan, and Singapore.

Reviews of Cleveland's concerts describe him as "a stunning organist" (*Milwaukee Journal Sentinel*), "a

keyboard wizard" (*Charleston Daily Mail*), and "a brilliant performer" and "sensitive musician" (*Albany Times Union*). American Guild of Organists Distinguished Composer Dr. Pamela Decker turns to Cleveland as her "premiering artist of choice" to debut her works, and places him "among a handful of the highest-ranking organists in the world." Cleveland has performed with major American symphony orchestras and in multiple international music festivals. He has led choirs in Episcopal churches across the United States, and currently serves as a professor of organ music at the University of Washington.

"Doug brings great artistic talent and experience to a church that has always valued excellence in music," says The Reverend Lex Breckinridge, rector of St. Thomas. "He will grow our musical tradition in new and exciting ways." Father Lex is well aware of the struggles many churches face as they wrestle with musical styles. "It's dispiriting to go into a church and see that what they think of as

contemporary music is actually praise music from the '70s," he observes. "That kind of music is irrelevant to young people today. They don't want to be pandered to."

While some people seek contemporary music in church, many others do not, including young people looking to reconnect with tradition. "Churches that are intentional about traditional music and liturgy, done with excellence, are often more attractive to young people than churches that merely think they know what young people want," Father Lex adds.

St. Thomas's new music director, who grew up in Olympia and started playing the organ at age 12, loves a wide variety of music. "Choral music is a love of mine," Cleveland says, "and has been a passion for a long time, from Gregorian chant to the 21st century." Cleveland points out that St. Thomas is a member of the Anglican Communion, a worldwide association of churches. "Since we are a global church," he notes, "it is important



to hear music from all parts of the globe." A typical service might feature music ranging from traditional plainsong chant to world music from Africa or Australia.

Cleveland has begun to expand the adult choir at St. Thomas. Meanwhile, Tim Blok, director of youth choirs at St. Thomas and vocal music teacher at University Prep in Seattle, is growing the youth music program, which consists of two choirs, Choristers for children in grades 1-5, and Schola Cantorum for youth in grade 6-12. Working with Blok, who holds a Washington State teaching certificate in choral and instrumental music, Cleveland aims to make St. Thomas a musical leader on

the Eastside. "St. Thomas can become a beacon of the arts in this community," he declares. "People can come here and be elevated by music and the arts. They can be transformed."

Cleveland also plans a range of public performances at St. Thomas. Residents of the Points communities will be able to hear great artists in a beautiful space, without having to cross a bridge into Seattle. First up in 2017 will be James O'Donnell, organist at Westminster Abbey, who will play at St. Thomas on Feb. 17. O'Donnell will perform on the church's magnificent Metzler organ, a Baroque-style organ that is the only one of its kind in the Northwest and one of just a handful



in the United States. Future performances will include choral music, organ performances, jazz, instrumentalists, and visiting choirs.

All residents of the Points communities are invited and encouraged to experience beautiful music at St. Thomas. And as for the organ-vs.-guitar, classical-vs.-contemporary debate? "We will continue to explore the full range of traditional sacred music, while at the same time finding the best contemporary music that fits within our context," concludes Father Lex. Ancient or modern, contemplative or celebratory, music remains a mainstay of St. Thomas. Stop in some time and listen!



bellevue high girls soccer STATE CHAMPIONSHIP

Ranked #10 in the Country

KingCo Co-Coach of the Year, Peter Cochran, led the way to a flawless season. Congratulations to this team for such an amazing victory! Bellevue High is now ranked number 10 in the country for girls soccer.

THE TEAM WON THE FOLLOWING:

- 2A/3A KingCo League Championship
- 3A KingCo Tournament Championship
- 3A State Championship

In the State semi, Bellevue High beat Seattle Prep 1-0. Prep was ranked number one in the state and number 16 in the country. In the State final, we beat Southridge (Kennewick) 1-0. Jojo Harber scored both these goals.

Goalie Madi George has not played organized soccer for many years. She is captain of the school gymnastics team and an all-KingCo softball shortstop. The seniors on the team asked her to tryout as goalie, because there were no returning goalies for this season. Over the summer, she started training with the seniors. Turns out, she is really good at the goalie position! The backup

goalie is Kaatje Justus, a freshman. Kaatje has six years of goalie experience in club soccer, but none at the high school level. Kaatje spent a lot of time helping Madi learn the position. In the state final, when Madi had to come out briefly to be evaluated for a concussion after a knee to the head, Kaatje was able to play for 10 minutes of the game.

Starters for the final (and semi) were Madi George, Paige Satterlee, Maud van der Kooi, Caylee Gilberg, Nikole Pham, Ellie Bryant, Katie Foster, Carly Tudor, Sophie Butterfield, Jojo Harber, and Kiley Suter. Subs were Joelle Tudor, Anastasia Justus, Grace Nesbitt (final only), Kaatje Justus (final only).

Jojo Harber also plays with the U18 U.S. National team.

Kiley Suter scored many game winning goals during the season and playoffs. Other goal scorers include Ellie Bryant, Maud van der Kooi, Carly Tudor, Joelle Tudor, Grace Nesbitt, and Sophie Butterfield.

Courtney Serres and Katie Foster also scored for the team this year.



INDIVIDUAL AWARDS:

- Seattle Times Top 11 (in the state, published Dec. 6, 2016) – Katie Foster and Jojo Harber
- KingCo MVP Offense – Jojo Harber
- KingCo MVP Defense – Katie Foster
- KingCo Co-Coach of the Year – Peter Cochran

FIRST TEAM ALL KINGCO:

- Catie Buck
- Maud van der Kooi
- Katie Foster
- Jojo Harber
- Kiley Suter
- Ellie Bryant
- Sophie Butterfield

SECOND TEAM ALL KINGCO:

- Paige Satterlee

KINGCO HONORABLE MENTION:

- Madi George
- Grace Nesbitt
- Carly Tudor
- Joelle Tudor

TEAM ROSTER

- Hannah Feller
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- Courtney Serres
- Claire McMahon
- Sophie Butterfield
- Ellie Bryant (vice-Captain)
- Madi George
- Catie Buck
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...
We asked 25-year soccer veteran Coach Peter Cochran a few questions about the winning season.

WHAT MAKES THIS TEAM SO SPECIAL?

The character and culture of the team. We had a very strong group of 11 seniors who kept the tone fun and competitive. They are state champions on the field and in the classroom; our varsity earned a team average 3.7 GPA. Across 20 students, that's extraordinary. They are a very impressive group of girls. I was very proud to be a part of the process this season.

IS THIS YOUR FIRST CHAMPIONSHIP AS COACH?

As a player, I was fortunate to be a part of several championship teams for various club teams - from local, state and national-level competitions. As a coach, I had a U12 boys team win a state club championship a few years ago in Washington. But this is my first state championship at the high-school level. I was a finalist in both high school and college as a player... close enough to appreciate how special, and rare, it is to win an outright championship.

WILL YOU BE COACHING THE BOYS AS WELL?

Bellevue boys program already has a very good coach. I plan to attend as many games as I can as a BHS supporter.

WHAT DO COACHES LOOK FOR DURING SOCCER TRYOUTS?

The coaching staff invests a lot of time designing our tryout process so that each player gets an opportunity to showcase their skills and potential. We evaluate players on their technical, tactical, and physical ability across three full days of tryouts. We do our best to pick the strongest team possible at each level in our program. This year was challenging for some younger players because we had so many juniors and seniors returning to the program, which didn't allow for much upward mobility (JV to varsity, JVC to JV, etc.). Next year, many of our younger players will have an opportunity to move up in the program and contribute more extensively. Our younger players have had very good role models in our graduating senior class. I'm already looking forward to next season.



sponsor spotlight

BRIAN THAUT

of Opes Advisors

Getting It Done

Meet Brian Thaut, a quintessential Northwest family man. Born and raised in Tacoma, he's lived in Clyde Hill for the past six years and previously resided in Magnolia. When he's not helping clients acquire home loans, he's giving his all to his family and the community.



Brian is known for his keen sense of humor and his honest, straightforward approach to problem solving—traits that have come in handy over the years while coaching his kids' sports teams. Over the years, Brian has helped coach children's teams in soccer, lacrosse, baseball, and basketball, and is currently a board member of Bellevue United Soccer Club. Whether it's tending to a scraped knee or dealing with a

heartbreaking overtime loss, he attributes his coaching success to treating each team member as an individual who brings unique contributions to the team. Brian says, "I think two of the most important aspects of a good coach are patience and the ability to recognize the special skills each player possesses. I try to tune into exactly what triggers an athlete to perform, then do my best to reinforce that motivation."

In his day job as a Mortgage Advisor for Opes Advisors in Bellevue, Brian finds his affinity for coaching is a perfect fit. He's passionate about helping clients achieve their dream of home ownership, and is adept at learning each family's specific financing needs. Brian's style is to form a consultative partnership with his borrowers. Knowing that buying a home is one of the largest financial decisions most of us make in our lifetime, he believes, "You need to have trust in your lender, just like a coach."



After earning a BS in Business Administration from Central Washington University, Brian was drawn to the mortgage business. He had the opportunity to work with several lenders, from small equity lenders to a large national bank. When Opes Advisors came to the Northwest three years ago, Brian quickly realized how much their customer philosophy meshed with his own, so he signed on with the Bellevue location. He likes the control provided by Opes' local, in-house underwriting and funding, and having the ability to customize Jumbo loans that actually fit each client's lending goals. Also, they are one of the few are lenders to combine mortgage planning with wealth management services—allowing clients to focus on their entire financial future.

Brian and his wife, Stephanie, are raising two children: Blake (6) plays baseball, soccer, and basketball, while Alexis (11) plays soccer and lacrosse competitively. Both attend Medina Elementary. The Thauts are active members of the Overlake Golf and Country Club, and they enjoy occasional family ski trips to Whistler, B.C., and Sun Valley, ID. They support the community through organizations like Big Brothers/Big Sisters and the Boys and Girls Club.

If you believe in the popular mantra, "Think local, buy local," you may want to give Brian a call the next time you have home-financing needs. Thanks to his extensive experience and local accountability, he's a great bet to become your Northwest hometown lender.



Opes Advisors sponsored The Don James Golf Classic this past summer, benefiting the Boys & Girls Club of Kirkland, and Brian played on a foursome where ALL proceeds went to charity.

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Bittersweet Chocolate Truffles

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Yields approximately 30 truffles

Ingredients:

- 1 pound bittersweet chocolate (70% cacao), chopped and divided
- 1 ¼ cups heavy cream
- 1/3 cup unsweetened cocoa powder for rolling

Method:

In a heavy sauce pan, bring cream to a simmer. Remove from heat and let cool about 10 minutes.

In a double boiler, melt approximately 7 ounces of the chopped chocolate while gently stirring until smooth. Remove from heat and stir in an additional 2 ounces of chopped chocolate until smooth. Stir in cream and combine thoroughly. Chill, uncovered, until the ganache is firm enough to roll (about 3 hours).

Using a portion scoop or teaspoon, scoop portions from the ganache and roll into balls. Place on a parchment-lined baking sheet and chill for 1 hour.

Melt the remaining chocolate in a double boiler just until smooth. Remove from heat and let cool slightly. Using a fork, roll the chilled truffles in the melted chocolate to coat. An alternative to this is to place a small amount (about a teaspoon) of the melted chocolate into your hand and roll the chilled truffles until they are evenly coated. Roll each coated truffle in cocoa powder and place on a parchment-lined sheet.

Chill until firm.

Variations:

Vanilla bean, coconut, spices, herbs, lemon and/or orange zest can be steeped with the cream to make your own flavors. These can be strained from the cream if desired. Dried cherries or other dried fruits can be finely chopped and added to the ganache. Instead of rolling in cocoa powder, you can use finely chopped nuts or shredded coconut.

Strictly for grown-ups – 1 ounce of Baileys, Grand Marnier, or Amaretto, can be added to the ganache for added flavor.

chef barbara's
recipe of the month



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JOHN STANTON STEPS UP TO THE PLATE

Naomi Natsuhara



Successful businessman, wireless pioneer, Seattle Mariners Chair of the Board, Bellevue resident, and Newport High School alumnus (class of 1973), John Stanton will be joining Bellevue LifeSpring as Featured Speaker at the 18th Annual Step Up to the Plate Benefit Luncheon.

Bellevue and its incredible schools speak for themselves. In addition to John Stanton, notable Bellevue High School graduates include professional athletes, Olympic medalists, and award-winning artists. Many families have made the choice to move to Bellevue to give their children access to the excellent educators, academics, and resources the Bellevue School District provides.

However, whether they know it or not, every child in the Bellevue School District also has a classmate who is living in poverty. Bellevue LifeSpring serves students who struggle behind the scenes with hunger, instability, and other challenges, in each of the 28 schools in the district. These students often struggle in silence.

John Stanton is stepping up and speaking out for these students on Thursday, March 30, 2017, at the Step Up to the Plate Benefit Luncheon.

"I grew up in Bellevue. I went to Woodridge Elementary, Hyak Junior High, and Newport High School. I have also raised my family here. There are too many hungry children living in our neighborhoods, and we cannot let that happen here. I care deeply about our community and our children – together we should do everything we can to enable every child to achieve their highest potential." – John Stanton

This community has a long history of supporting the children of Bellevue. Bellevue LifeSpring was founded by a group of women in the Points community over 100 years ago. Today, Points residents continue to play a vital role in Bellevue LifeSpring events, membership, and leadership. Last year, Points members hosted 22 tables at the Step Up to the Plate Benefit Luncheon. They are joined by hundreds of other Bellevue residents as they introduce friends, neighbors, and colleagues, to a cause near and dear to their hearts.

"I've been a Bellevue LifeSpring (then Overlake Service League) member since 1980. The members are amazing, generous workers for the betterment of families in the Bellevue School District. It's wonderful that Circle groups in the community gather, plan, socialize, and become dedicated to a cause committed to helping others." – Jeri Boettcher, Hunts Point Membership Circle

Breaking the cycle of poverty cannot be achieved in one step. It requires addressing the needs of the whole child, from basic needs like food, clothing, and shelter, to providing opportunities for educational advancement.

Event Chairs Akhtar Badshah, Beth McCaw, and Akila Somasegar, invite you to join them for Bellevue LifeSpring's Step Up to the Plate Benefit Luncheon on Thursday, March 30, 2017, at the Meydenbauer Center.

Take the first step to being a part of the solution and register today at www.BellevueLifeSpring.org/luncheon.



Lunch on Main at Jujubeet

these teens love to eat healthy

• • Niki Amin • •

Welcome to health food heaven! Jujubeet is a local juice bar and café that offers a variety of healthy desserts, juices, smoothies, snacks, and dishes that satisfy a range of diets. Many of Jujubeet's food items are vegan and even raw. This quaint café has placed a healthy spin on conventional dining. Its menu includes items such as Cardamom Chickpea Flour Crepes, Coconut Yogurt Parfaits, and Raw Raspberry Cheesecake. Its smoothies and main courses are packed with antioxidants, greens, and superfoods. But do these bizarre gourmet combinations taste as divine as they sound? Well, I invited a few of my friends to join me for brunch at Jujubeet to investigate.

I brought friends who were ages 13 to 18 to receive an eclectic range of viewpoints. Lauren, Belle, Marissa, Dani, Jackie, Eva, and Kiana, met me at the entrance of Jujubeet. The café was bright and posh. Every detail from the tables to the doors was very elegant. Kiana noted how she "loved the artsy vibe," and Eva added that Jujubeet was in a "convenient location." Jujubeet on Main Street is close to a plethora of vintage shops and downtown Bellevue. Clearly the designers paid close attention to details and embellishments. A shelf with natural beauty items and healthy cookbooks rested in the corner. As a health food junkie, I was very excited.

The waiters quickly cleared a large table for the eight of us, and we chose our drinks. Jackie decided to go with the Power Green Smoothie, which is a combination of sweet fruits, kale, and spinach. Even as a green smoothie fan, I find it difficult to embrace the pungent taste of kale, and this was a risk for Jackie because she doesn't "normally like veggies." Thus, I thought it would be interesting to record her feedback. She described the smoothie as "energizing" and mentioned she was "looking forward to trying out more drinks." After her last sip, she exclaimed, "Who knew fruits and so many veggies could be such a stress-relieving combination?" She recommends the Green Power Smoothie as a refreshing way to alleviate anxiety and increase veggie intake without compromising flavor. Lauren went for the Blueberry Bliss, a purple fall smoothie. She described it as "So natural! Love the pumpkin flavor, and the color is so pretty."

Jujubeet's dishes are not only healthy, but they are also full of bold colors. Oftentimes, a colorful diet improves happiness, an assertion that Jujubeet has clearly tapped into. Eva and Kiana chose the Citrus Blast Juice, a fresh-squeezed citrus juice with a pineapple and mint twist. Eva thought that it was "really refreshing" and explained that it "did not have too much pulp, which I like." Kiana noted it was "very zesty! It has a bitter compliment to it." I picked Green Limeade, a slightly sweet but mostly sour juice that contains kale, cucumber, parsley, spinach, fruit, ginger, and lime. I loved the zing of ginger at the end of each sip. The color was vibrant, and the sour but sweet combination was energizing. I recommend this juice if you are craving a cleansing and sour drink. Green limeade tastes like lemonade, but is herby and refreshing.

Jujubeet's drinks were overall very energizing, healthy, and delicious. These freshly prepared juices tasted earthy and flavorful, which we really appreciated. Not surprisingly, Jujubeet originally started out as a juice bar. There is a Jujubeet Juice Bar location on NE 9th Place in downtown Bellevue, which also offers a range of juices and smoothies. However, the Jujubeet Café we visited includes multiple food items the downtown Bellevue Jujubeet does not offer. Now, it was time to try out these new food items. The waiter was very accommodating and patient with our large group.

We tried these family-style. Our tasting included Jujubeet's Creamy Carrot Hummus and Veggie Plate, Sweet Cardamom Chickpea Flour Crepe, VLT with Avocado Sandwich, and Cinnamon Oat Waffle. The creamy carrot hummus was a beautiful sunset color. Belle and Lauren agreed with me that the carrot hummus was "creamy, fresh, and flavorful." They also mentioned that the bread was "warm and delicious." Marissa even stated, "I could eat carrot hummus all day, every day" and that the hummus had a "very inviting orange color." Dani noted that "This hummus is great and goes well with everything on the plate. The vegan bread is somehow both sweet and savory, and though I am normally not inclined to eat vegan food, I may need to amend that approach. This food loses nothing in flavor." Jujubeet presented





This hummus plate was almost too pretty to eat.



The VLT is a best-seller. Smashed avocado and homemade coconut bacon make this unique and healthy sandwich a stand-out.

...

each food item like a piece of art. The hummus came in an adorable mini jar, and the other plates were clearly carefully designed with bright colors and fine details.

The next item we tried was the Sweet Cardamom Chickpea Flour Crepe, which was Eva's favorite. The air of spices and sweet, warm, soft sweet potatoes on the Chickpea Flour Crepe deemed it perfect for autumn. Jackie also added, "The tahini sauce on the crepe gave it a sweet touch." Everyone agreed that the interesting flavors in the crepe complimented each other well.

The next item on our brunch menu was the VLT with Avocado Sandwich. I confess – I was hesitant about this item because Jujubeet used a bacon substitute, coconut. This was a risky choice, but I felt adventurous and was interested to hear input from my fellow critics.

"The coconut bacon tastes exactly like bacon with a hint of coconut," Eva and Kiana agreed. This was a pleasant surprise, but not an anomalous impression. Lauren and Belle also agreed that the VLT's coconut bacon was "very impressive." Kiana mentioned the side salad "was really good," and thought "the vinegar gave the greens a lot more flavor." Everyone thought the guacamole was "creamy" as well.

The majority's favorite item we tried was the Cinnamon Oat Waffle, a whole-grain vegan waffle with fruit. Marissa described the waffle as "sweet, but with substance, hearty but not overly heavy." I agree with her that "eating it does not induce a sugar stupor like so many overly sweetened waffles from mixes do. It is both refreshing and filling with cold fruit balancing out the more substantial waffle." Belle and Lauren described the waffle as "fluffy."

Belle even questioned, "How could it be so healthy yet so good?" Clearly, the Cinnamon Oat Waffle was a popular food item, and it's no wonder it was the first dish to disappear. Kiana loved its "cozy winter feel" and how the "fruit added fresh flavor." To Dani, "The best part was, unlike most sweet dishes, it actually felt refreshing to eat." I recommend this menu item without reservation.

By the end of our brunch, everyone was very satisfied and content. My friends thanked me and offered a few closing comments.

Marissa – "It's just one amazing thing after another. I think I know where I want to go for my birthday."

Dani and Kiana – "Everything was energizing and refreshing!"

Eva – "The food was so good; can't believe it's healthy!"

Belle and Lauren – "All the flavors blend very nicely together."

Kiana – "I cannot wait for an opportunity to go back."

Jujubeet is a hidden haven for health food aficionados, but also an exotic and exciting choice for foodies who do not have a particularly healthy preference. It offers food choices for people on a multitude of diets without compromising flavor. We recommend Jujubeet for its service, unconventional choices, and delicious food. From its strategic location to its food's daring colors, Jujubeet is my favorite café and juice bar. I never knew healthy food could taste so divine.

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.

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The blustery weather didn't keep these residents away. Santa, caroling, a bonfire, and good friends. The perfect holiday afternoon. If you have never experienced this holiday magic, be sure to check the Argosy Cruise schedule for next year. The ships stop by Yarrow Point and Medina each year for a 20-minute concert. They also stop at several other locations as well. If you're really feeling festive, buy tickets for a holiday cruise. Just remember to get them well in advance, as these tickets tend to sell out fast.





Seven Ways To Prevent SEASONAL AFFECTIVE DISORDER

Shandalla L. Rigby, MSA, LMP
Sources: www.mayoclinic.org

What is Seasonal Affective Disorder (SAD)?

SAD is a form of mild depression that is generally thought to be due to the decrease in light as the season changes and the days get shorter. It is also known as the “winter blues.” It is characterized by moodiness, irritability, sadness, discontent, and excess sleepiness. Less commonly, there can be more severe symptoms, such as loss of interest, appetite changes, insomnia, anxiety, and depression.

In a state like Washington, where the daylight hours are very short during the winter months, it is not uncommon to see this disorder cropping up. However, there are some very easy ways to prevent this disorder.

1. Get your Vitamin D levels checked.

Vitamin D is generated by our bodies using the sun. It is natural for this vitamin to decrease during the shorter days of winter. Symptoms of vitamin D deficiency are very similar to SAD. Your primary-care physician can do a blood test to check your levels for you.

2. Take a Fish Oil supplement.

Fish oil is full of good essential fatty acids that nourish the brain and decrease inflammation. Further, research has shown that Fish Oil can be effective in combating mild cases of depression. See your healthcare provider for a dose that is right for you.

3. Get outside and get some natural light.

Whether it's just taking a walk, going snow-shoeing, or going skiing, this will have a positive dual effect on the

body. You'll reap the antidepressant effects of a little exercise, and you'll get some natural light to help boost your Vitamin D reserves.

4. Exercise! I can't say this enough.

So many health-related issues can be handled by adding a minimal amount of exercise. Research has shown that brisk exercise (about 20-30 minutes per day) can relieve depression and its related symptoms by up to 70%.

5. Light therapy.

Buy a light therapy box, and sit in front of it. It mimics natural sunlight and is very versatile. You can use it while you're reading, sitting at your desk working, or watching TV. You can purchase one at a health retailer like Pharmaca, or order it online.

6. Use Aromatherapy.

Diffusing aromatherapy in the air can help lift the spirits and ease depression symptoms. The most common oils used are: orange oil, grapefruit oil, lavender oil, or eucalyptus oil. You can use an essential oil diffuser, or, if you just want to

keep it simple, grab a pan, put 3 cups of water in it, and add 10 drops of your chosen essential oil. Simmer on low, adding water as needed.

7. Enjoy your friendships.

Usually after the holidays and parties, many of us do little socializing while winter is passing. Recovering from the busy holiday season is a good idea, but don't hibernate for three months. Make sure to schedule dinners and happy hours with friends and family, attend a class you'll enjoy, volunteer at a charity, start a book club, or go to the theater--anything that will help you enjoy yourself and shake off the blues. Remember, if you're feeling lonely and have the winter blues, there's likely someone else who feels the same way. Don't forget, you can enjoy friendships and fun in the winter, too.

If your symptoms seem unmanageable, please see your primary-care physician for help. There are many other ways that you can treat SAD that may work better than those listed above.



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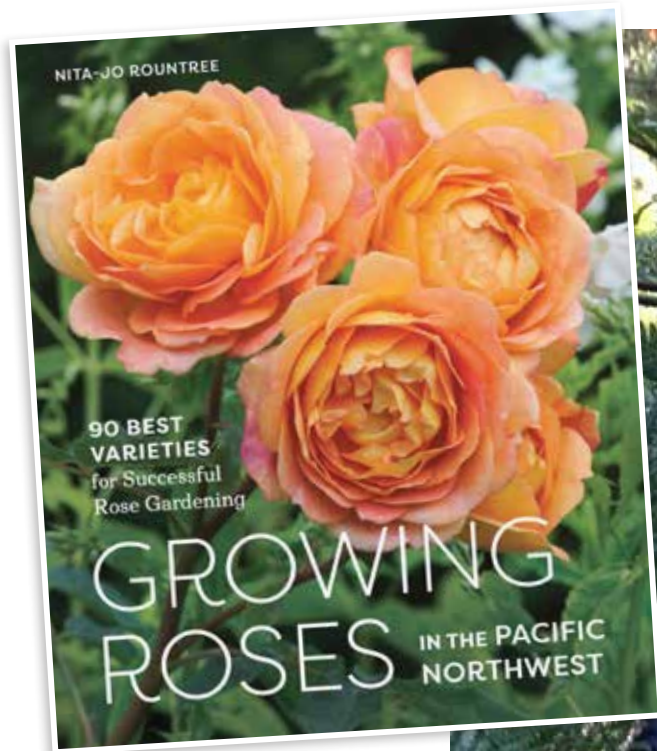
WAY TO GO



It was another memorable season for UW as the Huskies played in the Elite Eight for the second year in a row. With an outstanding 29-5 record, they were knocked out of the final four again by Nebraska.

Congratulations to local resident, Kameron McInain, for an outstanding job on the team. Kameron started playing volleyball at a young age, and started club at age 13, both with Sudden Impact and WVBA. She led Eastside Catholic to state three times, and graduated Eastside Catholic in 2012. Kameron just completed her undergrad degree from Boston College in 2016, and is getting her Masters at their program in leadership.

KAMERON



NITA-JO ROUNTREE Talks About her New Book

GROWING ROSES IN THE PACIFIC NORTHWEST:
90 Best Varieties for Successful Rose Gardening

Growing roses in the Northwest can be tricky, but this full-color, organic-focused guide will give you all the know how to care for your roses, as well as a large selection of gorgeous varieties practically guaranteed to thrive in the region.

This is the definitive guide to growing no-spray roses in the Pacific Northwest (Oregon, Washington, and British Columbia) for both beginning and experienced gardeners. It includes a climate guide for both east and west of the Cascades, basic rose care, invaluable troubleshooting tips, types of roses with color photos and descriptions of the 90 best cultivars for the region, as well as principles of landscape design specifically geared toward roses.

Nita-Jo Rountree is a Seattle-based garden designer and educator. Not only is she a local resident

and writer for *Points Living*, she has developed numerous programs and lectures. She is past president of the Northwest Horticultural Society, and she is currently on the Board of Directors of the Bellevue Botanical Garden, where she serves as Lecture Chair.

"One of the best books that I have read for the beginning rose grower; the advice is simple, complete and takes the mystery out of growing roses." -- Harry A. Landers, curator, Portland International Rose Test Garden

PL: How long have you lived in Bellevue? 15 years

PL: Have you always had a passion for gardening? No. I got interested when I bought my first house in Atlanta, Georgia. Once I started gardening, I was hooked.



PL: How long have you been involved with the Bellevue Botanical Gardens? 4 years

PL: What are your top three favorite plants? It's hard to choose only three, but if I must, roses, hydrangeas, and lilies. I'm definitely a flower girl.

PL: Are there any particular varieties of roses that we should be planting in the Northwest? Any rose bred by Kordes (a German breeding company) in the last 10 to 15 years. They were one of the first to start breeding for disease resistance, as well as for flower form, color, and fragrance. Recently, David Austin and others have jumped on the band wagon. Two of my favorites are the vigorous growing Kordes bred rose, 'Poseidon', with Cabernet-colored buds that open to fragrant, frilly lavender blooms, and 'Olivia Rose Austin', a new introduction by David Austin that he named after his granddaughter.

PL: Do roses do well in containers? Absolutely—as long as they are smaller-growing varieties and get sun, water, and fertilizer, like most plants. I've had a rose named 'Braveheart' in a container on my deck for three years. It has fragrant, continually-blooming flowers, with deep dark red velvety flowers on top of disease-resistant foliage. 'First Crush' Parfuma is a Kordes rose that is powerfully fragrant and grows to only 3 ½' high x 2 ½' wide.

PL: Is this your first book? Do you have plans for more? This is my first, and probably my last book. I'd rather be gardening!

PL: Where can we get a copy of your book? At the Trillium Store at the Bellevue Botanical Garden, Ravenna Gardens in University Village, and www.amazon.com.

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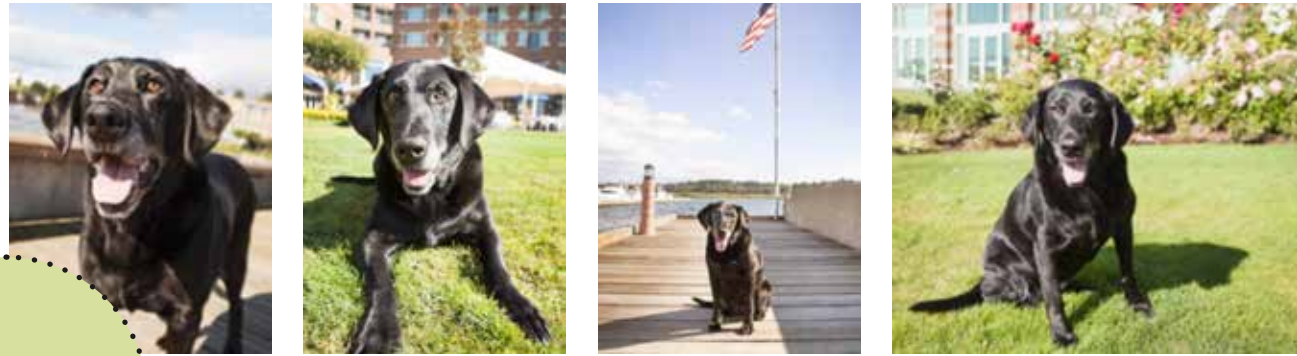


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MASCOT OF THE WOODMARK HOTEL

Written By
**Christina
Lehman,**
Photos By
Julie Austin

For those of us with pets, a furry friend is what truly makes a house a home. The love and warmth they provide, the longing gaze they give whenever you walk out the door, and the excitement they exude when you return – those are all examples of how a special animal becomes a true companion and a member of the family.

The Woodmark Hotel & Still Spa at Carillon Point strives to be a “home away from home,” and demonstrates this with their adorable mascot, Meg.

Meg is a friendly and approachable black lab, and is a family member of Carillon Point’s Property Manager, Sue Gemmill, and daughters Anna (15) and Natty (12). Meg has a mature “mother hen” personality, and is so loving around kids and adults alike. The Woodmark team is thankful that they share Meg with her “extended family!”

At the Woodmark, Meg can be seen with the front desk team Monday through Friday. She takes her honorary job of “Director of Barketing” seriously, and does so in style. She is often seen wearing bows, flowers, and even a formal bow tie for the holidays. She also likes to sport her Seahawk gear on Blue Fridays. Our friends at Boo Boo Barkery in downtown Kirkland make sure she is well accessorized!

When she’s not “working,” Meg loves to be outside and, of course, on the water. Carillon Point is the perfect place for this adventurous dog. She was a fully-trained field/sport dog in her youth, and it

shows. She loves boat rides on Lake Washington, but she’s not afraid to jump out to chase after a duck! Of course, she also loves to fetch tennis balls and she’s even tried paddle boarding on one of our glorious summer days.

Guests, locals, and team members alike, absolutely adore Meg. She is a sweet soul and a true example of this pet-friendly hotel’s spirit. She’ll definitely let you pet her, and she welcomes new visitors all the time. If she’s not at the front desk, she may be out for a walk or in the office enjoying one of her favorite snacks -- ice cubes, the occasional ham sandwich and, of course, bacon.

.....

“She takes her honorary job of “Director of Barketing” seriously, and does so in style.



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Fast and Simple Crowd-Pleaser

June Grayuski

BEST GO-TO CHICKEN BURGERS



Sometimes the best things in life are the most simple. This chicken burger recipe has been a staple in my family for years. It's healthy, tasty, fast, and delicious. Here's all you need. No amounts stated. Just eyeball it.

- Ground chicken
- Shredded mozzarella cheese
- Grated Parmesan cheese
- Red pepper flakes and chopped onion (optional)
- Dash of pepper

Form mixture into patties, and make sure they are well done. They can be grilled but are just as tasty on the stove top. The cheese flavors the chicken just perfectly – so good, condiments aren't really necessary. This is definitely a quick recipe to put on the family rotation menu. I usually add a little water at the end to remove the extra cheese residue from the pan and to steam the patties to make sure they are well done and moist. Yum!! You can thank me later.

points living
emergency
preparedness tip
of the month



WARNING:

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2. Rinse out the container and refill it with water to the very top.
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6. It is recommended to rotate your water supply every six months.

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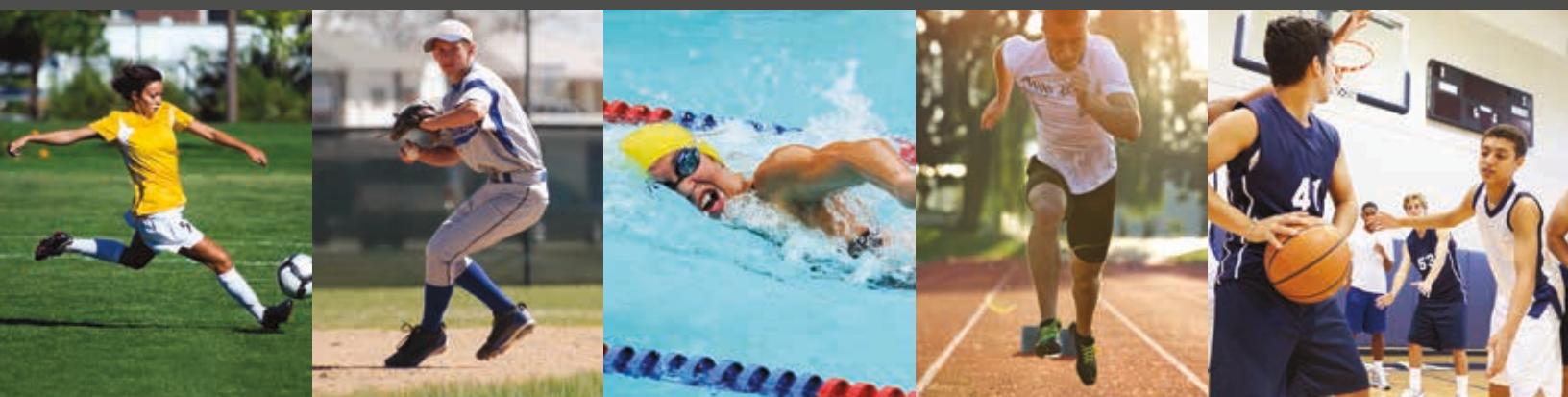


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Swing Dance AT BELLEVUE HIGH SCHOOL

In case you missed the announcement in last month's issue don't forget to mark your calendar's for Bellevue High School's Fourth Annual Swing Dance in the Bellevue High School Commons on Saturday, February 11, 2017, from 7 p.m.-10 p.m.

The Jazz Bands from Bellevue High School and Chinook Middle School will perform live music from the '30s and '40s—*String of Pearls, Take the "A" Train, In the Mood, It Don't Mean a Thing If It Ain't Got That Swing* and many more. The evening starts at 7:00 p.m. with a one-hour Swing Dance lesson from dance instructor, Ian Howe. Then from 8:00 p.m.-10:00 p.m., you can try out your new dance steps as the young men and women from Bellevue High School and Chinook Middle School Jazz Bands entertain you with songs by such favorites as Glenn Miller, Duke Ellington, Count Basie, and Benny Goodman. Students from the BHS choir add their talents as featured soloists.

The Swing Dance is open to the community, and the organizers would like to see all ages dancing to the oldies. "This is a real family event. In past years, we've had grandparents, parents and students," says Edd George, one of two band directors at the high school. "This is one of my favorite things we do each year because I get to see people enjoying our music out on the dance floor. Parents dancing, kids dancing with each other and with their parents and grandparents—its fun for all! The band parents do an amazing job of decorating the Commons and providing desserts for everyone."

Will Harvey, the director of Bellevue High Jazz II, says, "This is perhaps my favorite event of the year. It's a marquee event for our kids to perform and show their professionalism, and a testament to how hard they work to have a "long set" of music to have people dance to—just the way it's done in professional groups.

All their effort pays off when you see everyone dancing and feeling that swinging groove!"

This year, in addition to being a great community event, the Swing Dance is raising money and accepting donations for the BHS Band trip to Washington DC, in May of 2017. The BHS Marching Band and BHS Choir have been invited to perform in Washington DC, during Memorial Day weekend. In addition to a concert by both the choir and band, the band will march in a parade on Memorial Day, see many of the historic sights of Washington DC, and attend concerts by the United States Military music ensembles. The money raised at the Swing Dance will help fund the DC trip by lowering the cost for all students and providing partial scholarships.

Mark your calendars now, and bring your valentine to the February Swing Dance:

- Date:** Saturday, February 11, 2017
 - Time:** 7 p.m.-10 p.m.
 - Place:** Bellevue High School, 10416 SE Wolverine Way, Bellevue
 - Tickets:** \$10 adult, \$5 student, and \$20 family
- Tickets can be purchased at the door

For more information, please call Edd George, BHS Band Director, at 425-456-7136. To donate to the band trip to Washington, DC, please visit the BHS Band website at www.bellevuehighband.com.



FAMILIES HELPING FAMILIES

Friends and residents gathered to participate in the Ninth Annual Families Helping Families Thanksgiving Food Drive. The drive took place in early November of last year, and plans are already underway for next year. This nonprofit serves families here in the local community. At the packaging party, everyone helped pack and sort items in aluminum pans. A few Husky players took the time to show up and support the cause as well.

Photos by Cecile Miller

This drive is a great way for students to get community service hours and help those in need. If you would like to get involved or volunteer, please check out their Facebook page, Families Helping Families.





ENHANCING HUMANITIES

at The Boys & Girls Clubs of Bellevue

“Logic Will Get You From A to B. Imagination Will Take You Everywhere.”
– Albert Einstein

By awakening our imagination, the arts intensify and complement our own experience. Art, including music, represents people, cultures, values, and perspectives on living, but it does much more.

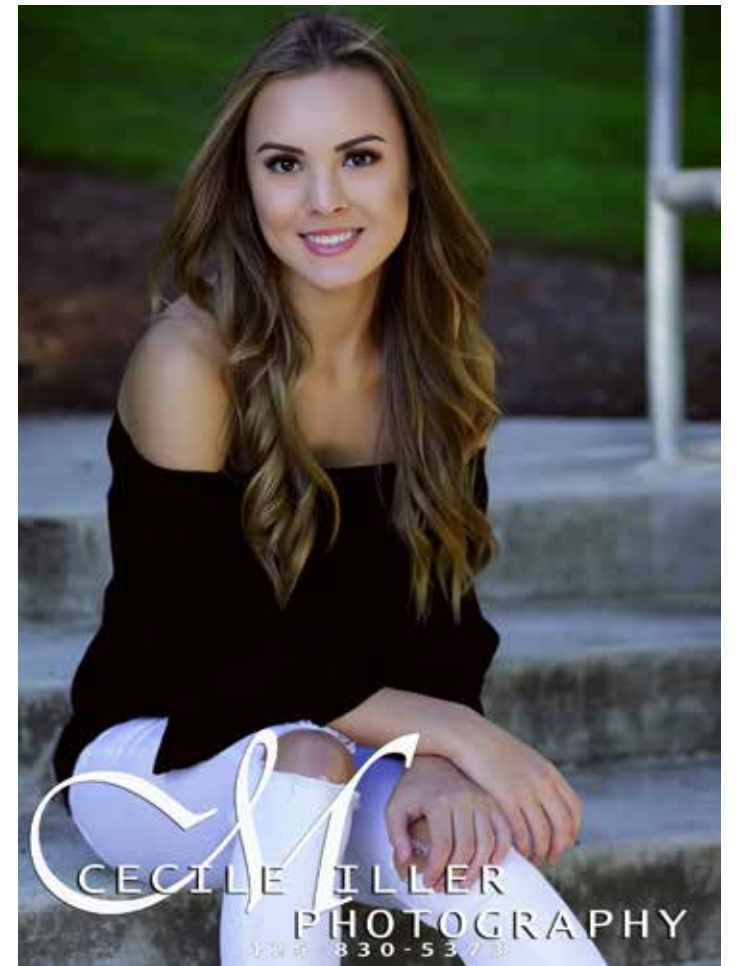
While bringing us pleasure, art and music also teach us. While listening to music or viewing a painting, our minds travel to far off places. We are taken on a journey into a world where form and meaning are intertwined. Along with its life-enhancing academic and leadership curriculum, the Boys & Girls Clubs of Bellevue also strives to offer interesting and pertinent arts programming in order to attract and inspire young people to embrace imagination and creativity as they grow into productive, caring, and responsible citizens.

When a young person comes through the doors of the Club’s Teen Center in Lake Hills (aka The Club), he/she enters a world where art, music, and the application of technology, are abundant and encouraged. Under the leadership of Teen Center Director, Seth Dostart, the Humanities Program has undergone a transformation by bringing visual and performing arts, and computer science together under one umbrella. Art and music can be created through technology and, in many cases, amazing works can be created with very little training or technical skill.

On any given day, middle school and high school-aged youth can be found at the Teen Center participating in a number of humanities-related activities ranging from music lessons, to learning the basics of producing live music concerts, to creating Beats on AbletonLive, to digital recording and more! Not to be outdone by the robust music program, the Club’s Visual Arts Studio is just as active, with a variety

of mediums including painting, sculpting, and screen printing, to name a few. Imagination and creativity segues from the art and music studios right into The Club’s Technology Lab, where members can take their masterpieces to another level through digital recording, 3-D printing, video production, and more. Come check out the Teen Center in Lake Hills, or our dedicated Teen Space located at our new Clubhouse in downtown Bellevue.

The Club is here for all kids, regardless of their circumstances. We offer an affordable, safe, and positive place, with a policy that no child or family is turned away due to inability to pay. Scholarships are available. To learn more about the Boys & Girls Clubs of Bellevue, visit www.bgcbellevue.org, 1209 100th Avenue NE, Bellevue, WA 98004, **425.454.6162**.



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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Lot Sf
9723 NE 13th St	Clyde Hill	\$3,478,000	\$3,430,000	12/09/16	41	5	4.75	5,545	12,582
1509 102nd Ave NE	Bellevue	\$3,488,800	\$3,350,000	11/29/16	69	6	5.5	6,100	10,404
7808 NE 12th St	Medina	\$3,380,000	\$3,300,000	12/01/16	16	5	4.5	5,240	19,857
10432 SE 14th St	Bellevue	\$3,198,000	\$3,000,000	12/06/16	216	4	4.25	6,413	12,150
9233 NE 14th St	Clyde Hill	\$3,200,000	\$3,000,000	12/06/16	61	4	4	4,630	17,820
9831 NE 30th Sr	Bellevue	\$2,699,950	\$2,625,000	11/28/16	205	5	4	4,842	9,384
10318 SE 25th St	Bellevue	\$2,748,000	\$2,603,000	11/30/16	21	5	4	4,544	10,043
3131 92nd Ave NE	Clyde Hill	\$2,599,950	\$2,420,000	12/01/16	227	5	5.25	5,268	10,454
9526 NE 31st St	Clyde Hill	\$2,300,000	\$2,300,000	11/22/16	5	4	3.5	4,552	19,703
1662 101st Place SE	Bellevue	\$2,288,000	\$2,250,000	11/30/16	9	4	2.5	3,610	20,723
9036 NE 28th Sr	Clyde Hill	\$2,238,000	\$2,238,000	11/18/16	6	4	3	3,058	24,506
9629 NE 31st St	Clyde Hill	\$2,249,000	\$2,138,000	12/08/16	214	5	4.25	4,760	16,304
2212 104 Place SE	Bellevue	\$1,950,000	\$1,875,000	11/28/16	14	5	3.5	3,910	13,533
8637 NE 20th St	Clyde Hill	\$1,795,000	\$1,810,000	12/01/16	5	5	2.5	3,830	20,075
3232 112th Ave SE	Bellevue	\$1,749,950	\$1,700,000	12/01/16	22	4	3.25	3,550	11,863
1306 Evergreen Point Rd	Medina	\$1,500,000	\$1,661,000	12/06/16	5	4	2.5	2,480	16,368
8500 NE 28th St	Hunts Point	\$1,348,000	\$1,550,000	12/06/16	55	4	2.5	3,340	17,860
9224 NE 5th St	Bellevue	\$1,328,000	\$1,300,000	12/01/16	9	4	2	2,470	8,316
9670 NE 34th St	Clyde Hill	\$1,350,000	\$1,270,000	12/05/16	29	4	2.75	2,650	23,240
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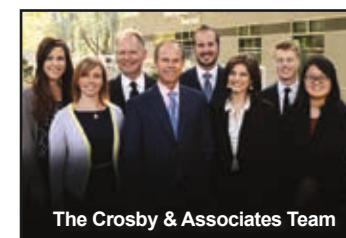
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