



JULY 2025 NEWSLETTER

WHAT'S HAPPENING AT

THE SPRING DISTRICT

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POINTS OF INTEREST

Go Watch Midlakes United!
Meet our Engineer Jamze!
Farm Stand & Summer Concerts!
Loaded Summer Salmon Salad!

JULY HOLIDAYS



INDEPENDENCE DAY FRIDAY, JULY 4, 2025

The 4th of July commemorates the leaders of the thirteen colonies declaring independence from England. The Continental Congress assembled in response to taxation without representation in the British Parliament and stated their intention to separate from British rule. The assembly finalized the [Declaration of Independence](#) on July 4th, 1776.

"Remember, remember always, that all of us, and you and I especially, are descended from immigrants and revolutionists."

-Franklin D. Roosevelt

BELLEVUE FAMILY 4TH

This year's Bellevue Family 4th celebration features live music, family entertainment, children's activities, and food vendors. Festivities start at 5:00pm. Find the event schedule and additional details [here](#).

Do your part in helping make this event sustainable by utilizing public transportation, such as light rail or [Bellhop](#). Here is the link to a wonderful City of Bellevue resource for travel options: [ChooseYourWayBellevue.org](#). Also, remember to bring your personal reusable water bottle! The City will have its Water Refill Station to help reduce single-use plastics.

Stay hydrated & have fun out there! Learn more [here](#).



COMMUNITY EVENTS

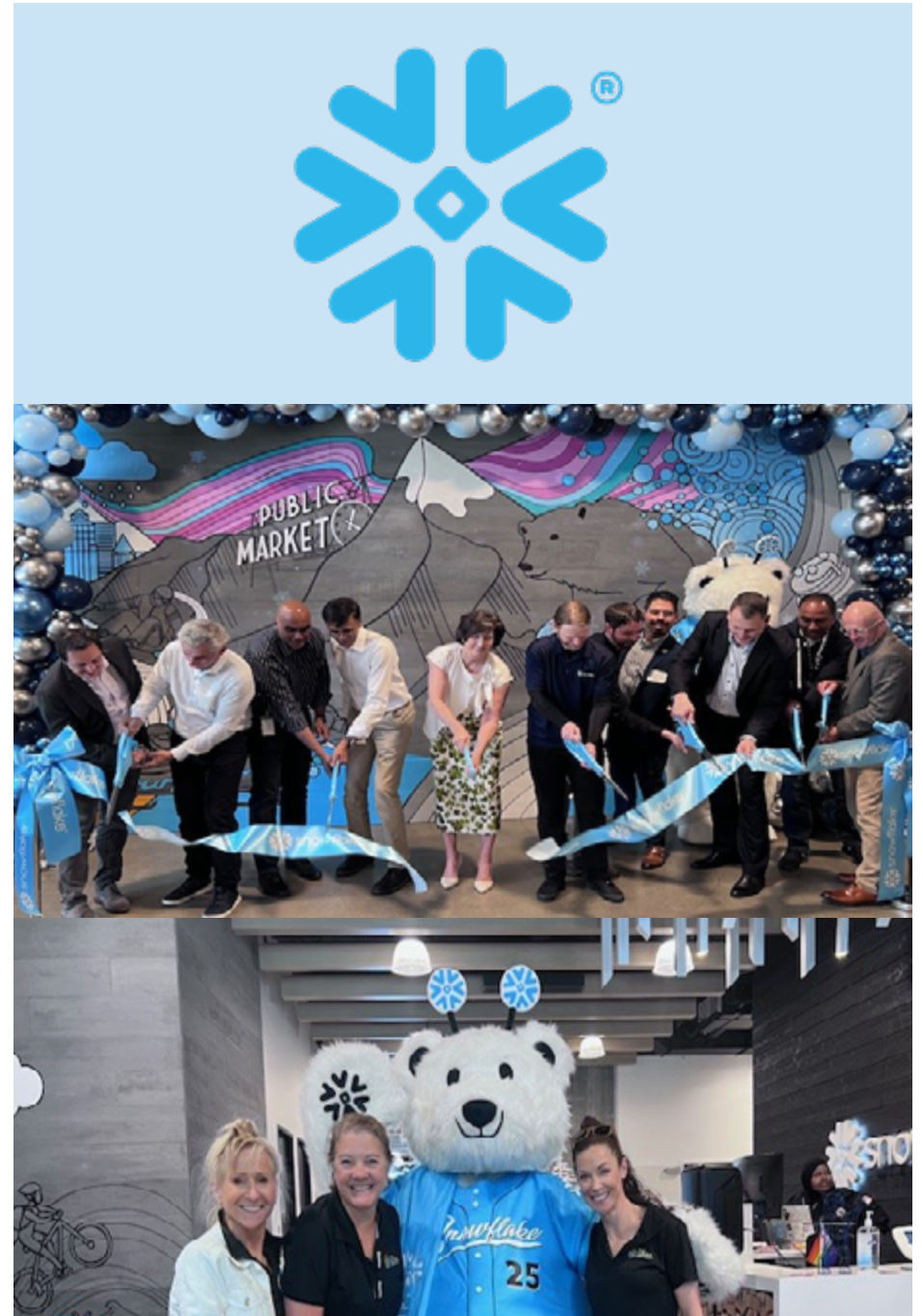


THE SPRING DISTRICT WELCOMES SNOWFLAKE TO THE NEIGHBORHOOD

Cloud-based data storage company, Snowflake, joins The Spring District community!

This innovative tech company brings their creative style to the north side of The Spring District and has created a workspace where their employees are excited to be in the office and collaborate with their colleagues.

GeekWire published an informative and interesting article about this latest company to join our transit-oriented community. Read it [here](#).





ALL-STAR COLLEGE SOCCER IN YOUR BACKYARD!

Midlakes United is the Eastside's first team in the USL, featuring elite college soccer players in a summer league. It's quality, affordable, family-friendly competition.

Looking for a fun summer night out after the holiday? There are two games left at our home field, Bellevue College, on the evenings of July 8 and 11. We have local food trucks, a beer garden, a concession stand, and of course, a great match.

Use promo code SpringDistrict (case sensitive) for unlimited tickets at 20% off! See you at kickoff!

[Get your tickets!](#)

MIDLAKES UNITED

[Midlakes United](#) plays in the Northwest Division of the Western Conference of USL League Two. This pre-professional league provides players with the opportunity to maintain their collegiate eligibility while being able to train and play in a semi-professional atmosphere.

Their mission statement is: Midlakes United is a soccer team serving the diverse Eastside. We offer a place for our community to enjoy strong competition on the pitch while cultivating camaraderie around the world's game.

As a soccer fan, Midlakes United offers a great opportunity to enjoy entertaining competition in a comfortable setting. And you are front row to the future of professional soccer.

Learn more about this USL2 [here](#).



THE SPRING DISTRICT TEAM

GETTING TO KNOW A SPRING DISTRICT TEAM MEMBER MEET JAMZE LOWE

For July, we'd like to introduce Jr. Building Engineer Jamze Lowe. Since joining the team in November 2024, Jamze has made himself indispensable. His primary focus is on maintaining the park spaces, irrigation, landscaping, and general building maintenance around many of the District's office buildings. Jamze appreciates the team's drive for perfection, saying "Whether it's events, decorations, maintenance, or even just the grass itself, the crew behind the name is tight and focused on what is best for the community."

Growing up in the PNW, Jamze spent quality time camping with his grandparents where he developed his sense of wanderlust and love of exploring. As an adult, he plans long roadtrips seeking out campgrounds, hikes, forests, and beaches with the goal of "truly getting away long enough to feel the need to return home." Jamze doesn't specifically have a favorite travel destination, but, "if there are castles then it gets pushed to the top of my list. I visited Germany in my late teens and visited multiple castles and many more cathedrals. I plan to live in a castle with all my friends and family someday."

Coffee or Tea? How do you like it? I make tea every morning: one bag of black tea and one bag of herbal tea, varying flavor based on my mood. I add a healthy amount of honey and a bit of fresh lemon juice. The lemon is specifically for the health benefits of boosting metabolism early in the day.

What is your favorite local restaurant? I have had the same two favorites for 20 years: Teryaki Town on Ballinger in Shoreline and Than Brothers on Highway 99 in Edmonds.

What is your favorite recipe to make or have made for you? One of my best friends and his wife, mostly his wife, make traditional lasagna. It has peas and hard boiled eggs in it along with completely homemade sauce brewed in a cauldron with fresh tomatoes and spices for hours to get it just right. It is love.

Do you have a pet? I have a beautiful black cat named BaeBlade; I call her Bae. I got her as a rescue kitten at the beginning of the pandemic when I lived alone and needed the support. She follows me everywhere I go, room to room, and will even walk around with me outside and stay near me without a leash. **What is your favorite thing to do outside of work?** I have two primary passions, writing and video games. When it comes to writing I focus mainly on music and lyricism but also have a book I've been slowly piecing together. With video games it varies but VR flight simulation currently has a major hold on me.

If you were a superhero, what would your superpower be? I simply wish to fly, for no other reason than to explore everything within this world that we cannot reach.

Do you have a hidden talent? I am very passionate about dreaming and have become very fluent in dream control and lucidity. From flying, to creating vast sprawling worlds in detail, inter-dimensional travel, and moving planets. I have written guides and studied the side effects and implications of lucid dreaming in depth. I take it very seriously with a large emphasis on the responsibility and righteous use of such incredible power.

Thank you, Jamze! We are all happy you're part of the team!



NEIGHBORHOOD EVENTS

FARM STAND @ THE SPRING DISTRICT



Spring District Farm Stand

Open Tue-Wed-Thu
July 8th - August 7th, 2025
11am - 3pm

12167 NE 14th Terrace
Bellevue, WA 98005

Follow us @TheSpringDistrict for weekly produce updates
Proceeds and leftovers lovingly donated to Renewal Food Bank

Sponsored by:



PUGET
SOUND
ENERGY



Local music; local vendors!
Join us for summertime
fun in The Spring District

SUMMER CONCERTS & MARKET

Music 12:00-1:00pm

Market 11:00-3:00pm

- July 10 - Tobi Stone Band
- July 17 - Stellar Jays

Music 3:00-4:00pm

Market 3:00-7:00pm

- July 24 - New Age Flamenco
- July 31 - Pruett Band

Follow us @TheSpringDistrict for
additional details!

12167 NE 14th Terrace
Bellevue, WA 98005

FEATURED ORGANIZATIONS

RENEWAL FOOD BANK

Renewal Food Bank is located on the campus of the Highland Covenant Church, on Bel-Red Road. This vital community asset makes it their mission to provide culturally relevant foods to those in need.

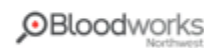
Since September 2022, demand for services has increased over 60%. That equates to more than 470 families per week. The food bank partners with local grocery stores as well as other retailers for fresh produce, meat, pet food, baby supplies, and hygiene items. The food bank staff knows how devastating it can be when forced to choose between rent and food. They are here to help!

For the duration of The Spring District Farm Stand July 8 - August 7, any leftover food at the end of the week will be donated to the Renewal Food Bank as a way to avoid unnecessary waste and support our neighbors.

To learn more, volunteer, or make a donation, visit their website [here](#).



KEEP LIFE
GOING.
**DONATE THIS
SUMMER.**

Bloodworks
Northwest



DONATE BLOOD AND RESCUE A HUMAN

This July, be a local hero by donating blood! Did you know just one hour of your time and a pint of your blood can save multiple lives in Northwest hospitals? This month, we're calling on our community to step up and take part in our summer blood drive.

Go to www.bloodworksnw.org/win to book an appointment near you and complete your on-line entry.

#BloodworksNW #BloodSupply #BePrepared #DonateBlood

Wednesday, July 16 [Plaza Center Large Conference Room](#)
[10900 NE 8TH St, Bellevue, WA 98004](#)

Book your appointment anytime at the [Bellevue Donation 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. [\[Watch Video\]](#)

Bloodworks
Northwest

BloodworksNW.org / 800-398-7888

Loaded Summer Salmon Salad w/ Creamy Tahini Vinaigrette

by [Spoon Fork Bacon](#)

INGREDIENTS

Tahini Vinaigrette

- 2 heaping tablespoons tahini
- 1 teaspoon honey
- ½ lemon, juiced
- 6 tablespoons extra virgin olive oil
- salt and pepper to taste

Salad

- 2 tablespoons extra virgin olive oil
- 12 ounces boneless, skinless wild-caught salmon
- 2 ears sweet corn
- 2 romaine hearts, ends removed and thinly sliced
- 2 avocados, peeled, pitted and chopped
- 3 strips cooked bacon, chopped
- 1 large white peach, pitted and thinly sliced
- 2/3 cup shredded fontina
- 2 green onions, thinly sliced

INSTRUCTIONS

1. In a small bowl whisk together tahini, honey and lemon juice. While continuing to whisk together, add oil, in a slow and steady drizzle until fully incorporated. Season with salt and pepper. Set aside.
2. Pre-heat broiler to high. Place salmon and corn onto a baking sheet and drizzle with oil. Season generously with salt and pepper.
3. Place under broiler for 1 minute, until corn has charred on one side. Turn corn and broil for an additional minute. Remove corn and broil salmon for an additional 5 to 6 minutes or until salmon has just cooked through. Remove from heat, slice kernels from cob and shred salmon fillet.
4. To assemble: Pour ¼ cup vinaigrette into the bottom of a mixing bowl and toss top with romaine. Toss together until romaine is evenly coated. Transfer romaine onto a large platter. Top dressed romaine with salmon, corn, bacon, chopped avocados, sliced peach, shredded cheese, and sprinkle entire salad with green onion. Drizzle more vinaigrette over salad, lightly season with salt and pepper and serve.





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