



NOVEMBER 2023 NEWSLETTER

WHAT'S HAPPENING AT

THE SPRING DISTRICT

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## POINTS OF INTEREST

Halloween Wrap Up

NAIOP Tour

Holiday Party Save the Date

# HALLOWEEN WRAP UP

## THANK YOU FOR CELEBRATING HALLOWEEN WITH US!

Thank you to everyone who came out to The Spring District's Third Annual Halloween Party in the Park! Last Friday, October 27 Amlı and Sparc Apartment communities joined us for a beautiful, albeit chilly, afternoon. In addition there was a wonderful selection of friends and neighbors who came dressed up as a fox, a water melon, a cat, Mario members Wonderland were in the neighborhood! To help commemorate our wonderful party, Lou Medina was on hand drawing caricatures of everyone as a keepsake. We look forward to seeing in the park for our annual holiday party on Wednesday, December 6th. Remember to save the date!



NEIGHBORHOOD SPOTLIGHT

# NAIOP

COMMERCIAL REAL ESTATE  
DEVELOPMENT ASSOCIATION

On a beautiful fall day in September, the 2023 CRE.Converge NAIOP\* Annual Conference toured The Spring District. The conference attendees heard from Developer Wright Runstad & Company's Co-CEO Greg Johnson, neighborhood architect NBBJ, and Bellevue City Planning Director on how the growing neighborhood evolved, now fifteen years in the making. The overall project is about three-fifths complete with the commercial office space fully leased

Read more [here](#).

\*NAIOP is the Commercial Real Estate Development Association. Learn more [here](#).



## NEIGHBORHOOD HIGHLIGHTS

### NOVEMBER 5, 2023, 2:00 AM

Daylight Saving Time Ends

Remember to "Fall Back" this coming Sunday morning at 2:00am. Daylight Saving time ends and we turn our clocks back an hour, which results in an additional hour of daylight each day. This change was initially thought to align waking hours with the available sunlight.

There is current legislation to make Daylight Saving Time permanent, but it has yet to be passed by the House of Representatives, then signed by the president. Until this is resolved, plan to put your clocks forward next April.

Learn more [here](#).



## NOTE COFFEE COME TO THE SPRING DISTRICT

[Dote Coffee](#) has a shop in Lincoln Square South and has now opened a shop in The Spring District! Deliciously roasted coffee and beautifully handcrafted chocolate comes to the neighborhood made by local coffee expert Sarah Doud and renown pastry chef & master chocolatier Ewald Notter.

Coffee shop hours are Monday-Friday 8am-4pm. Stop by and see what everyone is raving about! The new location is on the corner of NE Spring Blvd and 121st Ave NE in The Spring district.

# NOTE

COFFEE BAR





# VETERANS DAY

☆☆☆ HONORING ALL WHO SERVED ☆☆☆

## NOVEMBER 11, 2023

Dedicated to the brave individuals who have served in the United States Military during wartime, the eleventh hour of November 11 is set aside as a time to remember the armistice during World War I. A day recognizing the temporary cessation of hostilities between Germany and the Allied nations during [The Great War](#).

This federally recognized holiday is now more commonly known as Veterans Day. It was first celebrated as a holiday in 1919, as proclaimed by President Woodrow Wilson. In 1938, Congress approved November 11 as a national holiday. Learn more [here](#).

## ELECTION DAY

### TUESDAY, NOVEMBER 7, 2023

Election day is a time to get involved in your local community by participating in local, state and national elections.

It is not too late to register to vote in person in King County Elections Office. Learn more [here](#).

To find a ballot drop box location near you, visit this KOMO News website [HERE](#).

*"Someone struggled for your right to vote. Use it."  
-Susan B. Anthony*



## NOVEMBER HOLIDAYS CONT.



### DIA DE LOS MUERTOS

NOVEMBER 1 & 2, 1023

As far back as 3,000 years ago, the Aztecs and people living in central Mexico believed the deceased came back to visit the living world.

In honor of their loved ones, family members and friends would create alters or offerings on the graves of those who died as a way of welcoming them home. These alters contained the dearly departed's favorite foods and trinkets. In addition to favorite foods, alters and graves are decorated with flowers and candles to light the way of the dead.

This custom is honored today in what is known as Dia de los Muertos, when the spirit world and the living world meld for a brief period of time and there are celebrations and parades allowing the spirits to feast and party with their loved ones once again.

These celebrations are marked with costumes and sugar skulls, as well as art featuring skeletons. Learn more [here](#).



### THANKSGIVING

NOVEMBER 23, 1023

This federally recognized holiday celebrates harvest time, as well as a coming together of family and friends and giving thanks for all we have.

Originally celebrated by the Pilgrims and early colonists, Thanksgiving marks the first harvest of those who were newly settled in the New World.

Since 1789, Thanksgiving has been celebrated nationally. Then in 1870, President Ulysses S Grant made Thanksgiving a yearly appointed federal holiday. In 1885, an act by Congress made Thanksgiving a paid holiday for all federal workers.

In 1942, the date of the fourth Thursday in November was confirmed by Congress. Today Thanksgiving is celebrated as a national holiday by the coming together of friends and loved ones to share a big meal and enjoy each other's company.

Learn more [here](#).

# NEIGHBORHOOD SPOTLIGHT

## T-MOBILE TECH EXPERIENCE 5G OPEN HOUSE

The University of Washington's [Global Innovation Exchange \(GIX\)](#) proudly participated in T-Mobile's Tech Experience 5G Open House, demonstrating how the work of GIX students is enabled by the power and possibilities of T-Mobile's 5G network. Since 2018, T-Mobile and UW's GIX have collaborated on nine major projects. This year, our students and faculty are working with T-Mobile to tackle real-world challenges in healthcare, education, and transportation, and we're excited to share info about them more soon!



## MS IN TECH INNOVATION REUNION

University of Washington's MS in Tech Innovation (MSTI) program at the [Global Innovation Exchange \(GIX\)](#) celebrated its first-ever Alumni Reunion! Over 70 alumni from the program's first five graduating classes gathered in Bellevue to enjoy activities at GIX's Prototyping Labs and a celebration dinner, with remarks from Sean Carr, GIX Executive Director and CEO. Padraic Casserly (MSTI, '18) was awarded the inaugural Alumni Impact Award for his professional achievements since graduation. Casserly, a Fulbright Scholar and a former design studio leader with Rice University, has experience in piloting machine learning-based groundwater sensing technology in Mauritius, teaching and researching biomedical engineering in Nigeria, and mentoring engineering design teams on various health challenges. He has also collaborated with local and international partners to promote technology, entrepreneurship, and climate change resiliency.

*Photos: Alumni participating the MS in Tech Reunion*





## UPCOMING EVENTS

### GREENER LIVING FOR THE HOLIDAY

Winter holidays often involve gathering with friends and family for large meals and gift-giving. Bellevue Utilities is offering free, interactive Greener Living classes to help make your holidays eco-friendly and fun this year. Learn how to eliminate food waste and shop sustainably.

To register, email [recycle@bellevuewa.gov](mailto:recycle@bellevuewa.gov) or call 206-949-1787. More information at [BellevueWA.gov/greener-living-classes](https://BellevueWA.gov/greener-living-classes).

#### IN-PERSON CLASSES:

Reduce Wasted Food - Wednesday, Nov. 1, 6-7 p.m.; Lake Hills Library  
Responsible Reorganizing - Wednesday, Nov. 8, 6-7 p.m.; Bellevue Library  
Sustainable Shopping - Tuesday, Nov. 14, 6-7 p.m.; Newport Way Library

#### VIRTUAL CLASSES:

Super Sorter - Wednesday, Nov. 15, 6-7 p.m.



## FEATURED ORGANIZATIONS

### COMMUNITY LOAVES

*"If you taste a crust of bread, you taste all the stars and all the heavens." - Robert Browning*

Community Loaves is a local nonprofit that works with local home-based volunteer bakers who make bread and cookies for local food banks and food pantries.

Community Loaves offers you a couple different ways to get involved:

- **VOLUNTEER:** You can put your baking skills to good use by volunteering to bake their signature sandwich bread or their energy cookies. All you have to do is attend an information session to learn how to get started. Learn more [here](#).
- **DONATE:** Your donation helps develop new products, & expands and improves the organization operations.

Make a positive impact in your community by partnering with Community Loaves and helping improve the daily diet of your neighbors.



#### November is National Marrow Awareness Month

November is a time to celebrate the doctors, researchers, and donors helping to fight against marrow-destroying diseases and support the patients fighting them. Bone marrow is the soft, fatty tissue inside your bones that produces blood cells. When that blood-production system is attacked by leukemia, lymphoma, sickle cell disease, or anemia, patients sometimes need bone marrow transplants from a matched donor to reach remission and, after five years, a cure.

During initial treatment for their disease and preparation for their transplants, patients require dozens of blood and platelet transfusions, making donors of those products instrumental to transplants success. That's why we say "blood and platelet donors are cancer's worst enemy," and why we're urging you to make an appointment during this special month to give patients in need their best chance at a second chance! Need a different donation site? Find an option [here!](#)

[Issaquah LDS Church](#)

November 6 - 7

[Eastside Fire and Rescue](#)

November 15

[Issaquah Highlands - Blakely Hall](#)

November 24

[St Loise Catholic Church](#)

November 28

**Remember to Create Your New Account at**  
[www.bloodworksnw.org/giveblood](http://www.bloodworksnw.org/giveblood)

Use the new [Donor Scheduling Portal](#) to book your appointment to save lives. Get ready for a new donor scheduling experience that's mobile responsive and makes booking an appointment from your phone or desktop easy. [\[Watch Video\]](#)

What you'll need: Have your Donor ID handy when creating your account. Your Donor ID is on your donor sheet (received during donation) or in the email announcement going out to all donors on October 18th. Have a question? Our Donor Care Team at 800-398-7888 or [schedule@bloodworksnw.org](mailto:schedule@bloodworksnw.org) can look up your Donor ID, provide support, reset passwords, and trouble shoot. We've got you covered!



BloodworksNW.org / 800-398-7888

# Mini Greek Spinach Pies

by [Skinny Taste](#)

These bite-sized spinach pies are a fun twist on one of my favorite Greek dishes, Spanakopita. These are great appetizers for the Holidays, football games, or anytime you get together with friends and family.

## INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 cup scallions (finely chopped)
- 1 clove garlic (minced)
- 2 plum tomatoes (finely chopped (about 1 cup))
- 15 oz package frozen chopped spinach (thawed, all excess liquid squeezed out)
- 1 tbsp fresh dill (chopped)
- 2 tbsp fresh parsley (chopped)
- 1/2 cup 2.5 oz reduced fat crumbled feta
- 2 tbsp grated Parmesan cheese
- Kosher salt and freshly ground black pepper
- 30 shells - 2 packages mini fillo shells (such as Athens)

## INSTRUCTIONS

In a medium skillet, heat the oil over medium heat.  
Add the scallions (or any onion) and garlic and cook until soft, about 2 minutes.  
Add the tomatoes, spinach, dill, parsley and a pinch salt.  
Cook about 3 to 5 minutes.  
Adjust salt and pepper, to taste and cook for another minute.  
Remove from the heat; mix in feta and Parmesan cheese; set aside.  
When ready to serve, preheat the oven to 350°F.  
Fill the fillo cups with spinach filling, place on a baking sheet and bake until hot, about 10 to 15 minutes.





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