

The background of the entire page is a vibrant blue sky. Overlaid on this are several curved, glossy objects in various colors: teal, orange, and white. These objects appear to be parts of a modern sculpture or architectural design, with smooth, rounded forms and a reflective surface. They are arranged in a way that suggests movement and depth.

FEBRUARY 2025 NEWSLETTER
WHAT'S HAPPENING AT
THE SPRING DISTRICT

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POINTS OF INTEREST

- Wear Red Day
- Day of Remembrance
- Valentine's Day Instagram Contest
- Marry Me Chicken Soup Recipe

FEBRUARY HOLIDAYS



FEBRUARY IS AMERICAN HEART MONTH

February is here, which means Valentine's Day is around the corner. Valentine's Day is when we express our love and appreciation for those dearest to us. This year, while you are buying Valentines for your loved ones, take a few moments to reflect on your own heart health. February is [American Heart Month](#), which makes it the perfect time to know your [heart facts](#).

The heart beats 100,000 times per day; with each pump, it moves approximately 4 tablespoons of blood; the heart weighs between 7 and 15 ounces; the blue whale--the world's largest animal--has a heart that weighs more than 1,000 pounds. Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups; one person dies every 33 seconds from cardiovascular disease; in the United State, someone has a heart attack every 40 seconds.

Knowing your risk factors can help you make informed health decisions and possibly recognize if you are having a heart attack. Smoking, high blood pressure and high blood cholesterol increase your risk of a heart attack. In addition, diabetes, unhealthy diet, obesity, and excessive alcohol use can put you at higher risk. Learn more [here](#).

NATIONAL WEAR RED DAY FRIDAY, FEBRUARY 7, 2025

[Wear Red Day](#) highlights the fact that cardiovascular disease is the number one killer of women. By wearing red, we draw attention to the fact that women don't receive equal attention when it comes to research, testing, and treatment.

You can show your support by making a financial donation, wearing red, and learning hands-only CPR. Your support and acknowledgment helps build awareness that cardiovascular disease remains the greatest health threat for women.

As you make your way around the region on Friday, February 7th, you'll see many local buildings lit up in red lights, as well as many stores showing their support. Take a photo of you wearing red and tag @TheSpringDistrict on Instagram. Learn more [here](#).

TODAY IS NATIONAL
WEAR RED
DAY.®

RED is our color.
Rock yours today
for women's heart
health.



FEBRUARY HOLIDAYS, CONT'D

VALENTINE'S DAY FRIDAY, FEBRUARY 14, 2025

Valentine's Day, a commercialized made-up holiday or a yearly opportunity to express your heart-felt feelings of love? We cannot answer this question for you but we can do our best to help you appreciate the day in a way that is meaningful to you and your loved ones.

One legend states that Valentine's Day celebrates a 3rd Century Roman martyr who defied the Emperor and wed young men who wished to avoid military service since married men did not have to serve. Through the ages, Valentine's Day is observed by sending gifts of cards, treats, flowers, chocolates, and jewelry.

If you are planning a date night in Bellevue, we have some hot tips for you. Follow [this link](#) to learn more. The Visit Bellevue website showcases restaurants and live performances. They have something for everyone. This newsletter features a 5k run/walk, Page 8, and a wonderful chicken soup recipe, Marry Me Chicken Soup, Page 9.

Whatever you choose to do to acknowledge Valentine's Day, we hope you have a great time and it's filled with love.



BLACK HISTORY MONTH FEBRUARY 2025

In 1926 [Dr. Carter G. Woodson](#) organized Negro History Week; a time set aside to highlight and honor the many contributions by African-American citizens since the Emancipation Proclamation. His vision continues today each February with [Black History Month](#), which continues to celebrate and acknowledge the diverse contributions of African-American citizens throughout the history of the United States of America.

This year, the City of Bellevue is featuring 21 Pacific Northwest Black Artists in the exhibit "[Voices Unbounded](#)". The exhibit runs through March in the [Bellevue City Hall](#). Visit during business hours, 8am-4pm, Monday through Friday, and evenings when the City Hall is open for public meetings and events. Artists featured for the "Voices Unbounded" exhibit can be viewed [here](#).

For the month of February the [Newcastle Library](#) is celebrating Black History Month with the on-line screening of the film "[The Right to Dream: Civil Rights Movement of the 1960s](#)". You can register [here](#) to receive the link to the film.



COMMUNITY FOCUS



NATIONAL DAY OF REMEMBRANCE OF JAPANESE AMERICAN INCARCERATION

February 19, 2025

In 2022, President Joe Biden declared February 19th a [National Day of Remembrance of Japanese American Incarceration](#), honoring those who were incarcerated after Japan bombed Pearl Harbor during World War II. With the bombing of Pearl Harbor, Japanese-American citizens were forced to leave the prosperity of their farms and family-owned businesses to live in "relocation centers" across the American west.

After President Franklin Roosevelt signed [Executive Order 9066](#), on February 19, 1942, Japanese Americans living in the Pacific Northwest were forced into a relocation center in Puyallup. The [Puyallup Assembly Center, also known as Camp Harmony](#), housed 7,500 people from the Puget Sound region. Citizens who were forced to endure life at Camp Harmony did their best to create a community. They formed groups that coordinated work, recreational, and educational activities to benefit the entire camp. To help stay active there were knitting circles and dances.

Biden's formal declaration provides an annual opportunity to reflect upon the impact and consequences of Executive Order 9066 and how it is still impacting Americans and their communities some 82 years later.

EMERGING RADIANCE

The Eastside hasn't always been glittering high-rise buildings and upscale homes. Before the floating bridges made the Eastside so accessible, Bellevue was home to farmers who supplied strawberries, and other critical crops to Seattle and Western Washington. The Bellevue farms were mostly run by Japanese-Americans. People and families who came to this country initially to build the trans-continental railroads, found themselves looking for a fresh start in the Pacific Northwest. Due to local laws, many foreign born individuals could not own land, so they worked multiple jobs in order to pay rent for their farmland and many families bought the land when their American-born children came of age.

After President Franklin Roosevelt signed Executive Order 9066, all Japanese Americans were interred into relocation centers across the west coast of the county. Local farmers were forced off their land, with very few returning after the war.

[Emerging Radiance](#) is an art installment honoring the Japanese American farmers who lived in Bellevue between 1920 and WWII. The interactive farmhouse is on display at the Bellevue Library through February 2027. A reception will be held on Wednesday February 19, 2025, 5:30-8:00pm. Learn more about the Emerging Radiance Art Installation [Opening Reception here](#).



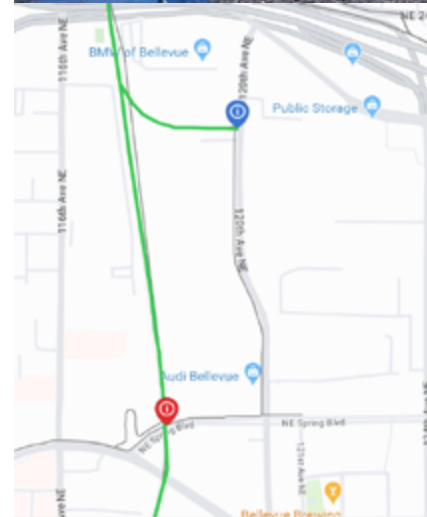
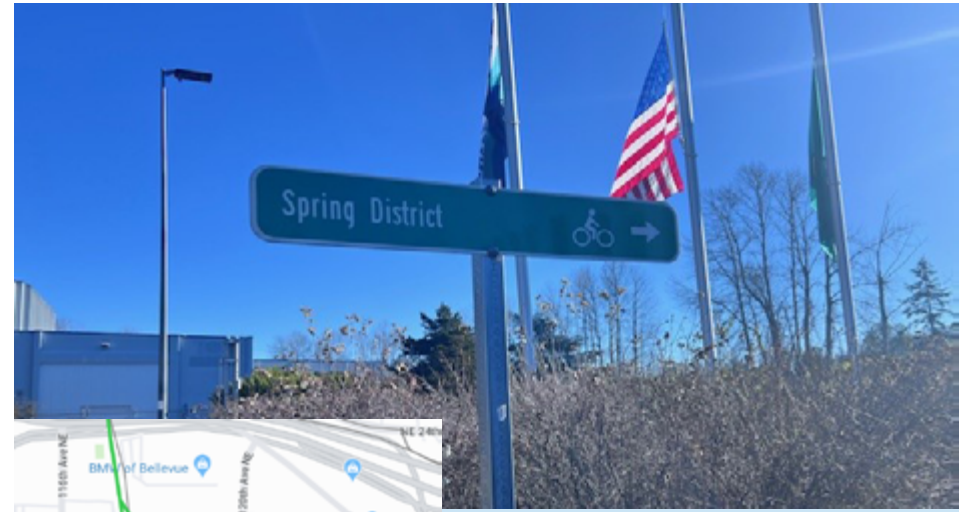
SPOTLIGHT ON THE SPRING DISTRICT

EASTSIDE RAIL CORRIDOR TRAIL

To the west of the Spring District is a walking & biking trail which now has a connection to the [Eastrail path](#). The path features many special points of interest. One is the sculpture named “Nails”, the newest public art piece rising from the ground outside Sound Transit’s Link Light Rail base in Bellevue and is hard to miss. The forty-five piece sculpture depicting “nails” stretching for roughly 480 feet is installed just outside the security fence at the northwest corner of the Sound Transit site, along the [Eastside Rail Corridor Trail](#). Follow this [link to the Google Map showing the sculpture location](#). This is a great trail for a mid-day walk/ride to break up the work day. While out enjoying the trail, tag @eastrailpartners and @thespringdistrict.

Learn more about the artist, German-born Los Angeles-based artist Christian Moeller and his sculptures [here](#). His work was selected through a nation-wide open process, which involved representatives from the Bellevue Arts Commission, the local community, professional artists, and Sound Transit.

This well-maintained trail, features a Native Growth Protection area, which is a haven for many species of birds and animals.



Points in this article were taken from an article written by Katie Metzger published on July 12, 2019 for Sound Transit. Link to article: <https://www.soundtransit.org/blog/platform/watch-out-nails-trail>/Photo Credit Linda Hoffner.



THE SPRING DISTRICT TEAM

GETTING TO KNOW A SPRING DISTRICT TEAM MEMBER

Robin Eidem is the Assistant Property Manager in The Spring District. She is a native of Southern California who graduated from the University of Washington. She and her family are crazy about baseball and football, but, really, they are enthusiastic about all of the PNW teams!

What is your role within TSD? Assistant Property Manager. It's a wonderful role that allows me to support all our team members in handling our day-to-day operations while also participating in overall property management discussions and responsibilities. A true joy for me in my role is being out in the buildings and on the beautiful grounds.

How long have you worked in TSD? I came to TSD in 09/2019. I love to look at pictures of where the development was then compared to today! TSD has grown into such a beautiful neighborhood.

What is your favorite thing about TSD? For me working with the landscaping team, taking care of the different trees, bushes, and ground cover. The changes we see each season is something I truly enjoy.

What is your favorite outdoor activity? I love gardening! I think this is one of the reasons I feel so fortunate to work in TSD! It's a place where I can walk and watch the plants grow and adjust to the seasons.

Is your family nearby? My husband is a Ballard native, and we are lucky to have many family members here in the area.

Where is your favorite PNW destination? Darn! It's nearly impossible to choose only one! I'll say a waterfall destination.

What is your favorite thing to do outside of work? I'm very fortunate to have lots of family in the area and my favorite thing is to host them all over for dinner and game night. We are a very competitive Pictionary group!

As a young girl Robin played the piano and flute. Today she enjoys running and getting outside daily. Her family's favorite meal is spaghetti and they request it every time she asks them "what would you like for dinner?" "Garlic is a wonderful thing!" When she is not making spaghetti, she enjoys Ivar's Salmon House! "This is a longtime Seattle restaurant still located in its original place on Lake Union. Ivar's Acres of Clams is a darn close choice!"

What is your favorite movie? Raiders of the Lost Ark. Come on! That was a super fun movie! **Coffee or Tea? How do you like it?** Coffee please. With a little cream. **What is your favorite dessert?** Crème Brulee. Every time! **Do you have a favorite travel destination?** Summertime in the San Juan Islands. Absolutely lovely! **Do you have a hidden talent? If so, what is it?** I wish I knew a cool card trick. **If you were a superhero, what would your superpower be?** Stretchy, long arms to catch things when they fall. Is that a bit too specific? **What's something interesting about you that we haven't touched on yet?** That I hope you all find me out in The Spring District and say hi!

Thank you, Robin! We look forward to seeing you at our next District event!



UPCOMING NEIGHBORHOOD EVENTS



LOVE
HAPPY VALENTINE'S DAY!

**Do You Love The Spring District?
If so, let us know!**

Take a photo showing you and one of the three Valentine's Day features throughout The Spring District, post on Instagram, and tag @TheSpringDistrict! That's all you have to do to enter the drawing for a \$50.00 coffee card to Dote Coffee!

Whether it's the coffee (we have two shops), the swings, spending time outside for the summer concerts - we want you to tell us what you love about this great neighborhood.

Contest runs February 1-14, 2025. One entry Per Person.



**PETTING ZOO FUN FOR THE WHOLE FAMILY!
STAY TUNED TO LEARN ABOUT ALL THE FUN
EVENTS PLANNED!**

**Mark your calendars for
the annual Spring Fling in
The Spring District!**

Join us on **Thursday, April 17, 2025!**
More Details in the March Newsletter!

FEATURED ORGANIZATIONS

VALENTINE'S DAY DASH Saturday, February 8, 2025

Get your heart pumping and support local nonprofits [Alexander's Hope](#) and [Nick of Time Foundation](#) by participating in a 5k run/walk. This is the ninth year for the [Valentine's Day Dash](#) and this year they are starting in a new location at the Downtown Bellevue Park. Your support of these vital organizations funds life-saving CPR and AED training to young people, as well as educating individuals about organ donation. Learn more about [Alexander](#), the brave individual who inspired his sister to start [Alexander's Hope](#). Proceeds from the run also benefit The Nick of Time Foundation.

Sign up for the 5k dash [here](#). If you are unable to participate in the run, please consider supporting these organizations by making a financial donation.

Donate here: [Alexander's Hope](#) & [Nick of Time Foundation](#).



FEBRUARY IS HEART HEALTH MONTH

Give blood this month. February is a great time to give blood because it helps people needing blood transfusions, organ transplants, and emergency surgeries. Make your heart happy, by donating blood.

Mahalo for being a blood donor! Your kindness saves lives, and now it could take you on the trip of a lifetime. DONATE BLOOD IN FEBRUARY and ENTER TO WIN a trip for 2 to Oahu including airfare, a 3 night stay in an ocean view room at the luxurious Hyatt Regency Waikiki Beach Resort & Spa and a snorkeling excursion! The lucky winner will be contacted by email on or about March 15, 2025. They will have 48 hours to accept the offer.

Double your entries when you donate between 2/16 - 2/22

[#BloodworksNW](#) [#BloodSupply](#) [#BePrepared](#) [#DonateBlood](#)

- Friday, February 7 - [Overlake Medical Center](#)
- Wednesday, February 12 - [Symetra Center](#)

Create Your Bloodworks 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. [\[Watch Video\]](#)



BloodworksNW.org / 800-398-7888

Marry Me Chicken Soup Recipe

by [the kitchn](#)

Make it for friends or your would-be souse, either way, they will feel the love.

INGREDIENTS

- 1 1/2 pounds boneless, skinless chicken breasts or thighs, or a combination
- 2 teaspoons kosher salt, divided, plus more as needed
- 2 tablespoons unsalted butter
- 1 medium yellow onion, diced (about 1 1/2 cups)
- 3 cloves garlic, minced
- 1/4 teaspoon freshly ground black pepper, plus more as needed
- 1/2 cup julienne or thinly sliced sun-dried tomatoes, drained if oil-packed (2 1/2 ounces)
- 3 tablespoons tomato paste
- 6 cups low-sodium chicken broth
- 1 teaspoon dried thyme
- 1 pinch red pepper flakes (optional)
- 8 ounces dried medium pasta shells (about 2 3/4 cups)
- 5 ounces baby spinach (5 packed cups)
- 3/4 cup heavy cream
- 1/2 ounce grated Parmesan cheese (about 1/4 cup), plus more for serving



INSTRUCTIONS

1. Cut 1 1/2 pounds boneless, skinless chicken into bite-sized pieces, then season all over with 1 teaspoon of the kosher salt.
2. Melt 2 tablespoons unsalted butter in a Dutch oven or large pot over medium-high heat. Working in 2 batches, add the chicken in a single layer and cook until browned on both sides and cooked through, 4 to 6 minutes per batch. Transfer the chicken to a plate with a slotted spoon.
3. Add 1 diced medium yellow onion, 3 minced garlic cloves, 1/4 teaspoon black pepper, and the remaining 1 teaspoon of the kosher salt to the pot. Reduce the heat to medium and cook, stirring occasionally and scraping the bottom of the pot, until the onion is softened and translucent, 3 to 4 minutes.
4. Stir in 1/2 cup julienne sun-dried tomatoes and 3 tablespoons tomato paste. Cook, stirring often, until the tomato paste is slightly darkened in color, 2 to 3 minutes.
5. Stir in 6 cups low-sodium chicken broth, 1 teaspoon dried thyme, and 1 pinch red pepper flakes if using. Bring to a boil.
6. Stir in 8 ounces dried medium pasta shells. Reduce the heat to maintain a simmer. Cook, stirring occasionally, until the pasta is al dente, 10 to 12 minutes.
7. Return the chicken and any accumulated juices to the pot. Add 5 ounces baby spinach, 3/4 cup heavy cream, and 1/2 ounce grated Parmesan cheese. Cook, stirring often, until the spinach is wilted and the chicken is warmed through, about 2 minutes. Taste and season with more kosher salt and black pepper as needed. Serve with more grated Parmesan cheese if desired.



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