



FEBRUARY 2024 NEWSLETTER

WHAT'S HAPPENING AT

THE SPRING DISTRICT

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POINTS OF INTEREST

Heart Health Month!

Local Hot Spots: ZenSweat & Bellevue Brewing!

Apple Cinnamon Baked Oatmeal Cups Recipe!

FEBRUARY EVENTS



BLACK HISTORY MONTH FEBRUARY 2024

[Black History Month](#) (also known as African American History Month) is an annual recognition of the contribution and legacy of African Americans across United States history and society. We honor and celebrate historical figures as well as modern leaders in civil rights, arts, politics, science and more.

The theme of this year's Black History Month is "African Americans and the Arts." Learn more [here](#).

Bellevue City Hall honors Black History Month by presenting and exhibit titled "Elevating Voices," featuring work of 17 Pacific Northwest Black artists. Learn more [here](#).

Register at this [link](#) to attend the opening reception for the exhibit on Thursday, February 1, 6-8pm. Bellevue City Hall, 450 110th Ave NE, Bellevue, WA 98005, is open Monday - Friday 8am - 4pm, and evenings when City Hall is open for public meetings and events.

Move Redmond



2 LINE SAFETY VIDEO CONTEST

East Link Extension 2 Line is planned to open this spring, and [Move Redmond](#) is partnering with [Sound Transit](#) to host a safety video contest for Bellevue and Lake Washington School Districts, grade levels K - 12. The 2 Line is part of the East Link Extension consisting of 8 stations between South Bellevue Park & Ride and Redmond Technology Station, with our very own Spring District Station in the middle of the service line. The best videos will focus on the theme of Practicing Safe Habits Around Light Rail.

For more inspiration, Sound Transit's core safety messages are:

Look both ways. Trains come from both directions, so always expect a second train!

Headphones off, screens down. It's important to stay alert to be safe.

Take crosswalks, not shortcuts. Trains always have the right of way, so pay attention to crossing signals.

Stay behind the yellow line. The yellow strip creates a barrier between the train and the platform.

Bike smart, ride safe. When you're riding a bike, always cross tracks at a 90-degree angle to prevent getting stuck.

Selected winners will receive a cash prize and have their videos displayed on Sound Transit's social media. Learn more [here](#).

Submission deadline is February 16, 2024.

FEBRUARY HOLIDAYS

HAPPY
GROUNDHOG DAY!



GROUNDHOG DAY FEBRUARY 2, 2024

[Groundhog Day](#) originates with the Pennsylvania Dutch, German-speaking immigrants, known as the tradition of Candlemas. [Candlemas](#) is a Catholic festival dating as far back as the 16th century, when communities would use an animal to predict the start of spring.

The modern tradition is observed in the United States and Canada and if the groundhog sees its shadow, that is interpreted to mean that there will be six more weeks of winter. Learn more [here](#).

HAPPY
Valentine's
Day



VALENTINE'S DAY FEBRUARY 14, 2024

[Valentine's Day](#) celebrates love throughout history, honoring your sweetheart with everything from handwritten poems and songs

to fancy gifts and dinner out. [Visit Bellevue](#) has a great list of restaurants and things to do on Valentine's Day.

Fun Valentine's Day Facts: 50 million roses are given; 1 billion cards are exchanged each year worldwide; this Roman tradition originated over 600 years ago; 10% of marriage proposals take place on February 14th; 50% of people ask out their date via text; 8 billion sweets are produced for this special day! Here's to your unique way of celebrating love. Learn more [here](#).



HAPPY PRESIDENT'S DAY

PRESIDENT'S DAY FEBRUARY 19, 2024

[President's Day](#) honors all former presidents as well as the specific birthdays of President Lincoln and President Washington.

Since 1971, the holiday has been observed the third Monday of February. The Spring District

Property Management Office will be closed on Monday, February 19, 2024, in honor of the holiday.



CHINESE NEW YEAR FEBRUARY 10-24, 2024

[Lunar New Year](#) celebrations begin with the Spring Festival and end with the lantern Festival. This year in China, Lunar New Year begins on Saturday, February 10 and ends on Saturday, February 24. In other countries, such as Korea and

Vietnam, the length of the celebrations may vary.

2024 is the Year of the Dragon in China. If you are born under this sign, you are seen as caring, attentive to detail, and a follower of the rules. Enjoy your celebration and welcoming of new and positive energy into your life. Learn more [here](#). Celebrate with your family at [The Bellevue Collection on Saturday, February 3, 2024](#).

FEBRUARY IS HEART HEALTH MONTH



FEBRUARY IS HEART DISEASE AWARENESS MONTH

Did you know that a person dies every 33 seconds from cardiovascular disease in the United States? Coronary heart disease is the most common type of heart disease and killed over 375,000 people in 2021. Every year 805,000 people have a heart attack in the United States; 1 in 5 heart attacks are silent.

Every February, the American Heart Association, the Center for Disease Control, and many other organizations bring awareness to this critical issue, including [Wear Red Day](#). Wear Red Day encourages individuals, small businesses, and corporations to participate by wearing red, lighting up buildings, and/or hosting an event in order to increase awareness that cardiovascular disease is the number one killer of women. Visit [#WearRedDay](#) for more information. Here are a few ways you can participate:

- Encourage your team at work to wear red on 2/2/24
- Share a photo on-line with the hashtag #WearRedDay
- Light up your commercial buildings red

10 WAYS TO IMPROVE YOUR HEART HEALTH

Visit the [American Heart Association](#) to learn how to improve your heart health, including recipes and lifestyle tips.

10 ways to improve your heart health

- 1 Balance calories eaten with physical activity.
- 2 Reach for a variety of fruits and vegetables.
- 3 Choose whole grains.
- 4 Include healthy protein sources, mostly plants and seafood.
- 5 Use liquid non-tropical plant oils.
- 6 Choose minimally processed foods.
- 7 Subtract added sugars.
- 8 Cut down on salt.
- 9 Limit alcohol.
- 10 Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart

NEIGHBORHOOD SPOTLIGHT



ENJOY WATCHING SUPER BOWL LVIII AT BELLEVUE BREWING COMPANY SUNDAY, FEBRUARY 11, 2024

Bellevue Brewing Company is the place to be for the super bowl this year. In addition to a new beer, they are offering delicious food specials and \$20.00 pitchers.

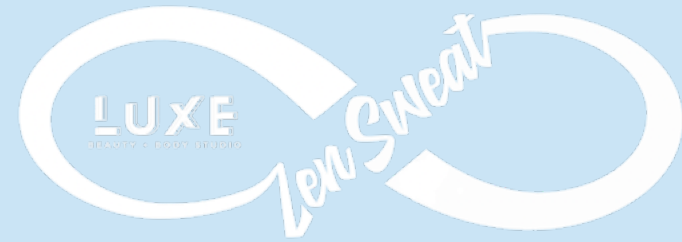
NEW BEER:

Summer Dreamin' Wheat: Soft creamy orange juice, with over ripe strawberry. Guava, and cream sickle, in the middle. Finishes soft, and clean.

FOOD SPECIALS:

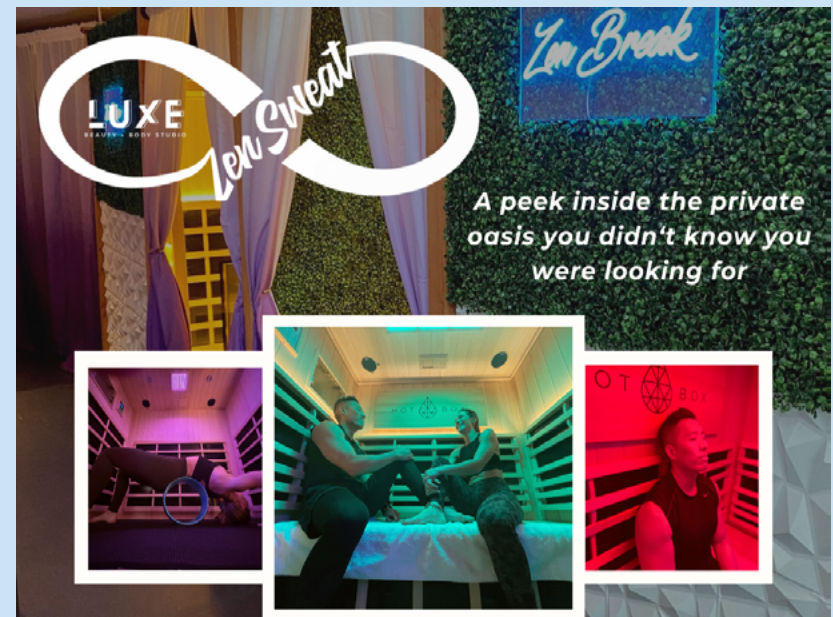
Bacon Wrapped Shrimp
Mac 'n Cheese Bites

Bellevue Brewing Company opens daily at 11:30am. Visit their website for more information: [Bellevue Brewing Company](https://www.bellevuebrewing.com).



[ZenSweat](https://www.zensweat.com) is hosting an open house on Saturday, February 17, 2024, between 11:30am - 1:30pm. Join your neighbors and learn all about the health benefits of using an infrared sauna.

Contact info@zensweatNW.com for more information.



OPEN HOUSE

- Saturday, February 17th
11:30 am - 1:30 pm
1230 121ST PL NE Unit C116,
Bellevue, WA 98005
- Meet the Owners
 - Guided Walk-Throughs
 - Free 10 minute Intro Sessions
 - Raffle Give-Away

Contact Us : info@ZenSweatNW.com

FEATURED ORGANIZATIONS

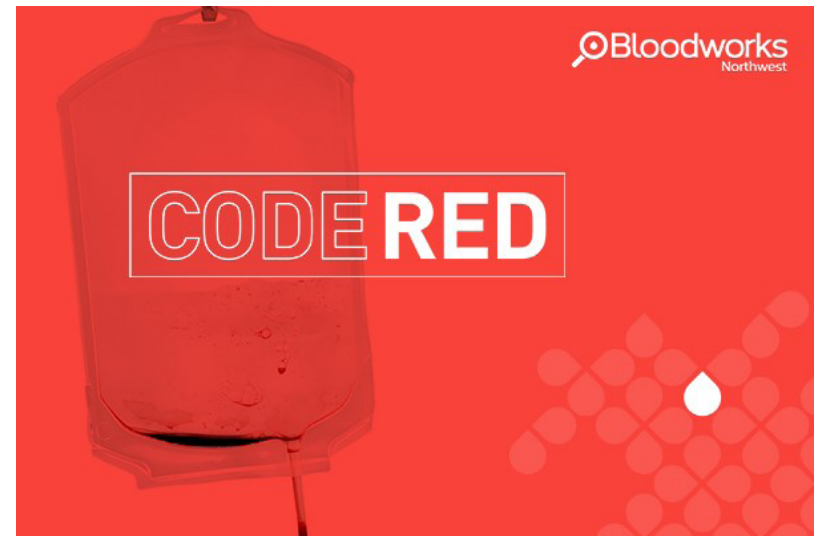
AMERICAN HEART ASSOCIATION GO RED FOR WOMEN

Since 2004, The American Heart Association's signature women's initiative, Go Red for Women, has been building awareness of the impacts of heart disease on women. Nearly 45% of women ages 20+ are living with some form of cardiovascular disease.

Whether you or someone close to you suffers cardiovascular disease, it's important to have dependable resources to assist you through your health journey. The American Heart Association's website can assist with health tips, dietary resources and news on the latest research.

Make your gift in honor of National Wear Red Day and your gift will be triple matched. To donate financially, please follow this [link](#). Your gift supports research to improve health through every stage of life as well as community events to help build awareness.

American Heart Association.



Traditionally blood centers are low on blood in the winter. If you have an hour, please consider making an appointment to donate blood today. Your generosity could save a life. Thank you.

[Bellefield Office Park](#)
February 7, 2024, 9am-3pm

[Overlake Medical Center](#)
February 26, 2024, 9am-3pm

[Church of the Holy Cross](#)
February 9-10, 2024, 9am-4pm

[If you are interested in donating blood in Bellevue, please click this link to the Bellevue Donor Center and book your appointment today.](#)

Remember to Create Your New Account at
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 can look up your Donor ID, provide support, reset passwords, and trouble shoot. We've got you covered!

Apple Cinnamon Baked Oatmeal Cups

by [Sally's Baking Recipes](#)

One bowl and hearty ingredients make this recipe perfect for a grab and go breakfast treat.

INGREDIENTS

1 and 1/2 cups (360ml) milk (dairy or nondairy)
2 large eggs*
1/2 cup (120ml) pure maple syrup**
1/2 cup (120g) unsweetened applesauce
3 cups (255g) old-fashioned whole rolled oats***
1 teaspoon baking powder
1 and 1/2 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg
1/2 teaspoon pure vanilla extract
1/4 teaspoon salt
1 heaping cup (120g) peeled chopped apple****
optional: 1/2 cup (50g) chopped walnuts or pecans
optional: coarse sugar for topping

INSTRUCTIONS

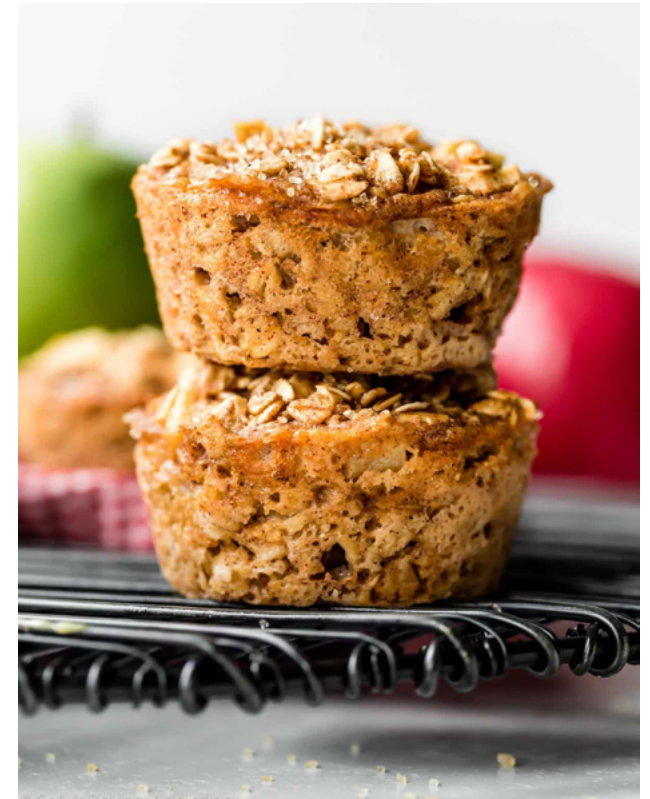
Preheat oven to 350°F (177°C). Generously spray a muffin pan with nonstick spray. If using muffin liners, spray them with nonstick spray. The oatmeal cups stick to the liners a bit regardless, so I recommend skipping them.

In a large bowl, whisk all of the ingredients together, except for the apples (and nuts and coarse sugar). Using a spoon or rubber spatula, fold in the apples and nuts (if using). Batter will be a little liquidy. Spoon batter evenly into muffin cups, making sure both the oats/apples and liquid are in each. Fill all the way to the top. If desired, sprinkle the tops with coarse sugar.

Bake for 28-30 minutes or until the edges are lightly browned and top appears set. If the tops are browning very quickly, tent a piece of aluminum foil over the muffin pan. Cool for 5-10 minutes before serving.

Cover leftover oatmeal cups tightly and refrigerate for up to 1 week.

Bake the oatmeal cups, cool completely, and store in the refrigerator for easy breakfasts. Reheat in the microwave or bake in a 350°F (177°C) oven for 5-6 minutes. To freeze, bake and cool completely. Cover tightly and freeze for up to 3 months. Thaw in the refrigerator or at room temperature. Warm to your liking. Do not make oatmeal batter ahead of time. The oats will soak up all the liquid! Whisk all together, then bake right away. *Eggs bind the ingredients. If needed, you can replace the eggs with 1/3 cup unsweetened applesauce or mashed banana. I do find the oatmeal cups fall apart a little when replacing the eggs. **I recommend pure maple syrup because the flavor is outstanding and the baked oatmeal cups are extra moist. Instead, you can use packed brown sugar, coconut sugar, or honey. ***Whole oats give you the best texture. You can use quick oats instead, but they soak up more moisture so the centers won't be as moist. If using steel-cut oats, soak the oats in the milk for 30 minutes, then stir in the rest of the ingredients. Add a few extra minutes to the bake time. The oatmeal cups are best with whole oats. ****Use your favorite variety of apple, such as Granny Smith, Fuji, or Honeycrisp. You need about 1 medium apple.





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