

June 2024

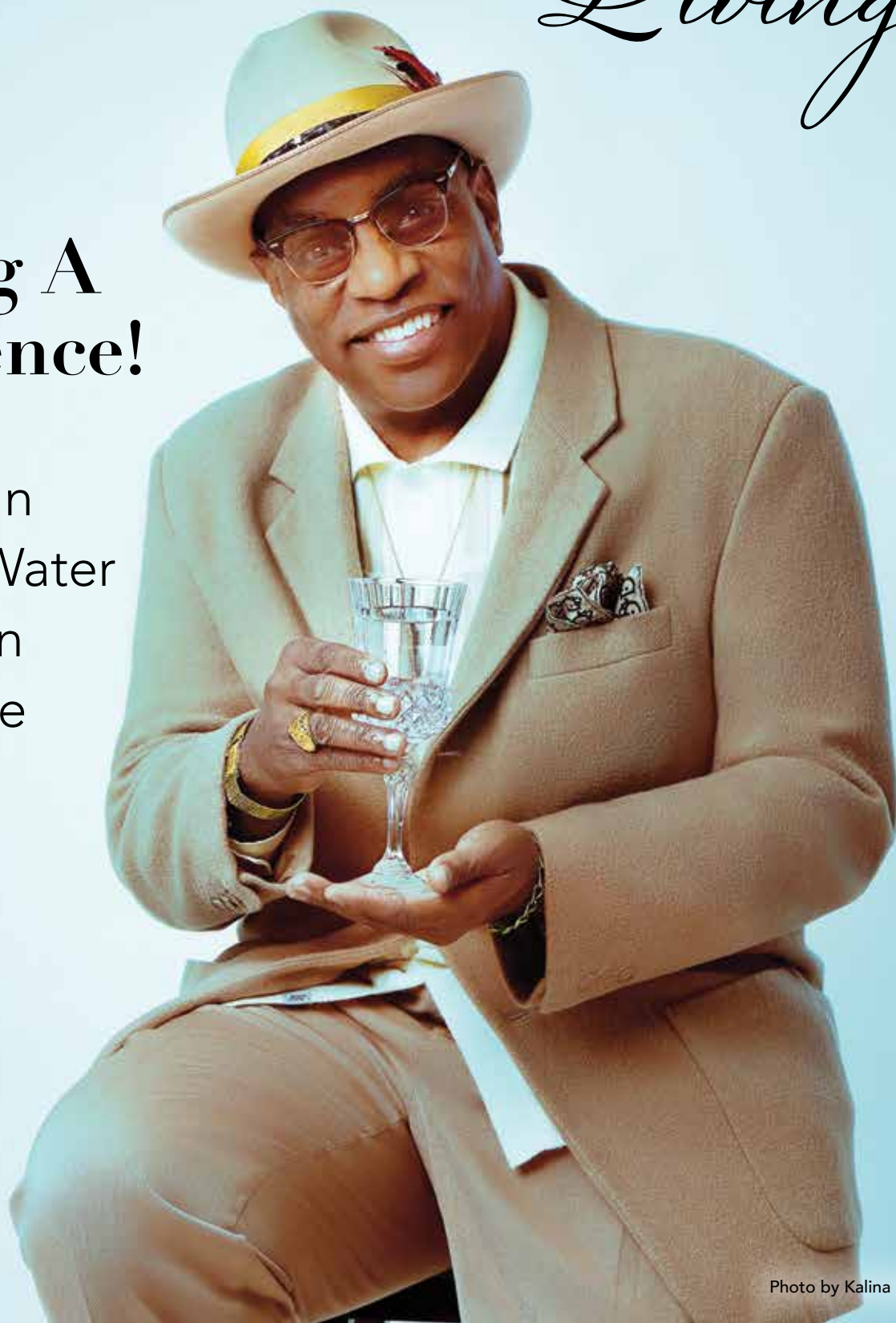
GOLD COAST

Residents of Hunts / Yarrow Points / Medina & Clyde Hill

Living

Making A Difference!

Leon
McLaughlin
Bringing Water
to Children
Around the
World



POWERED BY



BEST VERSION MEDIA

Photo by Kalina Film

EXPERT Contributors



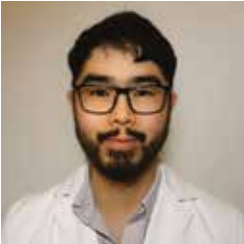
CONSTRUCTION

Anna Yemets
LYD Construction
425-999-1305
Contact@LydConstructionWA.com



REAL ESTATE

Heather Taylor
The Taylor Team
425-785-5771
HeatherTaylor@Compass.com



PAIN & STRESS MANAGEMENT

Dr. Andrew Zeng, AEMP, L.Ac
Rise Acupuncture & Wellness Clinic
206-880-1018
Andrew@RiseWellnessClinic.com



TRAVEL

Meg Von Haartman
Traveler Ooh La La
425-728-2229
Info@TravelerOohLaLa.com



WEALTH MANAGEMENT

Erin Scannell - CFP, ChFC, CLU,
AAMS
Heritage Wealth Advisors
425-709-2345
PlanWithHWA@ampf.com



KITCHEN REMODELING

Noam Julius
Julius Remodeling Group
425-260-0352
JuliusMarketingGroup@gmail.com



MEDICAL SPA

PRO Club Medical
(425) 861-6281
www.proclub.com/medical/
medical-spa

To learn more about becoming an expert contributor,
contact BVM at DawnHunter@bestversionmedia.com



QUEEN PLUMBING LLC
PREMIUM HOME SOLUTIONS

Eager to provide extraordinary service in
Medina, Clyde Hill, Hunts, and Yarrow Points

Plumbing Experts Specializing in:

- Renovations and Remodels
- Tankless Water Heaters
- Water Filtration
- Gas and Mechanical Piping

Contact us for Free Estimates
(206) 708-3134
www.QueenPlumbingllc.com



GOLD COAST *Living*

Publication Team

Publisher: Dawn Hunter DC ME



Content Coordinator: Nathaniel Hollywood

Designer: Kelly Fochs

Contributing Photographer: Kalina Film

Advertising

Contact: Dawn Hunter DC ME

Email: DawnHunter@BestVersionMedia.com

Feedback/Ideas/Submissions

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: DawnHunter@bestversionmedia.com.

Neighborhood Association Submission Information

Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized homeowners association sections at no cost to the HOA or the residents.

For Feedback, Ideas & Submissions

Have feedback, ideas, or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content". You may also email your thoughts, ideas and photos to DawnHunter@bestversionmedia.com

Content Submission Deadlines

Content Due:	Edition Date:
December 10	January
January 10	February
February 10	March
March 10	April
April 10	May
May 10	June
June 10	July
July 10	August
August 10	September
September 10	October
October 10	November
November 10	December

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted, inclusive of materials generated or composed through artificial intelligence (AI). All content submitted is done so at the sole discretion of the submitting party. © 2024 Best Version Media. All rights reserved.

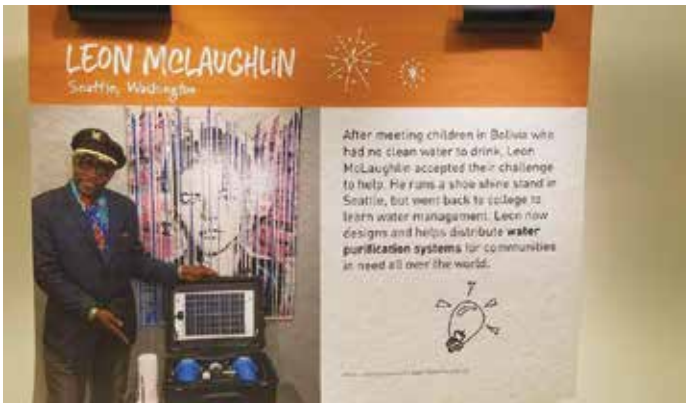
Dear Gold Coast Residents,

June is here and its the start of the best time of the year here in the PNW. It's time to start heading out to the Saturday morning farmers markets, taking local adventures to all the great locations, and enjoying the Sun!

The May edition with Meg von Haartman was amazing! She knows more about travel and adventure destinations than anyone I've ever met! If you're ever in the need for travel advice, please reach out to her as her advice is always free.

In this June edition, you have another great individual to get to know. Leon McLaughlin is a local celebrity and has an incredible story of helping children and communities around the world to supply them with clean drinking water. Please make sure and connect with him on Facebook!

Dawn Hunter DC ME *Publisher*



Leon McLaughlin

Water Carts in the Bill and Melinda Gates Discovery Center Museum & World Vision US Headquarters Display Center

BY MATTHEW KYLE

I am the founder, chief executive officer and president of the Clean Water Foundation and responsible for overall operations. I'm a native of Cleveland Ohio and arrived in Seattle more than four decades ago. In my early days in Seattle, I worked as a staff advisor and did the settlement of all the shows at the Paramount Theater until the early 1990s. Then I landed at the Seattle Repertory Theater, where I created "Water for Children" theater dinner packages. In the mid-1990s, I was also a real estate agent and got involved as a real estate investor.

Being an entrepreneur, I had an idea of selling coffee making equipment. I started with Canada as a target market and soon I was selling and sending coffee carts and machines regularly from Seattle to Vancouver. The coffee business was an enabler for travel to many locations around the globe. I was fortunate in that my travels acted as a gateway to another endeavor that is a

true passion of mine, clean water. I got interested in one of the key ingredients to coffee safe clean water. I was struck by how much of the world didn't have a reliable supply of safe water for drinking, cooking, or even brewing coffee. To hear more about Leon's Watercart story, please visit: <https://vimeo.com/280084528?ref=em-share>

Realizing there was a compelling global need for safe clean water, I dove deep to learn as much as I could about water, both domestically and internationally. So, I started researching the issues, enrolled in online courses from Sacramento State University in California and earned a degree in Water Management. From there, I created my own company, LAM Water Solutions LLC, the name drawn from my initials and the predecessor of the Clean Water Foundation to deliver water to developing countries in areas hit by natural disasters, such as floods, hurricanes, and earthquakes.

The solution required a design that was easy to assemble and could be



done with little to no assistance. The conceptualized approach was elegant in its simplicity, like a child's Lego set. I envisioned a water purification system that could be snapped together like plastic blocks and not dependent upon written instructions that could be assembled and put into operations anywhere in the world by a person with a sixth-grade education. I identified U.S. manufacturers

of purification equipment piping, water bags for storage and individual containers so children can get fresh clean water at a school or hospital and take it back to their families and become Goodwill ambassadors. My intention was to roll out the introduction of the clean water purification systems to communities with an inauguration celebration, supported by the community. Since this inception, I've traveled to far-flung parts of the world and witnessed first-hand the desperate need for clean fresh drinking water for children and their families around the world. I also have clean water ambassadors that hand-deliver the purification systems to scale our global delivery.

Additionally, I love the arts, especially music and theater by being in the business for over 4 decades. I'm a passionate visionary leader, with a compelling story to tell. The Seattle Times has written about my water projects helping children around the world several times. My story has been

Continued on next page

Let's find your rich

Edward Jones

What does it mean to be rich?

Is it being your own boss?
Having more stories to share, or
time to give? We'd like to hear
what makes your life feel rich –
and help you get there.

**Count on us for financial
strategies that help support a
life you love.**

edwardjones.com/findyourrich
Member SIPC



David B Castillo, CFP®, AAMS™
Financial Advisor

Po Box 1522
Bellevue, WA 98009
425-487-0206



carried by the wire services around the country. King 5 News has broadcast stories about my efforts along with NBC Nightly News where they featured my trip to Bolivia on a water project for children and their families after a Katrina type situation. I've been featured in a KOMO News Heroes Story, My America Fox

News out of New York and I've won the American Water Works Association Award.

I'm also in the Bill and Melinda Gates Discovery Center Museum on one of the water solar units that I designed. I'm in the World Visions Display Museum at their U.S. headquarters. Amazingly, our water systems are now in over 40 different countries providing clean fresh drinking water to children around the world. We've worked with the Peace Corps, Starbucks and others putting together water for children projects. In a recent project, we put water units at the Majesty Garden School in Kingston Jamaica, honoring the great basketball Hall of Fame Legend Bill Russell and Joe Black who played for the Seattle Super Sonic's.

We're now working with the Hopi and Navajo Reservations in Arizona delivering water units going into their homes as well as a new water treatment plant. We're also working with the Blackfeet Reservation where we just delivered 50

water filters to four schools that will last them for the next 12 years to ensure they will have fresh clean drinking water. To learn more about our reservation work, please visit: <https://www.globalgiving.org/projects/water4hopi/>

We're also putting together a water treatment program for El Salvador with our partner Airline Ambassador's CEO, Nancy Rivard. We've sponsored several water music fundraisers, such as: Cirque du Soleil at Suite Restaurant & Lounge in Bellevue, WA, Global Giving/ United Nations Water Day in Beverly Hills, CA, FERGFEST 2023 Water for Children Around the World Music Festival at Ferguson Ranch in Woodinville, WA, and Water for Children Fundraiser at Volterra's Italian Restaurant in Kirkland, WA. We will continue to sponsor more great events in the future. To learn more about the Clean Water Foundation, please visit: www.cleanwaterfoundationwa.org and connect with Leon McLaughlin Facebook at: <https://www.facebook.com/leon.laughlin>



AMCON
POOL AND SPA

CALL NOW FOR A 10% DISCOUNT

Jeff Schauf (co-owner)
Sales, design and
office manager
Phone: 206-412-9605

Tyler McCaffery (co-owner)
Building, ordering
and logistics
Phone: 425-327-8534

Scan our code to get your FREE consult to Learn more about your own custom pool with Tyler or Jeff the owners of Amcon. Both have designed and built 90% of the pools in Washington.





Before



After

Scan for Virtual
Free Consult
with Helen.



***Bring life to your old
kitchen this Summer***



Family owned and operated

*Revamp your kitchen in only 10-14 days!
Keep your current kitchen layout
Update your countertops, sink,
faucets and more*

Call today for details



***Free designer sink with any
kitchen remodel***

425-260-0352

juliusremodelinggroup.com • Located in Bellevue, Washington

License # Juliurg780NJ

June

CALENDAR OF EVENTS

JUNE 9

IL CORSARO AN OPERA BY GIUSEPPE VERDI

Based on Lord Byron's poem, this early Verdi masterpiece blends bel canto melodies with his unique flair. If the heavy-duty production of Seattle Opera is a bit too much for you, this local production will hit the spot. Bellevue, WA
\$25 | <https://allevents.in>

JUNE 12-13

FLIGHT FEATHERS

The best of three different dance works are showcased. Without words, it's amazing what messages can be communicated through movement of the body.
\$32 | <https://www.kpcenter.org>

JUNE 15

JUNETEENTH COMMUNITY CELEBRATION

Juneteenth commemorates the emancipation of enslaved African Americans in the United States, a joyful day of liberation and reflection on the ongoing endeavor for racial equality.
Free | <https://bellevuewa.gov>

JUNE 16-20

BAKING CAMP

9:30am-12:00pm - 4 Days - Summer only - Kids
Flour-dusted aprons and eager faces crowded around a mixing bowl, laughter bubbling along with the rising batter at this kid's summer baking camp.
\$550
<https://allevents.in/los%20angeles/baking-camp-6-17-6-20-24-9-30am-12-00pm-4-days-summer-only-kids/10000849939701527>

JUNE 18

BELLEVUE VETERANS VIRTUAL JOB FAIR

Local employers value the skills from talented veterans. If you want to translate your military skills to a civilian job, here's your chance.
Free | <https://allevents.in>

JUNE 19

KIDS LEGO BATTLE BOTS

Kids ages 6-12 learn how to build and code lego bots to accomplish DARPA-like missions
\$349 | <https://allevents.in>

JUNE 23

PAWA PRINTS KELSEY CREEK FARM

Paint the scenery of Bellevue with the inspiration the Kelsey Creek Farm or the Bellevue Botanical Gardens.
Free, but must be a PAWA member
<https://allevents.in>

JUNE 23

PNW YOUTH ENTREPRENEUR EXPO

Local entrepreneurs express themselves through art. View works of local youth artists, along with food and entertainment.
Free | <https://bellevuewa.gov>

JUNE 29-30

JAPAN FAIR

Celebrate the culture and history of Japan through music, dance, martial arts, cosplay, along with Japanese food and Sake tasting
Free | <https://allevents.in>

JULY 10

5G INNOVATION LAB SUMMER SOCIAL

The boys of 5G networking open up their group for a summer social. Network while learning more about the the potential and applications of 5G networking technology.
Free
<https://allevents.in/bellevue>

Vine STUDIOS
BEAUTY ACADEMY

dr. Dawn Hunter

#1 ARTIST IN NORTHWEST PERMANENT COSMETICS

Permanent Makeup

Custom Eyebrows/Eyeliner

Lips

Scalp Micropigmentation

Dr. Dawn Hunter
206-235-9347
dawnhunter@mac.com

Free Virtual Consult with Dawn
VineStudios.co



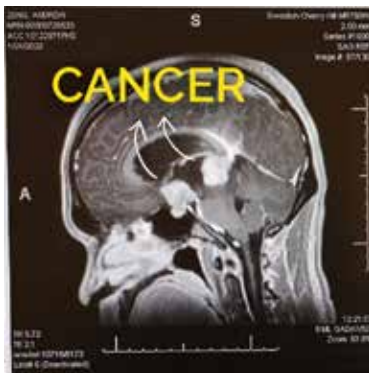
BY DR. ANDREW ZENG

My Cancer Story:

Lessons Learned from Neglect to Recovery

THE STORY

On Friday, January 24th, 2020, I was rushed to the ER because I had severely impaired vision and splitting headaches in the occiput. These acute symptoms were caused by two tumors – a pituitary and a pineal germinoma – impinging the optic chiasm and causing hydrocephalus, a rare condition, especially for a 29-year-old.



After a biopsy and ventriculoperitoneal shunt surgery, I was admitted to the ICU. I wasn't able to speak with my neurooncologist until Monday, so over the weekend, confined to my hospital bed, my thoughts ran wild, wondering about my prognosis, what my treatment protocol would be, and, most significantly, why this was happening to me.

My question would be answered when Monday rolled around, or so I thought. But, When I finally asked my neurooncologist, he simply said, "It's probably just bad luck." When I asked my mom, who was an oncologist in China, she said it was everything that I ever did, ever, that she didn't agree with (just kidding, sort of; love you, Mom).

So, I asked myself. Based on my understanding of health, here's why it happened: The pituitary gland is at the center of the HPA axis, which regulates the stress response, and the pineal gland releases melatonin, which helps regulate the sleep cycle. And, what was I doing in my 20s? Working too hard, playing too hard, and not getting enough sleep. Plus, I lived in Shanghai, which has a heavily polluted environment, and, occasionally, I was getting kicked in the head, which I'm sure didn't help.

Let me elaborate. While I lived in Shanghai, I was earning my degree in traditional Chinese medicine (TCM), building my business, managing a tutoring center, competing in mixed martial arts and Brazilian JiuJitsu, playing in a rock band, and burning the midnight oil to get it all done. Of course, I thought I was invincible. And even though, in hindsight, I started experiencing symptoms, such as chronic fatigue and polyuria, in 2017, my mindset was "ignore and override." And so, that's what I did until I could no longer do so.

THE LESSON

Having been born into a family of healthcare providers and educated in both TCM and biomedical science, I had the knowledge and tools to prevent this. My body tried to warn me, but I ignored it, and I paid dearly for it.

Please learn from my mistakes and be proactive about your health by optimizing your sleep, stress management, dietary, and exercise habits, seeking preventive healthcare, and addressing signs and symptoms when you experience them. After all, what are you going to achieve, and who are you going to help if you're sick or dead?

THE SILVER LINING

Fortunately, after 6 months of chemotherapy and radiation, I was cancer-free; moreover, because I was able to leverage TCM and modern functional medicine, I experienced minimal side effects (e.g., no pain or nausea) and recovered within a matter of months. And, if there's one thing I've learned from martial arts, it's how to get knocked down, get back up, and keep moving forward.

Having lived through this ordeal, I am reinvigorated with a renewed sense of purpose to create a healthier and happier world. To this end, at my clinic, I integrate TCM and functional medicine to empower individuals to reclaim their health and vitality with root-cause solutions.



**RISE ACUPUNCTURE
& WELLNESS CLINIC**

Dr. Andrew Zeng, L.Ac.
• 8th Gen TCM Doctor
• Former Bioengineer

Dr. Teresa Chen, L.Ac.
• 7th Gen TCM Doctor
• Former Oncologist





"Be Well with Natural, Root Cause Health Solutions"

Meet with Dr. Zeng for a
Complimentary Consultation + 15 minute
pain or stress relief service

Scan QR code or call us to redeem offer

(206) 880-1018 | www.RiseWellnessClinic.com
13820 SE 62nd St., Bellevue, WA 98006



Mitten is a 10 year old OG (original ganster) tabby...lol. She's the oldest kitty in a household with several dogs and cats, thus, the OG. She is a rescue from a long-time shut down cat hoarder operation in Queen Anne. She's been in the family since she was a kitten. She's motherly and likes to take care of all the other animals.

Even at 10 years old, she's super active. Every morning, she loves to run wind-sprints up and down the hallway for over an hour. She doesn't chase anything, just likes to run sprints for fun. Since the wooden floors are kinda slippery, she is always sliding and crashing into walls and doors. She's an automatic 5:00am alarm clock with all the racket.

She's one of the best cuddle kitties ever and will sleep by your side the whole night long on cold winter nights.



AWNINGS, PATIO COVERS, AND CARPORTS • DEDICATED TO CUSTOMER SERVICE SINCE 1992

Cover your patio with a stylish, designer awning that will function to keep you dry and clean without losing sunlight or stunning sky scenes. No more wet feet, pets dragging in dirt or dark covers, instead a custom built designer glass top stylistic to match your home's unique signature.

We are a family owned business with over 20 years experience you can trust.

*"Keeping you covered
no matter the weather"*

Phone: 253-886-3525



LEARN MORE ABOUT GLASS
COVERED AWNINGS
SCAN OUR CODE, EMAIL US A
PHOTO OF YOUR PATIO AREA
WE CAN SET UP A TIME
FOR A FREE ESTIMATE



Pavers Installation:

Driveways • Patios • Walkways • Fire pits
Steps & stairs • Outdoor fireplaces
Retaining wall construction

Landscape Work:

Artificial turf & putting green installation
Irrigation systems • New sod installation
Drainage systems • Landscape lighting

Wooden fence installation
Deck, railings & patio covers

Xavier Pavers
Quality work built to last
425-449-3696

email: xavierpavers@hotmail.com
Contractor license XAVIEP*871JT

xavierpavers.houzz.com

REAL ESTATE STATISTICS

Address	Beds	Baths	Sq Ft	Listing Price (\$)	Selling Price (\$)	City	Year Built
9320 NE 24th St	4	3.25	4,010	3,880,000	4,175,000	Clyde Hill	1955
905 Shoreland Dr SE	6	5.25	11,104	28,000,000	21,250,000	Bellevue	2007
9838 NE 27th St	5	4	4,619	4,799,990	4,438,000	Bellevue	2024
851 80th Ave NE	4	2.5	2,600	2,988,000	3,375,000	Medina	1940
2715 84th Place NE	4	2.5	2,710	3,499,999	3,505,000	Clyde Hill	1982
7838 NE 14th St	4	2.25	3,834	4,190,000	4,160,000	Medina	1962
9221 NE 37th Place	4	2.5	4,070	2,845,000	2,730,000	Yarrow Point	1961
9630 NE 27th St	3	2.5	2,490	3,000,000	3,000,000	Clyde Hill	1994
8606 NE 10th St	3	3	3,170	3,600,000	3,600,000	Medina	1983
2402 80th Ave NE	5	2.5	3,020	3,188,000	3,200,000	Medina	1963
2426 80th Ave NE	6	5.25	5,420	6,250,000	6,100,000	Medina	2024
2431 Evergreen Point Rd	1	1	2,390	2,500,000	2,500,000	Medina	1955
9815 Vineyard Crest	4	2.5	2,843	3,500,000	3,625,000	Bellevue	1950
10009 NE 21st St	7	6.75	7,170	6,500,000	6,100,000	Bellevue	2015
8505 NE 25th St	4	2.5	3,200	2,988,000	2,858,000	Clyde Hill	1977
515 Upland Rd	5	5.5	7,080	8,900,000	8,900,000	Medina	2008
9631 Hilltop Rd	3	1.75	2,150	3,380,000	3,210,000	Bellevue	1953
3115 103rd Ave NE	4	2.25	3,400	1,888,000	1,780,000	Bellevue	1956
9419 NE 37th Place	4	3.25	3,750	3,500,000	4,000,000	Yarrow Point	1959
8520 Hunts Point Lane	4	3	3,070	4,500,000	3,978,000	Hunts Point	1979
9652 Evergreen Drive	4	4	4,090	5,100,000	4,900,000	Bellevue	2017

Best Version Media does not guarantee the accuracy of the statistical data on this page.

The data does not represent the listings of any one agent or agency but represents the activity of the real estate community in the area.

Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.



MATT McMANUS
— REAL ESTATE —

“Real Estate for Real People”



Matt McManus Real Estate
Phone: 206-963-5243

Email: Matt@mcmanushomes.com



“Matt made our first time home buying experience go very smoothly. He helped tell our story to the sellers which really helped us get the home we wanted. He is very available through text, email, by phone and in person. Buying a house is stressful, but Matt helped us get through it with as little stress as possible. He even delivered moving boxes to our front door to help us move!”

Sherry B.



“Matt was fantastic, helped us get into a new home, get financing and sell existing home without any hiccups in just 3 weeks! Thanks Matt for your good cheer and friendly professional service! We highly recommend him!”

Kim M.



Shaping Young Minds: Fostering Success in our Teenagers

BY DEVIN DALRYMPLE, AGE 19

Teens, navigating the intricate landscape of adolescence, often act as reflections of their environment, absorbing lessons from both parents and peers. Yet, their developing minds remain enigmatic, a whirlwind of emotions and experiences challenging to fully grasp. Understanding the crucial role we play in shaping these formative years becomes paramount.

From the beginning, we are bombarded with sensory information, laying the groundwork for future life skills. Fostering and nurturing young minds at this time is crucial, as numerous studies confirm the positive impact of a supportive environment on future success. While happy memories undoubtedly contribute to this development, catering solely to childhood joys, like trips to amusement parks or new toys, might not address the unique needs of teenagers. Their brains tend to be a bit more complex.

SHIFTING FOCUS: FROM EARLY BEDTIMES TO TEEN SLEEP CYCLES

While the idea of "eight hours of sleep" endures, science paints a different picture for teenagers. Unlike their younger selves, teens require **more sleep**, according to John Hopkins Medicine. This stems from the onset of puberty around age 13 (or

even earlier for girls), a transformative stage lasting until 25. This period triggers a natural shift in circadian rhythm, making it biologically challenging to fall asleep before 11 pm. Compounding this sleep challenge is the increased workload teens face – not just academically, but often through multiple activities like jobs, and sports. This sleep deprivation translates not only into irritability but also into struggles with academic performance and mental health.

ADDRESSING THE MENTAL HEALTH SURGE

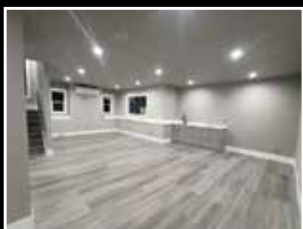
Recent years have witnessed a concerning rise in mental health issues among teens, with growing numbers reporting anxiety and depression. Not only are American school systems piling on hours and hours of homework, but teens also have to deal with the online world. Social media, with its curated realities and potential for comparison, plays a significant role in this trend. Our generation, being the "guinea pigs" of this technology, lacked the foresight to predict its impact on developing minds. While complete abstinence isn't realistic, equipping teens with tools for responsible social media engagement and encouraging regular digital detox periods can empower them to navigate this complex space.

MOVING FORWARD: A HOLISTIC APPROACH TO TEEN DEVELOPMENT

Supporting teen success requires a multifaceted approach. Recognizing the specific sleep needs of adolescents and advocating for healthy sleep habits is crucial. Additionally, fostering open communication about mental health challenges and equipping teens with coping mechanisms empowers them to seek help when needed. Finally, addressing the influence of social media through responsible usage and digital breaks ensures a healthier online experience. By understanding the unique challenges and opportunities presented during adolescence, we can collectively create a supportive environment that fosters not just academic achievement but also the emotional and mental well-being essential for teenagers to thrive in adulthood. In our next issue, we'll have a part two that delves deeper into how to implement these tactics in your teens lives - without causing chaos.



LUXURY HOME CLEANING



Same day cleaning, After party clean-up, One time occasion or recurring weekly, bi-weekly and monthly service options tailored to your needs!

JUNE SPECIAL:

Call today for **\$100 OFF** your first cleaning!

425.243.1617



A&B Pro Cleaning LLC

We guarantee 100% your happiness factor

Fully licensed, bonded insured with excellent 5 star reference



WWW.ANBPROCLEANING.COM

5436 Night Heron Drive
in Semiahmoo \$2,099,000

The Taylor Team offers services throughout the Puget Sound corridor. Specifically from Bellevue/Seattle-Anacortes-Bellingham/Semiahmoo/Birch Bay. Our goal is to help you realize the lifestyle of your dreams. If your desire is to acquire a vacation home on the water, golf course or near a mountain—we can help you find that special place! Or if you are considering making a move locally, we got you covered! Our local experts within these communities provide a curated real estate experience to you as a Seller or a Buyer. Let's get started today!



King, Snohomish, Skagit & Whatcom Counties
Pacific Northwest Real Estate

Heather Taylor 425.785.5771
TheTaylorTeamofWA.com



THE TAYLOR TEAM



**Turn your vision into reality
with your neighborhood go-to contractor.**



**LYD Construction
(425) 999-1305**

**Email: contact@lydconstructionwa.com
Web: <https://lydconstructionwa.com>**

UNEARTHING HISTORY: A Guide to Exploring Pacific Northwest Ghost Towns

BY NATHANIEL HOLLYWOOD

The Pacific Northwest whispers tales of a bygone era. Nestled amidst towering evergreens and rugged mountains lie the remnants of once-booming mining towns, now echoing with the whispers of the past. These ghost towns, suspended in time, offer a glimpse into the region's rich history and the indomitable spirit of its prospectors.

For the adventurous soul, exploring these forgotten settlements is a treasure trove of discovery. Walk crumbling boardwalks where miners once trod, peer into abandoned storefronts, and imagine the lives that unfolded within these weathered structures. Each creaking door and rusty nail whispers stories of hardship, hope, and the relentless pursuit of fortune.

Planning Your Ghost Town Adventure:

The Pacific Northwest boasts a wealth of ghost towns to explore, each with its own unique story. Popular destinations include:

Monte Cristo, Washington: A former silver and gold mining town accessible by a scenic hike, Monte Cristo offers stunning mountain vistas alongside its abandoned cabins and mine equipment.

Thurston, Washington: This once-thriving coal town boasts a well-preserved collection of buildings, including a saloon and a schoolhouse, transporting visitors back to the early 20th century.

Granite, Oregon: Nestled in the Blue Mountains, Granite was a bustling gold mining town that even had its own mint. Visitors can explore the remnants of the town's infrastructure and imagine the bustling activity of its heyday.

Remember:

- **Respect the Past:** These ghost towns are remnants of history, treat them with respect. Leave no trace and avoid taking anything but memories.
- **Safety First:** Abandoned buildings can be unstable, so be cautious when exploring and stick to designated paths.
- **Research and Prepare:** Knowing the history of the town you're visiting enhances the experience. Research trail conditions and dress appropriately for the often remote locations.

Exploring the ghost towns of the Pacific Northwest is an adventure that combines history, exploration, and a touch of mystery. So, lace up your boots, pack your sense of adventure, and embark on a journey through time, uncovering the stories etched in the very landscape of the Pacific Northwest.



*Sophia's
European Salon*

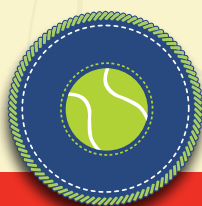
7675 SE 27th Street, Mercer Island, WA 98040
206-236-1992 | www.sophias europeansalon.com

Scan me!

SUMMER CAMPS

2024

PRO
CLUB



PRO
CLUB

**MORE VARIETY!
MORE ADVENTURE!
MORE FUN!**

PRO Club gives you more! More than thirty themed activity camps for every age and interest. Sports, Swimming, Outdoor Adventures, Creative Arts, Raquet Sports, Science and more!

AGES 3-18

**OPEN TO EVERYONE.
NO MEMBERSHIP REQUIRED.**

summercamps.proclub.com | (425) 885-5566



Let Meg concierge your next travel adventure and try something new this year.



Traveler Ooh La La
(425) 72-VACAY
www.traveleroohlala.com

Hello, I am Meg. I live in Bellevue and am your guide to the world's most enchanting destinations. I'm here to offer you an escape into luxury as we bid adieu to the holidays.



St. Regis



Bora Bora



Le Tahaa



Heritage Wealth Advisors
Ameriprise Private Wealth Advisory Practice

Kara Scannell
Marketing Director

Erin Scannell, CEO
Heritage Wealth Advisors

**Your partner as
you move
from success to
significance**

Heritage Wealth Advisors is led by Erin Scannell, who was recently ranked #1 on the 2024 Forbes Best-in-State Wealth Advisors list and has repeatedly been recognized by major industry publications that include Barron's, the Wall Street Journal, and The Financial Times. Heritage Wealth Advisors is also ranked as one of Barron's Top 100 Private Wealth Teams for 2023.

HERITAGE WEALTH ADVISORS

A private wealth advisory
practice of Ameriprise
Financial Services, LLC
heritage-wealth.com
planwithHWA@ampf.com
425.709.2345

