

## Central Park - The Tennis Players Club

# Baseline Newsletter

## June 2017



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Well, I'm done. This will be the last time anyone has to suffer through one of my articles. I've enjoyed the opportunity to work with the Board, Committee members, Club staff, and everyone else who puts in work on behalf of the Club. In particular, I'd like to recognize our Club Manager Julie Wheadon for everything she continues to do for this Club. I could fill several pages writing about how lucky we are to have someone of Julie's caliber, but I'll simply say that it's been a privilege to work with her during the time I've spent on the Board.

This year's Annual Meeting is just a few weeks away and I'd encourage everyone to join us on Wednesday June 21<sup>st</sup>. In addition to the important items we cover every year, such as recognizing this year's distinguished member, we're also going to give the membership an update on the new clubhouse planning project and discuss the proposed new equity membership structure. Just to make sure everyone's up to speed, I'll cover those items in more detail:

**Clubhouse Plan.** We will use the Annual Meeting as an opportunity to roll out the plan for the first time. In order to give everyone the best chance to get the information, we'll also have several follow up meetings throughout the summer where we'll present the same information. We plan to present a set of conceptual plans, a budget based on those plans, a timeline for the planning process, options to finance the project, and to field any questions. I'll emphasize one more time that this is just a planning process for a project that, if eventually approved, would not actually go forward for several years.

**New Equity Membership Structure.** We will also present the new structure, including the necessary Bylaw amendment and associated dues structure, at this year's Annual Meeting. We won't put the matter to a member vote until later in the year, and we'll have a few more meetings this summer to field questions or concerns. Again, here are the highlights:

- It will only apply to one adult for a base amount in monthly dues. Any additional people added to the membership (adult or children) will cost an additional amount in monthly dues.
- Additional people on a membership will be priced on a sliding scale.
- Everyone on a membership will have court reservation privileges.
- Voting privileges will remain the same: one vote per membership.
- The membership eligibility guidelines will remain the same, which are (generally): married couple or registered partners and any dependent children.
- Current members will be grandfathered into the existing membership structure, but will also have the option to choose to convert to the new structure. All new memberships will be the new structure.
- The dues structure for the new membership structure will, to the maximum extent possible, be revenue neutral as compared to the current dues structure.

As always, people are welcome to contact me via e-mail ([matt\\_osborne@hotmail.com](mailto:matt_osborne@hotmail.com)) with any Club related issues.

Hope to see you at the Annual Meeting,  
Matt



**President  
Matt Osborne**

# JUNE

## Important Dates

Sunday, June 4	Club outing to the Seattle Sounders - 5:30 pm
Monday, June 5	Women's Benefit & Raffle for Charity - 8:30 am
Wednesday, June 7	Sign up sheet available for Summer Women's Team
Saturday, June 10	1st day of USTA Mxd 40 & Over
Saturday, June 10	CPR Class - 10:00 am
Monday, June 12	Tennis Committee Meeting - 6:00 pm
Wednesday, June 14	Finance Committee Meeting - 5:45 pm
Wednesday, June 14-18	USTA 18 & Over Playoffs
Sunday, June 18	Happy Father's Day
Sunday, June 18	Last day of Spring II Junior Team
Monday, June 19	Membership Committee Meeting - 5:30 pm
Wednesday, June 21	Election Ballots due - 3:00 pm
Wednesday, June 21	President's Reception & Annual Meeting - 5:30 pm
Friday, June 23	1st day of USTA Mxd 55 & Over
Saturday, June 24	Parent / Child Round Robin - 1:00 - 4:00 pm
Monday, June 26	First day of Summer Camps
Monday, June 26	Pool opens daily - Lifeguards 11:00 - 8:00 pm
Wednesday, June 28	Board Meeting - 6:00 pm

## President's Reception & Annual Meeting

Wednesday, June 21

President's Reception: 5:30 pm

Annual Meeting: 6:30 pm



Election ballots are due by: Wednesday, June 21 at 3:00 pm

# MANAGER'S MISCELLANY

Thank you to everyone that pitched in for the Member Work Party! I think that was our first real good weather day. Thanks to everyone for giving up their morning and helping us get so much accomplished!

Besides prepping for the pool opening, we were getting the grounds ready for a busy June. June 5—We will cohost with Bellevue Club, Mercer Island, and Pro Club, the Women's Benefit Challenge; fun tennis benefitting a great cause. Raffle tickets are still available!

We will be hosting the Adult 18+ USTA Playoffs Wednesday, June 14 through Sunday, June 18. Come watch some fun, lively competition, and hopefully some of our own teams will be participating. Courts will be limited so please be prepared when calling the front desk for those weekend courts.

Mid-month we have lots of activity with Parent/Child Round Robin and the President's Reception and Annual Meeting. There will be some great presentations by your Committee Chairs and follow up on all that our Club President has been sharing with the membership over the last 10 months.

We continue to see new faces at the front desk – please help us welcome Brittany. She is a student at Northwest University and is helping us with closing and an opening shift. We are still searching for the right person to take over our kitchen – the market is tough right now with many available jobs out there for the taking. If you know someone, please have them contact myself or Laurie. We have a few new but mostly returning lifeguards this year at the pool. Please let us know how they are doing!



## **With summer upon us – a few policy reminders for around the club.**

**For those at the pool** - before entering the Clubhouse, swimmers MUST dry off, and put on cover-up attire and footwear. Please avoid sitting on the lounge furniture in a wet swim suit.

**For those on the courts** – proper tennis attire is a must. Men please keep your shirt on and avoid tank tops on the courts. Ladies – a top over your sports bra – and everyone – definitely no flip flops or jeans on the courts.

**For those bringing younger kids to the club** – please make sure they are well supervised. While we want everyone to have fun, please avoid disruptions to your fellow members' tennis time. If you need help connecting with some members that might have a teen at home that can help "babysit" while you are here – let Laurie or I know – we have some great helpers that we can ask if they are available.

**House guests coming?** Make sure they are registered. Email Laurie at [membership@centralparktennisclub.com](mailto:membership@centralparktennisclub.com).

**No Check in = No Show.** Please remember to check in for your court with the front desk.

## **Cancellation/Moving of Courts**

It is mandatory to cancel a reserved or assigned court at least four hours prior to court time to avoid a penalty. For events and programs, we require members to cancel at least 24 hours prior to the start of the event. The person who reserved the court MUST be the one to call in to cancel or move the court. The front desk is enforcing this rule, so please make note of it.

Have a great summer – and hope to see you here!

Julie Wheadon - Club Manager

# COMMITTEE REPORTS

## FACILITIES | CHAIR KRISTEN

We had our cleanup party last Saturday, and I would like to thank everyone that participated. Always a great way to meet other people at the club that play other levels than yourself. We had the stairwell painted so please go easy on it. The drainage project by court 1 is done, and we are waiting for the contractor to finish up the landscaping and walkway.

Enjoy the sunshine.

## MEMBERSHIP | CHAIR KIM SKORUPA

The committee is busy planning our summer Luau. If you play the ukulele or dance the Hula and would like to volunteer for about an hour to teach some of the kids at the club during the party, please contact [kimskorupa@msn.com](mailto:kimskorupa@msn.com) to volunteer!! The Luau will be on July 22<sup>nd</sup> from 1-5 with play from 1-2:30 and exhibitions from 2:30-4. We are lining up some great Hawaiian food for you all!!

We have 18+ playoffs in June – this is a great time to showcase how awesome our club is and to see some great tennis.

We will have one final meeting for the year on June 19<sup>th</sup> @ 5:30.

## CUPS | CHAIR CHRISTINE GARNETT

All 10 Cups teams have been formed with 145 women signed up! We are currently needing volunteers to be Cups Reps for the Cups Committee which is a small commitment of 6 meetings per year for a two year term. To view Cup teams go to [www.centralparktennisclub.com](http://www.centralparktennisclub.com), Activities tab, Cup page.

## TENNIS | CHAIR NANCY GOLDBERG

Enjoy the summer warm weather and the additional courts it brings for us to use. Remember to check with the front desk if you'd like to switch from an indoor court to an outdoor one.

Central Park will also be hosting the Seattle Men's Pro League on Sunday, July 30 and the USTA 18+ Playoffs June 14-18. Both events will bring some competitive tennis to the club so come out and watch.

## FINANCE | CHAIR MARTY MCCURRY

The financial condition of our club continues to be sound. As of April 30, 2017, our balance sheet shows cash totaling \$386,924. Also, our current ratio (current assets/current liabilities) is 3.4 to 1.0. Long-term debt is down to \$2,305,091 (from the original \$3,200,000 borrowed).

Net Ordinary Income (before depreciation and interest) was \$40,534 for the month, and \$161,625 for the year-to-date. The month's result was substantially better than budget by \$35,190, and year-to-date was \$33,971 better than budget. Much of the good result was due to a delay of outside court maintenance due to the wet weather and the strong attendance in the junior program.

Membership sales, tennis lesson income and guest fees continue to be strong, exceeding budget. We are seeing a decrease utility expenses resulting from the conversion to the energy efficient lighting installation.

There are 23 people on the waiting list to join Central Park Tennis Club. There was substantial discussion surrounding the long-term potential for clubhouse renovation or replacement, as well as the idea of changing the Equity Membership Structure.



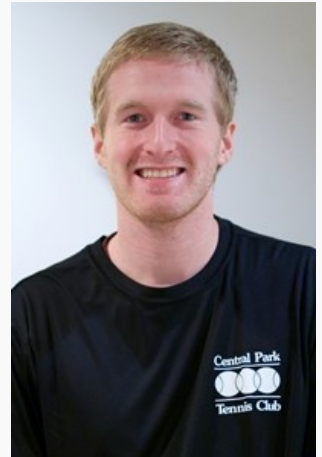
## MEET MALCOM JAMES

Arica & Will Harrison welcomed their son, Malcom James (8lbs, 13oz; 21 inches long) into the world at 8:35 am on May 6! Both mom and baby are doing well.



## How to Play Against a Pusher

It doesn't matter if you are 15 or 65, playing against a pusher is one of the most frustrating experiences in tennis. That player that gets to every ball and never seems to miss. That player that hits 2 winners but forces you to rack up 50 unforced errors. That player that makes you question how someone with such an ugly game can win so many matches. Knowing how to beat that type of player is an age old question. Here are some things I have learned from coaches and my own personal experiences.



### **Tip 1- Go into the match with the mindset that you are going to be patient.**

Tie your shoelaces tight. You are in for a fight. If you go into that match thinking about how awful it is to play a pusher, they already have a mental edge on you. You know they are going to make you play a lot of shots. Don't go into the match with the mindset that you are going to hit them off the court. Remember, these players want you to beat yourself. Let them know early on that you are prepared to go the distance in every point, game, and set.

### **Tip 2- Don't abandon your swing in an attempt to mimic their game.**

I see this one a lot. Let's say that your normal rally ball is 70% swing speed. Your attacking speed is 80-85%. That 10-15% jump is manageable. The swing is a similar speed and the ball flight is a similar shape. Now, let's say you play a pusher and start lobbing balls back to them at 40% speed. You are swinging softer with less spin and more loft. Now you finally get a ball to attack and you try to ramp up from 40% to 80%. That is not going to work very well. Instead, try taking some of that speed and transfer it upwards in order to create topspin. Now your rally ball against a pusher is 65% swing speed, but you are spinning the ball to create a safe shot and it adds difficulty to your opponent's shot. If you get a ball to attack, the jump from 65% to 80% is not too extreme. My coach put it this way- If you are going to drive a car on a racetrack, you try to acclimate on the freeway (unless it's rush hour), not on 25mph residential roads.

### **Tip 3- Be decisive but not reckless on offense.**

Have a gameplan for how you are going to try to attack them. What kind of ball are you looking for? Will you come up to the net, attack their backhand, one-two punch? You are going to get a lot of balls that look nice and juicy. Don't jump at every single chance. This is how players end up beating themselves. When you get that ideal scenario, step up with confidence, pick a nice safe target, and attack the ball. Be patient, but have a plan for when/how you will go on offense.

See if you can implement some of these tips the next time you play a pusher. If you have any more questions, feel free to ask any of us pros. We have seen all types of players and game styles.

Cheers, Ethan Vaughn

## Hydration Basics

### How are you when it comes to getting enough fluids during the day?

Making sure we keep ourselves hydrated is important and can be even more so on hot days and when we engage in high intensity or endurance activities.

Depending on how much we sweat, a person can lose a quart or more of water per hour!

Drinking water before we head out for our activity is important; being even slight dehydrated can leave us feeling fatigued, foggy headed and can affect our performance. Making sure we take in fluids before, during and after is essential.



For most of us water does the trick but if our endeavors have us out in the heat, we are not acclimated, the intensity and/or duration are high, a sports drink may be warranted. Refueling with fruit along with water could be another idea, bananas, kiwis, raisins, oranges for example are a good source of potassium; an idea for sodium could be a small bag of salted pretzels.

As we get older our thirst mechanism is less efficient so going by our thirst may not be the best way to go. If we find

ourselves feeling lightheaded, dizzy, fatigued, maybe cramping muscles, our body is telling us we are dehydrated. There are other ways as well to check our hydration, if we check our urine it should be a pale yellow color, signaling we are adequately hydrated. We can weigh ourselves before and after an event, if we weigh less afterwards we need to replace the lost fluids.

On any given day the recommendation is for  $\frac{1}{2}$  your body weight in ounces, below is a tip for those active days.

Drink 7-10 ounces of fluid every 10-20 minutes during exercise



**Monday Boot Camp BACK at 9 am STARTING June 5th!**

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NUTRITIONAL GUIDANCE//TRAINING**

**CONTACT US TO BEGIN!**

Clay/ [clay@fit2playnw.com](mailto:clay@fit2playnw.com) /425.822.2206 EXT 126.

Vicki/ [fitthealthyou@fit2playnw.com](mailto:fitthealthyou@fit2playnw.com) /425.822.2206 EXT 122



## WELCOME NEW MEMBERS

### JASON CHA SINGLE EQUITY

Jason and Melissa Cha moved from the San Francisco Bay Area to Washington last year with their son Nathaniel and daughter Kate. They live on the Eastside, and are looking forward to meeting other Central Park families in the area. Jason is an engineer and Melissa works in product development. Their kids like playing tennis and soccer, and the whole family is enjoying exploring the outdoors and finding good places to eat.



### LISA & HEATH HINEGARDNER FAMILY EQUITY

Hi, we're Lisa and Heath Hinegardner. We moved to the area a few years ago (by way of NYC and KC) and live on the eastside. We spend our time designing stuff, enjoying the magical PNW forests and hanging with our two poodles. We're getting back into tennis after a long hiatus... it's just like riding a bike (if you were never that good at riding a bike :) We are thrilled to have found such a great place to play and can't wait to see everyone out on the courts!



*Good luck and well wishes to our resigning members. We will miss you!*  
*Lyle Bush & Peggy Ellis and Marilyn & Boh Dickey*

## USTA SECTIONALS - 65+ WOMEN'S

We are so proud of our Women's 65+ USTA team advancing to Sectionals in Sunriver OR, September 21-24, 2017. Congratulations ladies on all of your hard work. We can't wait to cheer you on!

Karen L Schmitz, Lynda L. Carlson, Penelope Lee, Jeanne M Coe, Lindsay Price, Rebecca Bratlien, Ethel Brende, Elizabeth Keck Franklin, Dora Masada, Linda Korey Stone, Lia L Morrison, Lynda Wilson.





# CINCO DE MAYO MIX UP



# MEMBER WORK PARTY



# CHARITY RAFFLE FOR SEATTLE CHILDREN'S HOSPITAL SIDS RESEARCH FOUNDATION

Please join us as we partner with Bellevue Club, Pro Club and Mercer Island Country Club to raise money for Seattle Children's Hospital SIDS Research Foundation.

Raffle - Open to the entire club!

From Mariner box seats to date nights to car detailing. There are just too many incredible items to list. Click [here](#) to see all of the raffle items!

Deadline is Monday, June 5

Drawing: Monday, June 5 at 6:00 pm

Winners do NOT need to be present to win.

(Total \$ amount raised will be matched 3 times!!!)

Please turn in your raffle form to the front desk.

*Charity Raffle*

for  
Seattle Children's Hospital SIDS Research Foundation



## ANNUAL WOMEN'S BENEFIT CHALLENGE - JUNE 5

The 29th Annual Women's Doubles Benefit Challenge & Charitable Event benefiting Seattle Children's Hospital SIDS Research Foundation is Monday, June 5. Stop by the club to catch some of the action. Matches will be played from 8:30-11:45am. Levels: 6.0, 7.0, 7.5, open.

Participating clubs: Central Park Tennis Club, Bellevue Club, Mercer Island Country Club and Pro Club.

## PARENT / CHILD ROUND ROBIN

Saturday, June 24th from 1pm - 4:00 pm (1.5 hours per flight)

\$5 per person

1:00-2:30 – Green and Bronze

2:30-4:00 – Silver and Gold

If there are kids that want to play but their parents/grandparents do not play, please sign up and we will find a substitute parent for you to play with.

Snacks & Refreshments will be provided!

## ANNUAL MEETING & ELECTION OF DIRECTORS

The Annual Meeting and Election of Directors will take place Wednesday, June 21, 2017, at 6:30 pm in the Clubhouse, preceded by the President's Reception at 5:30 pm. All members are invited to attend.

Ballots should be received at the Clubhouse no later than 3:00 pm on Wednesday, June 21, 2017.

Announcement of the winning candidates will take place during the Annual Meeting.

The following members will remain as Directors: Dundean Doyle, Susan Fascitelli-Finke, Tony Martin, Roger Perrin, Russ Nomi, Dave Stafford, and Matt Osborne will remain as Past President.

We sincerely hope that you will attend and help us thank the following Board members for their years of service: Randy Gerth, Laura Laun and Dan Stumpf.



## SEATTLE SOUNDERS - CLUB OUTING

Join us for an evening of fun in the sun as we cruise our way down to the Seattle Sounders game in style (on a party bus!) on Sunday, June 4 at 5:30pm.

\$60/ pp - includes game ticket and round trip transportation on a party bus!

Limited seats available. Sign up at the front desk.



## GAMETIME 1ST TIME LOGIN

Please make sure to setup your GameTime profile if you haven't done so already.

Sign up the Primary User first and then check the membership letter of dependents under the Family tab.

1. Go to [CPTC.GAMETIME.NET](http://CPTC.GAMETIME.NET)
2. Select the First Time User.
3. Enter your last name and club number followed by the letter "a" for primary member (the first person written down on the membership application form when you joined), "b" for the co-user (other main user), "c" and on for dependents. If you do not know who the primary is, or you made a mistake, email [frontdesk@centralparktennisclub.com](mailto:frontdesk@centralparktennisclub.com) & we will reset your account.
4. Create a password for your new account.
5. Once you make your password you will automatically be redirected to your account page. Please look through your account, choose your settings and update any information that has changed. Please make sure to enter an updated phone number, email and home address.
6. Check the "Family" tab of your account settings to see which member number is assigned to each family member.

Please contact Julie or Laurie with any questions:

Julie: [juliew@centralparktennisclub.com](mailto:juliew@centralparktennisclub.com)

Laurie: [membership@centralparktennisclub.com](mailto:membership@centralparktennisclub.com)

Sign In

First Time User?

Your membership is verified, please create a new account.

Username:

Password:

Confirm Password:

Password Meter:

Password not entered 0%

Create

Sign In

First Time User?

Your membership is verified, please create a new account.

Last Name:

Smith

Club Number#:

1234a

Next Step

## NEW ARTIST ON DISPLAY

Thank you Joy Hagen, wife of member Stuart Hagen, for your beautiful art display in the club lounge and entry. Joy creates landscapes of many paths from which to explore, much like a walk in the woods. Her works are often assembled and constructed landscapes utilizing specialty HDO wood scraps destined for the chipper. Hagen's work can be found in the permanent collections of Seattle Public Utilities Portable Works, Swedish Medical Group in Everett, Swedish Medical Group in Redmond, Swedish Medical Center Cancer Institute in Edmonds, and Kenmore City Hall. To learn more about Joy, please view her artist statement at the club, our Facebook page or at [joyhagenart.com](http://joyhagenart.com).



# JUNIOR ACCOMPLISHMENTS



## Connor Garnett

The West Coast Conference recognized Sophomore Connor Garnett of Santa Clara men's tennis as the winner of the 2017 WCC Male Sportsmanship Award. "One of the toughest aspects of any sport is to attain the right balance between doing what is required to win without jeopardizing your integrity as an athlete," head coach Niall Angus said. "Connor has exemplified what happens when you get this balance right. His consistent approach to good sportsmanship by being a fierce yet fair

competitor has exemplified what it means to be a college athlete at Santa Clara and I am extremely pleased that he has been recognized by the WCC."

Connor grew up playing tennis at CPTC and we couldn't be more proud of the young man he has become. He is an inspiration to so many. We are excited to see where his future takes him.

## High School State Tennis Championships

### GIRLS:

#### **SINGLES:**

4A- Dora Varsa, Skyline, 5th Place.  
Teagan Mach, Newport, 6th Place.  
Maheen Jamshidpour, Jackson, participant.  
3A- Olivia Sun, Interlake, 7th Place.

#### **DOUBLES:**

4A- Evelyn Wong / Sophie Wu, Newport, 1st Place.  
Reanne Lee, Skyline, 5th Place.  
3A- Jessica Liang, Interlake, 1st Place.  
Ally Du / Emily Huang, Bellevue, 4th Place.  
Kiana Akazawa, Snohomish, 5th Place.  
1B/2B/1A - Claire He, Forest Ridge, 3rd Place.

#### **TEAM STANDINGS:**

4A- Newport, 1st Place (Sophie Wu, Evelyn Wong, Teagan Mach). Skyline, 2nd Place (Dora Varsa). 3A- Interlake, 2nd Place (Jessica Liang, Olivia Sun). Bellevue, 7th Place (Ally Du, Emily Huang).  
1B/2B/1A- Forest Ridge, 2nd Place (Claire He).

### BOYS:

#### **SINGLES:**

4A- Derek Chao, Issaquah, 2nd Place.  
3A- Cameran Wang, Bellevue, participant.

#### **DOUBLES:**

3A- Jason Edmonds / Eli Fonseca, Lakeside, 4th Place.  
1B/2B/1A- Jasen Mansfield, University Prep, 2nd Place.  
Josh Wah-Blumberg, University Prep, 4th Place.

#### **TEAM STANDINGS:**

4A- Issaquah, 4th Place (Derek Chao).  
3A- Lakeside, 2nd Place (Jason Edmonds, Eli Fonseca).  
1B/2B/1A- University Prep, 1st Place (Josh Wah-Blumberg, Jasen Mansfield).

# SPRING JUNIOR TEAM AWARDS

Congratulations juniors! We are so proud of each and every one of you. Keep it up!

	Player of the Session:	Most Improved:
<b>Gold</b>	Alex Levine	Amina Avdic
<b>Silver</b>	Jason Tipp	Jeffrey Chen
<b>Bronze</b>	Melody Wang	Antonia Vrankic
<b>Green Stars</b>	Gabriela Davydov	Maggie Lo
<b>Orange Stars</b>	Lucy Zhang	Khrithi Iyer
<b>Red Stars</b>	Varun Sarda	Shruthi Iyer

# POOL OPENING!

## LIFEGUARD HOURS

The pool will be open for weekends only between now and June 25th. Lifeguard hours are 11:00 am - 8:00 pm.  
Starting June 26th, lifeguard hours will be Monday-Sunday from 11:00 am - 8:00 pm.

## ADULT SWIM

The pool is open to adults (over the age of 18) during normal club hours Monday - Sunday.  
Anyone 17 years or younger may only use the pool when a lifeguard is on duty.



## POOL GUEST FEES

All members and their guests must sign in with the front desk.  
There is a \$5 swim guest fee that either the guest or accompanying member must pay.

## POOL RULES

- \*Swimmers must bring their own towels\*
- Cleansing shower required before entering the pool
- Take children to the bathroom before allowing them to swim
- No swimming with diapers (must wear swim diaper)
- No glass in the pool area
- No food or drink allowed in the pool water
- No running or horseplay allowed in pool area
- No person with a communicable disease may use the pool
- No person under the influence of alcohol or drugs may use the pool
- Please go easy on the sunscreen
- Any person refusing to obey the rules is subject to removal
- Proper hygiene by everyone is strongly encouraged!

## REQUIRED BY LAW

No one 17 years of age and under may use the pool when a lifeguard is not present, even if a parent is present.  
Children 12 years old or younger must be accompanied by a responsible adult that remains at the pool or pool deck at all times, (with a lifeguard present).

## MASSAGE

"I love to hike and backpack, but it takes a huge toll on my entire body -- not just my legs and feet! Getting massage is one way that I keep my body healthy for long hikes and other activities (like tennis and running). Freeman's massages reduce my aches and pains and help my muscles and tissue repair as a way to avoid the repetitive stress injuries that come from hiking. It's great being able to ask Freeman to target specific sore spots or injuries and know her expertise in massage will help be get back outside even faster".

Katie McRoberts, May, 2017

Gear up for your favorite activities and keep massage in the mix.

Click here to book <http://freeman.youcanbook.me>

Be well,  
Freeman



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(INSIDE BELLEVUE TENNIS ACADEMY)  
425.829.6679



Overlake Service, Inc dba



**Dan & Denise Stumpf**

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