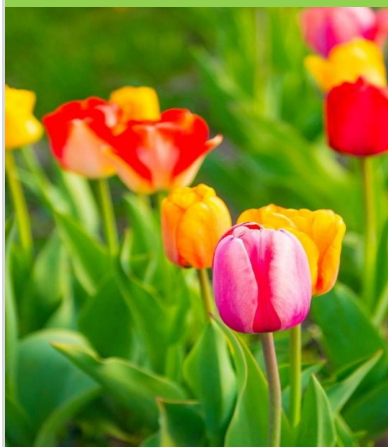


Baseline Newsletter

May 2021



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Mid-Year Update

We're nearly halfway into 2021 and we've made tremendous strides in "returning to normal" at Central Park. However, I'm writing this April 28 and there is noise that in a few days King County will move back to Phase 2. Already I'm out of date. But regardless of what phase we are in, Central Park is planning and working to advance to what's next, the next phase, opening up as much as is allowed, whenever that is allowed.

Here's a short list of some of the recent additions:

Ball hoppers, score cards and ball recycling containers on the courts

New touchless water dispensers by the front desk and the multipurpose room

Tables – both indoor and outdoor - open for socializing*

Clay's boot camps have returned

Coffee cups and coffee service back

Bike set up in Reed Building viewing area for a quick warm up

Showers are open*

More fitness times are available

And more to come!

**with some restrictions*

The annual Member Work Party is Saturday morning May 15. It is our first socially-distanced social, and you have a chance to help spruce up the outdoor areas of the Club along with your fellow members. One of the projects is readying the pool area for opening; we are excited to have it available this summer!

Our waitlist to join the Club continues to build and prospects are being told 2 – 6 months wait time to join. Darin and Laurie are giving tours to prospects several times per week. In addition to opening the pool, we will hold junior camps this summer and will try to have some tennis/social events – so if that entices any of your friends to join, please encourage them to contact Laurie. Remember, you get a free lesson upon referral of a new member once that new member joins!

Soon we will receive ballots to vote for the 3 incoming board positions. Please take the time to vote. And just as importantly, please remember that we need members to be involved in various aspects of the Club. It is us, the members, who decide "stuff" – tennis policies; guest fees; financing; court usage, just to name a few. Get involved. It is fun, interesting and you get to meet members you don't regularly play with.

Thanks to all of you for continuing to make tennis fun and Central Park a great community.

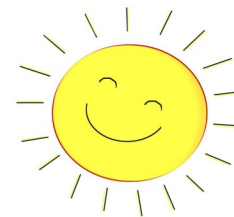
Contact [Nancy](#)



PRESIDENT
NANCY GOLDBERG



Member Work Party



Join us this year for our Member Work Party on Saturday, May 15th from 9am-1pm! The Member Work Party is a fun event that involves various tasks to get the club ready for the pool and summer season. These tasks will include:

- Setting up and washing pool furniture
- Planting of pots for the pool and patio
- Putting in umbrellas on patio
- Cleaning the BBQ's for the pool and patio
- Removing the fence by the pool exterior walkway
- Washing the vinyl fence
- Replacing Windscreen
- Cleaning culvert

[SIGN UP HERE!](#)

Sign up in Gametime under Classes & Events and scroll to May 15th! Please select which task you'd like to work on in the questions portion. Thank you!!

May 2021

Sunday, May 9

Mother's Day

Monday, May 10

Tennis Committee Meeting 6:00pm

Tuesday, May 11

Facilities Committee Meeting 4:30pm

Tuesday, May 11

Fitness Committee Meeting 6:00pm

Friday, May 14

Membership Committee Meeting 9:00am

Saturday, May 15

Member Work Party 9:00am

Wednesday, May 19

Finance Committee Meeting 6:00pm

Wednesday, May 26

Board of Directors Meeting 6:00pm

MANAGER'S MISCELLANY

Welcome Spring!

Over the last 14 months, there have been numerous quotes that have been on my mind, and I cannot help smiling when I write them down.

“Roll with the punches”, “even the nicest person’s patience has a limit”, “it’s the small things that make the biggest differences”, and “just because we can’t have it, doesn’t mean we don’t want it.”

“Roll with the punches.”

I don’t have to remind you of the closures, the updated/sometimes contradicting Safe Start Guidelines and the looming reports of increased numbers and the possibility of changing Phases. We have had our share of “punches” and done our best to “roll” with what we believe to be the safest for our members and our staff. As always – our priority is to have you playing tennis – we do our best to communicate any changes as soon as we are ready to implement them. We appreciate your willingness to follow our protocols and help everyone stay safe, stay healthy.

“Even the nicest person’s patience has a limit.”

We all must admit we have been frustrated at some point during all of this – whether it’s because of the rules, the mask fogging up your glasses, losing a loved one during this time or just because life as we knew it has had to change. One member told me - regardless of the rules - the ability to get on the tennis court, see her friends, take her frustrations out on the tennis ball - kept her sane. Hopefully, you too have used tennis and coming to the Club as your outlet and realized most everyone on the court around you is going through similar times. Our Tennis Community is important, rely on those here to help you through!

“It’s the small things that make the biggest differences.”

Over the last few months, we have been able to open up different areas of the Club as we enter new phases – the social aspect and having the ability to reserve tables to share a beer or a glass of wine, providing paper and plastic cups, along with option for coffee or tea, and the most appreciated addition, scorecards on the courts for competitive play. One of our board members would argue that opening the showers, even with bringing their own towel was a highlight. Who would have thought?

More “small” things to come:

- Tennis ball recycling cans on the courts

- Tennis players can rotate with adjacent courts in the same building.

- USTA warm up courts for the 18+ weekend teams – for 7:30 and 9:15 pm matches.

- Easy access to the Clubhouse after tennis or a workout – the side patio stairs will now be available for you to return to the locker rooms or the lounge.

- Fitness mats can be checked out at the front desk for you to use.

- Re-opening of the multi-purpose room.

- Ability to check out a shower towel – in case you forgot yours.

“Just because we can’t have it, doesn’t mean we don’t want it.”

As a staff we have discussed when certain things could be made available again and as that discussion was shared with our Committees, we realized that there are some priorities that differ. For example, while the state allows more people to share food and drink at one table, our set up to take drink orders and serve is limited to one person behind the front desk, inability to social distance for those placing the order and the staff– so we decided to allow fewer numbers and provide QR codes for ordering. Now that we have a month of understanding how that system is working, we will be increasing the available reservations for tables and the number of people that can sit at one table (indoors and outdoors).

(Continued on page 4)

The other popular topic is water on the tennis courts. The maintenance staff has installed 3 touchless bottle fillers in the clubhouse – one near the front desk, one near the fitness court and one near the multi-purpose room. We have also installed touchless dispensers in the lobbies of each tennis building. The lounge area water and ice dispenser has always been available-- first bring your own bottle and now cups/lids are being provided. The most recent discussion has been around how any liquid on the tennis court causes a stain if spilled and now that most are bringing water bottles with lids, the stains have been minimal. How do we move forward? Touchless dispensers with reservoirs to handle any extra carry over water that may have been spilled before – or? Open to ideas that you might have – for now – make sure to bring your bottle or order a new CPTC engraved bottle from the front desk!

There are many other items on our list that have been thought of and mapped out. Some are dependent on state guidelines, some are based on program/activity scheduling and some are based on trial and error. All these efforts are to create a safe place for all and to allow everyone to continue playing the game they love at the Club they love.

The Club may still look a little different and we interact a little differently, but our mission remains the same - *To provide an exceptional and comprehensive tennis experience for our members along with the opportunity for social, fitness and family activities.*

Feel free to share your ideas or thoughts with me as we roll with the punches, test our patience, appreciate the small things and work toward getting us back to the “new normal”.

Stay safe. Stay healthy.

[Julie Wheadon](#)
[Club Manager](#)

Important Reminder!



Please remember to check your emails!

COMMITTEE REPORTS

MEMBERSHIP | CHAIR [ANNIE OTTESEN](#) & [JOYCE ISMON](#)

The Membership Committee is given the privilege to recommend nominees to the Board for the Annual Distinguished Members award. While the committee has developed a list of candidates to recommend, we would also like your input if you feel a Member is deserving of this award. For your reference, the following members have been honored over the last 7 years.

2014 Jo Marsh
2015 Frank Alexandro
2016 Jack and Nancy Goldberg
2017 Bruce and Helen Koppe
2018 Bob and Carolyn Norman
2019 Tad and Marilou Rolfe
2020 Matt Osborne

Once again PLEASE email the Co-Chairs [Annie Ottesen](#) or [Joyce Ismon](#) with your suggestions.

FACILITIES | CHAIR [STEVE COLEMAN](#)

Currently in King County, the Covid-19 infection rate as of April 25 is at 340 cases per 100,000 people, significantly above the Phase II limit of 200 cases. No one wants to go back to Phase II now that we are in Phase III and can enjoy our tennis without a mask and have small social events at the club. In light of this, please know that the Maintenance Staff of Vlad and Chris have recently installed touchless water dispensers located in the Clubhouse in the alcove between the front desk and the lounge on the left, outside of the cardio room in front of Julie's office and outside the multi-purpose room. Additionally, the Reed, Wright and Roberts buildings have dispensers located in the lobby/viewing areas. Remember to bring your own water bottle for taking water to the courts. The annual member work party has been scheduled for Saturday May 15 from 9 AM to 1 PM. All members are invited and encouraged to participate in this fun event. Please sign up on Game Time under Classes & Events. The next Facilities Committee meeting is scheduled for Tuesday, May 11 at 4:30 PM. Please continue to stay healthy and stay safe!

TENNIS | CHAIR [KIRSTEN BARNES](#)

Thank you to the members that completed the March Cup Tennis and Men's Night surveys. Based on the survey results, singles will be allowed to sign up for Cup Tennis at all levels and Men's Night signup will begin on Saturdays rather than Monday (day of).

With no wait list in effect for several months now, we are continuing to monitor the court reservation system. Member feedback, as well as positive and negative trends occurring, are all being noted and discussed at our meetings as we move forward.

Finally, as the 40 plus season comes to a close, congratulations to the Central Park USTA teams that are advancing to playoffs!

FINANCE | CHAIR [PETRA CARL](#)

At our meeting this month, we discussed the March financials, reviewed our rates for our upcoming insurance renewal and briefed new members on issues that we will need to discuss in earnest over the next 6-12 months. The major topics will be possibly refinancing our current loan on the Roberts Building and the outdoor court rebuilding project. Early estimates are over one million dollars, so we will need to be very thoughtful on how we are going to handle this expense. I am very happy that four new members joined our committee!

March income was slightly under budget, but expenses were also lower than expected and we had positive net income. As USTA matches proceed, we are gaining income from guest fees and there are increases in member and guest lessons. Julie presented data for our insurance renewal. Our rates for the next year increased slightly, but that was to be expected. We are happy with our policy and it gives us the protection we need for a fair amount. I did a brief overview of how our financials are put together and highlighted items that we track month to month for the new people to our group so that next month we can start to tackle how to refinance our loan and fund the outdoor court rebuild/resurface. As we get more information on the project, we will work through options that we can present to the Board.



Spring Spinach Pesto

So this is one of my all-time 'go-tos' - It's a powerhouse of immune boosting ingredients and is so versatile! It works as a dip for French bread or use to brighten up roasted veggies or rice. It is also great when you add a bit of broth or almond milk for a pasta sauce too and it freezes well!

"To your health" - Cathy

Ingredients

- 3 Cups packed spinach leaves (5oz)
- 1 Cup packed basil
- 1/2 Tbsp lemon juice
- 3 Tbsp capers w juice
- 1 Cup shelled unsalted pumpkin seeds
- 2 Tbsp chopped shallots
- 1 Tbsp chopped garlic
- 1 Tbsp Dijon mustard
- 1/2 cup olive oil (add more if desired)



Preparation

- Grind spinach, basil lemon juice and capers w juices in processor until coarsely chopped. Add oil and mix well until blended.
- Transfer to a bowl and season w S&P (*taste first as capers are salty too*). Refrigerate for 2 hours (sealed) for flavors to blend.



PRO REPORT

I can't tell y'all how great it's been to be back in the swing of things & regularly see your faces! It's been a wild ride, but I couldn't be prouder of this club & community for handling everything with such grace. Thank you!

We're heading back into the world of competition. After the year we have had, I can't help but think about what it means to be back on court beside our teammates & friends. The current & upcoming USTA seasons provide us with opportunity for growth on & off the court...

Enjoy the game. Enjoy each other. Enjoy the opportunity. Take the pressure off yourselves. Laugh. Curse about the timed match rule. Laugh more. Be a competitor that fights while also allowing yourself to be rusty. Uplift your doubles partners & make them laugh with you. Let the small stuff go. You may be surprised at how much relaxation can impact performance & I can't think of a better time to put this into practice. Gratitude – make that your biggest weapon. It's a good one, I promise.

I'm having a blast out there with all of you – let's keep it going!



[Blakeley Bean](#)
[Tennis Professional](#)

USTA 2021 ADULT MIXED 40+ and 55+ forms are available.

Forms are due June 4 -- Season will run July-August.

Contact [Julie](#) with your roster of 12 confirmed CPTC players.

RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!

Ready to get your racquets serviced?

Simply fill out the stringing information [form online here](#) or under the *About Tab* at www.centralparktennisclub.com

Email Phil to set up drop off and pick up Phila@centralparktennisclub.com



2021 Open Enrollment Still Available!

Open Enrollment Link [HERE](#)!

The annual open enrollment period is open until May 15, dues to be effective June 1.
Equity Dues Structure – Monthly membership fee*

**Equity Member	\$215.00
+ Spouse/Partner	\$25.00
+ 1st child	\$10.00
+ each additional child	\$5.00

**plus capital fund and taxes*

***Single member with no guest passes*

- Lowest club number members will have priority to switch to the new equity dues structure.
- Only 50 memberships per year will be allowed to convert to the equity dues structure.
- Changes or adjustments to fee structure can only be done during each year's enrollment period.
- Members who opt for the New Equity Membership shall not be able to revert to any previous membership structure.
- Any special circumstances that fall outside of the enrollment period may come before the Board and decided on a case by case scenario.

[Click here](#) if you are an Equity Family, Single or Corporate Membership and want to switch to the Single Equity Dues Structure (above).

[Click here](#) if you are currently under the Single Equity Dues Structure and need to make changes to your membership plan.

Welcome New Equity Members

Noah Stevens
Richard Mar
Ming Lu
Mycah Ermak
Ida Johnson
Mike Krummel (back from LOA)



Best to our Resigning Members

Mari Hattori
Chris Suh
Victor Cakaric
Thomas Pack
Michael Ahn
Sagar Kshirsagar
Sharon Heller

CPTC 2021-2022 Cup Tennis Update

Thank you for filling out our Cup survey regarding singles play. We are pleased to announce for the upcoming season you will have the option to sign up as a SINGLE.

- 2021-2022 Guidelines and Applications will be available May 10
- Deadline to Sign-Up will be June 23
- For those that requested (or would like) more information please respond [HERE](#) with your specific question so we can help you navigate Cup Tennis.
- For those interested in serving on the Cup Committee please respond [HERE](#).

Role of CPTC Cup Committee

The goal of the committee is to work to ensure a fair and positive experience for all participants in Cup Tennis. To foster & promote SACT Guidelines/ByLaws for inter-club play-that it be social, competitive, like-level.

The Cup Committee is comprised of a representative from each cup level: Kingco, Challenge, Rainier, Classic, Emerald, Evergreen. To participate on CPTC Cup teams, members must recognize that the governance of and participation in the Cup Program at CPTC is the responsibility of the Cup Committee, which is the final arbiter of any grievance or dispute.

Men's Night Sign-up Change Effective May 1st

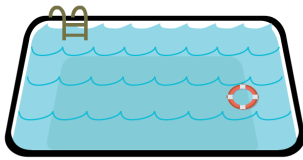
Men's Night sign-up has changed to registration opening at 7:00am the Saturday before and closing at 8:30am Monday morning. For the May 3rd Men's Night, registration will open on Saturday, May 1st and close on Monday, May 3rd at 8:30am.

Happy playing!



WE ARE LOOKING FOR LIFEGUARDS!

If you know of someone looking for a lifeguard position this summer please contact Vlad. The American Red Cross is currently offering certification classes around the Seattle/Eastside area. Central Park will reimburse full cost of certification after 30 days of employment!



Sealed Beverages & Tennis Ball Recycle Containers

Help keep our beautiful courts stain free! We are advising members to bring in only sealed beverage/water bottles onto court. Spills on court lead to ugly stains. No coffee mugs or open cups please. Thank you!

Tennis Ball Recycle Containers are coming back on court! Dispose of your used or worn out tennis balls to be recycled. **Keep in mind these are not for trash!** Be cautious not to put unwanted trash in the ball recycle containers.



Junior Awards: Early Spring Session

MOST IMPROVED

Red:	Lilia Osborne
Orange:	Aavi Swartha
Green:	Mohib Mujtaba
Bronze:	Liam Beard
Silver:	Caiden Katz
Gold:	Kyler Bui

PLAYER OF THE SESSION

Red:	Carter Vandenburg
Orange:	Kaylee Seuk
Green:	Magnus Porter
Bronze:	Sofie Katz
Silver:	Aileen Liang
Gold:	Cody Runner

USTA 40+ Update



Congratulations to Kerry Levine's 40+ 4.5 USTA team on winning Local League Champion! Make sure to congratulate the members of the team next time you see them!

Team Levine: Kirsten Barnes, Carrie Browne, Dundean Doyle, Liz Gorey, Leah Gray, Yuka Kimura, Heidi Kresken, Molly Lammers, Arthe Lee, Kerry Levine, Laura Lund, Teresa Morrow, Michelle Neal, Jodi Paulson, Jill Smith and Ping Yeh Glozman

Good Luck to our 40+ teams in the Playoffs!

- 3.0 Darrow playing Friday, 4/30 at Eastside Tennis Center (7:15, 8:45pm)
- 3.5 Paulson playing Saturday, 5/1 at Redmond Tennis Center (1:00pm)
- 3.5 Suk playing Saturday, 5/1 at Amy Yee Tennis Center (12:00pm)
- 4.0 Laun playing Saturday, 5/1 at Redmond Tennis Center (10:00am)

USTA Captains Looking for Players!

[EMAIL](#) Katie McRoberts - 18+ 4.5 level

[EMAIL](#) Tara James - Summer 55+ Mixed 8.0 level

Frequently Asked Questions

Q: Do I need to wear a mask for my court reservation or USTA Match?

A: No. You may remove your mask once you step on court for play (inside & outside). You must have a mask on at all other times including fitness. No exceptions.

Q: Do I need to wear a mask if I am taking a lesson?

A: Yes. You MUST wear a mask if you are participating in a lesson, clinic or junior program, unless this activity is outdoors. Pros will be required to be masked

Q: Do I have to wear a mask if I am the only person in the fitness area?

A: Yes. You must wear a mask that covers your nose and mouth in the fitness area, even if you are the only person in a room.

Q: Do I need to wear a mask if I am fully vaccinated?

A: Yes. You must wear a mask even if you are fully vaccinated.

Q: I am having problems paying my Club dues. What can I do?

A: Please [contact](#) Club Manager Julie Wheadon. She may also be reached at 425-822-2206, ext. 111.

Q: When is the ball machine available?

A: Ball Machines are now available for reservations at all times except for the first court of the day and Prime Time. (Prime Time is Monday-Thursday 10:30am, 10:45am, 5:30, 5:45, 7:15 & 7:30 pm).

Q: When will the lounge open for socializing again?

A: Indoor tables are now open for reservations in GameTime Monday-Thursday from 5:15 to 9:45 pm.* (Reservations are for one hour and fifteen minutes). Outdoor tables will be available on a walk in basis.* Outside of the reservation times, members will be able to sign up for walk in reservation (for indoor or outdoor tables) using a QR code at the front desk (bring your phone). Masks will be required when not actively eating or drinking. **Updates will be announced.*

Q: The tennis buildings are so cold! Why is that?

A: In accordance with guidance from the Governor's office and health agencies, ventilation of the indoor tennis buildings has been made the highest priority. Bringing in that amount of fresh air makes the heaters ineffective so the buildings will be colder than normal.

Q: May I close an open door in the tennis buildings to make things a bit warmer?

A: No. Doors which are propped open must remain open so the ventilation can be maximized. You may close the doors if the weather is impairing your tennis game (rain coming in, sun glare, etc.)

Tips for Intermediate Players

newyorktennismagazine.com

When you play only once or twice a week in a friendly (or unfriendly) doubles or singles match, it is hard to make big changes without constant practice. So here are a few fixes for you without having to make big changes to your game.

1. Technique

Problem: Balls are going long, wide or into the net—groundstrokes.

It is obvious, but there are only four results your shot can have: Into the net, long, wide, or the one we want, in the court. Simply put, the ball will go where your racket wants it to go. In other words, contact point in relation to your body and racket angle are the two factors, along with the swing path, to get to that contact point.

Tip: Focus on the contact point being a comfortable distance from your body, a little in front with the racket face as square as possible (not open where the ball goes out) and not closed (where the ball goes into the net).

Note: The racket face needs to be open on slice with the swing path going more in a downward path.

2. Footwork During Rally: The Four Movements

Problem: Hitting while moving is a common fault, so is hitting while off balance.

Tip: For starters, move to the ball. Arrive and be steady with a final step with the ball in a good contact point; recover while facing the net; and split-step constantly while waiting for the next ball.

3. Strategy: Volleying Balls in Center in Doubles

Problem: Covering the alley too much with poor balance.

Tip: When moving to cover your alley, steady yourself before the opponent hits. Most people move to the alley and are leaning that way when opponent hits, so getting to balls moving the other way is more difficult. And try not to move too near the alley ... you only need to be two large steps away from outside alley line.

4. Mental: A Tip on Focus in Play

Problem: A sloppy start to the point.

Once a rally is in progress, you are reacting and it's happening. Focus loss often occurs at the start of the point. For example, you rush your serve or you are in a lazy ready position.

Tip: Take your time on your serve. Be in a good, ready position on your toes for the return. Loosely plan where you intend to serve or return plus the shot after. You can always adjust your plan if needed.

So if you get focused, control your contact point, move with balance and poach those volleys then get that Wimbledon Entry Form ready!

Clinics & Programs At CPTC

Click [here](#) to refresh yourself about our clinics. Here are the details –all sign up begins 1 week prior:

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Skills & Strategy 2.5 Intermediate	Monday	8:45 - 9:45 am	4	Sign up dependent
Lisa's Skills & Strategy 3.0+	Monday	9:45 - 10:45 am	4	Sign up dependent
Chad Cardio Tennis	Tuesday	8:45 - 9:45 am	6	\$20 per person
Chad Cardio Tennis	Wednesday	9:45 - 10:45 am	6	\$20 per person
Phil's Skills & Drills 3.5+	Wednesday	7:15 —8:45 pm	6	Sign up dependent
Lisa's Skills & Strategy 3.5+	Thursday	9:45 - 10:45 am	4	Sign up dependent
Chad Cardio Tennis	Friday	8:45 - 9:45 am	6	\$20 per person
Lisa's Skills & Strategy 3.0+	Friday	8:45 - 9:45 am	4	Sign up dependent
Chad Cardio Tennis	Friday	9:45 - 10:45 am	6	\$20 per person
Ethan Skills & Drills 3.5+	Sunday	5:30—7:00 pm	6	Sign up dependent

Click [here](#) to refresh yourself about our programs. Here all the details:

All program sign ups are online in GameTime. Program times will be **one hour and 30 minutes**.

Program sign ups open at different times. GameTime will open the sign up for the following programs. See schedule and times below:

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	5:45-7:15 pm	4	Saturday prior 7 am	Day of 8:30am
Women's Night	Tuesday	5:45-7:15 pm	4	One week prior	Monday prior at 7 pm
Women's Team	Wednesday	10:45am-12:15pm	4	Sign up period has ended	-
Singles Night	Wednesday	5:45-7:15 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	9:00 – 10:30 am	3	One week prior	Friday prior 9 am
Saturday Women's Doubles	Saturday	9:00 – 10:30 am	1	One week prior	Friday prior 9 am

Sign up in GAMETIME for our weekly programs or clinics:

- Click “Classes & Events” tab on the top left of screen next to “Dashboard” and “Tennis”.
- Click on “Select” on event that you want - Spot is held for 5 minutes.
- Click “Register” and then follow prompts – you will get a confirmation page & email when you finish

Overlake Service, Inc dba



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Bellevue
425-454-4298



Russell K. Nomi, DDS
1981 UW Dental School

Wesley K. Nomi, DMD
2017 Arizona School of Dentistry
and Oral Health

Cathy Long Nutritional Health Coach

1 on 1 mentoring to help you achieve your health goals through diet & lifestyle.

Specializing in:

Digestive Health Hormonal Health Weight Management



Follow me on Instagram @
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History to see if coaching can help you feel your
best!

