



## Go Yourself!

American Heart Month is observed every February to raise awareness about heart disease and promote heart-healthy habits. During this time, organizations like the American Heart Association work to educate the public on the importance of maintaining cardiovascular health through activities such as eating a balanced diet, exercising regularly, and avoiding smoking. Given that heart disease is a leading cause of death in the United States, this month serves as a crucial period for spreading information about prevention and early detection.

American Heart Month was first proclaimed by President Lyndon B. Johnson in February 1964. His goal was to emphasize the importance of cardiovascular health and encourage Americans to adopt healthier lifestyles to prevent heart disease. Since then, every U.S. president has continued this tradition by officially declaring February as American Heart Month.

This initiative is supported by various health organizations, including the American Heart Association, which leads public campaigns, educational programs, and community events to promote heart health. Over the years, American Heart Month has significantly increased awareness about heart disease, contributing to improvements in heart health education and prevention efforts nationwide.



## A Heart-Healthy Elixir

Studies suggest that tart cherry juice may offer several heart-protective benefits. Cherries, particularly the tart variety, are rich in antioxidants like anthocyanins, which help combat oxidative stress that can damage blood vessels and contribute to heart disease. Additionally, research indicates that tart cherry juice may help reduce inflammation, a key factor in the development of heart disease. Some studies also suggest that tart cherry juice may have a modest blood pressure-lowering effect, making it a potentially valuable addition to a heart-healthy diet. Furthermore, tart cherry juice contains melatonin, a hormone that regulates sleep-wake cycles. Since quality sleep is essential for cardiovascular health, improved sleep quality from tart cherry juice may provide indirect heart benefits.

Incorporating tart cherry juice into your diet is simple and enjoyable. It can be sipped straight throughout the day, blended into smoothies with other fruits and yogurt for a refreshing and nutritious drink, or used in cooking. For example, tart cherry juice can be added to marinades for poultry or pork or used as a glaze for grilled meats, adding both flavor and health benefits to meals.

Cherries have also played a significant role in cultures around the world. In Turkey, they are a beloved summer fruit, enjoyed fresh, dried, or in sweet treats like cherry jam and syrup. Germany has a long tradition of cherry cultivation, with the famous Black Forest cake featuring layers of chocolate cake, whipped cream, and cherries. In Japan, cherries (sakurambo) symbolize spring and fleeting beauty, and the tradition of cherry blossom viewing (hanami) brings people together for picnics and festivities under blooming cherry trees. The Czech Republic also cherishes cherries, incorporating them into fresh treats, preserves such as jams and liquors, and baked goods like pastries, cakes, and dumplings.

With its rich history, cultural significance, and numerous health benefits, tart cherry juice is more than just a delicious beverage—it is a heart-healthy addition to any diet. Whether enjoyed for its antioxidant properties, its ability to support restful sleep, or its culinary versatility, tart cherry juice offers a flavorful way to promote heart health while celebrating a fruit cherished worldwide.

## Upcoming Events for February - March

**February 14 - 15**  
**Comedy of Love (Improvized)**  
Improv  
Seattle, WA

**February 14 - 16**  
**"La La Land" w/ Seattle Symphony**  
Benaroya Hall  
Seattle, WA

**February 15**  
**Anderson Winter Beer Festival**  
Anderson School  
Bothell, WA

**February 19 - 23**  
**NW Flower & Garden Festival**  
Wash. State Convention Ctr.  
Seattle, WA

**February 22**  
**Motorcycle & Quad Racing**  
Puyallup Flat Track  
Puyallup, WA

**February 22**  
**Kraken vs. Panthers**  
Climate Pledge Arena  
Seattle, WA

**February 26**  
**Seattle Sounders vs. Antiqua GFC**  
Lumen Field  
Seattle, WA

**March 7 - 9**  
**Penn Cove Mussel Fest**  
Coupeville Locations  
Whidbey Island, WA



Note: Check official websites and venues for details.



## Vinyl Love: Visit Seattle's Record Stores

Seattle's vinyl record scene is thriving, reflecting a broader resurgence in vinyl popularity. The city offers a diverse range of record stores, each catering to both seasoned collectors and eager newcomers.

### Established Favorites

Easy Street Records in West Seattle has become a cultural hub since its 1988 inception, blending music, dining, and live performances. Sonic Boom Records remains a go-to for curated selections across genres.

### Specialty Shops

Wall of Sound specializes in avant-garde, electronic jazz, and world music. Zion's Gate Records offers an extensive collection spanning hip-hop, indie, jazz, and metal.



### Community & Trends

Record Store Day draws large crowds with exclusive releases and live performances. Hybrid spaces like Life on Mars combine dining with vinyl shopping, while events like the Record Store Crawl are making a comeback.

Seattle's vinyl culture remains vibrant, blending tradition with fresh innovations and trends.



## Design Inspiration: Wellness Spa Treatment



Wellness Center Front: Deskmakers - Overture, OFS - Vide, David Edwards - Entourage, Frill



Lobby: David Edwards - Entourage, Frill, OFS - Porter, Deskmakers - Storage



Treatment Room: Interwoven - Alterna, OFS - Fleet



Wellness Room: Arcadia - All Sorts, OFS - Fleet, Heya, Rown, Tate