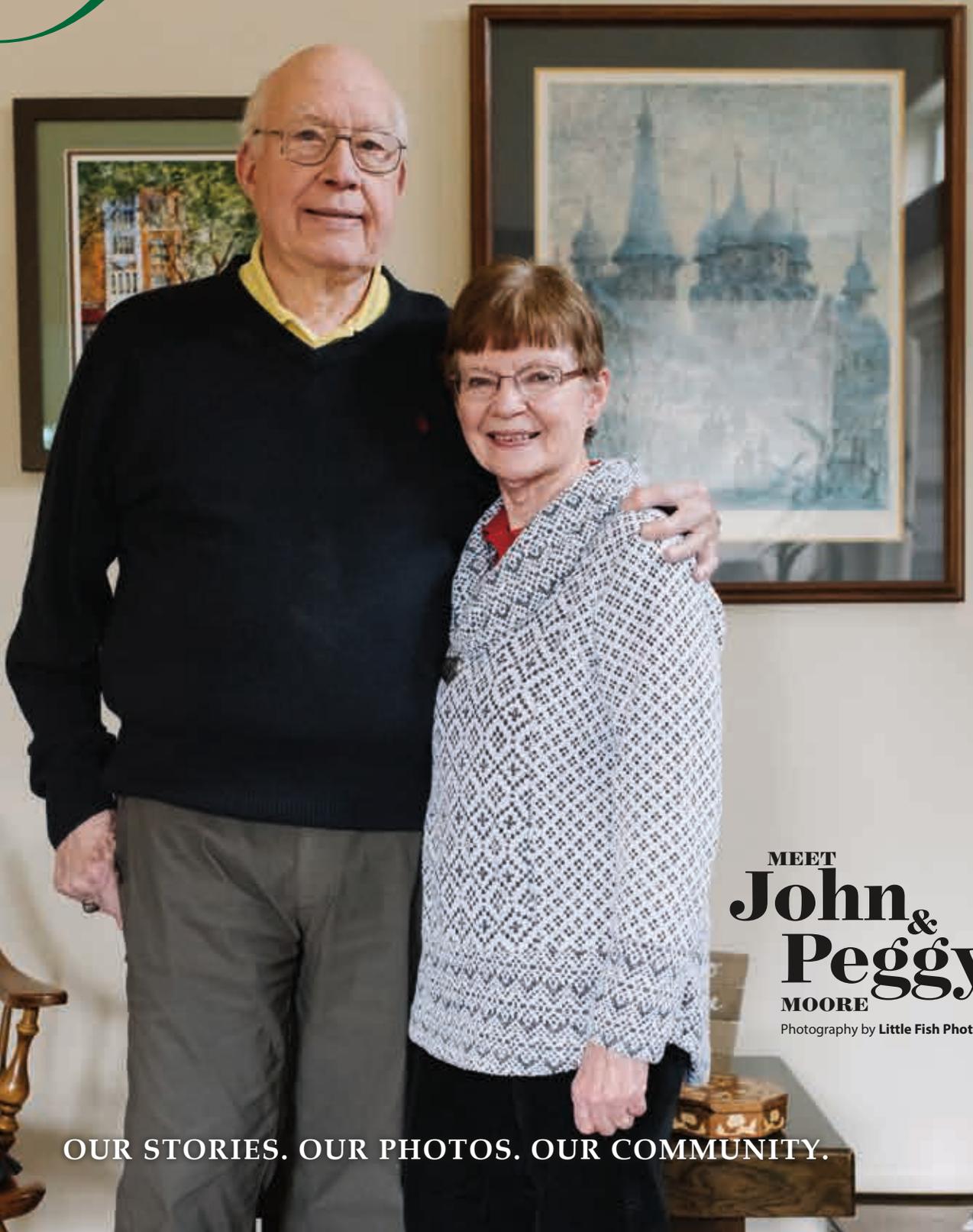


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APRIL 2019

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF THE MCCORMICK WOODS COMMUNITY



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healthy living

By Elizabeth McCabe, N2 Staff Writer

REDUCE YOUR Cholesterol NATURALLY!

Do you suffer from high cholesterol? If so, you're not alone. More than 102 million American adults have been diagnosed with high cholesterol (more than 200 mg/dL). Fortunately, there are a few steps you can do to lower your cholesterol naturally.

Opt for Oatmeal

Don't reach for the bacon and the eggs to start your morning. Fill up on oatmeal instead. In doing so, you can lower your LDL ("bad" cholesterol). The soluble fiber in oatmeal is beneficial because it reduces the absorption of cholesterol. The FDA approved manufacturers to advertise oatmeal as "heart-healthy" in 1997.

Reduce Saturated Fat

Can't get enough red meat? Consider swapping your steak for fish. Choose fatty fish, such as sardines, salmon, trout, or tuna. The omega-3s in the fish help lower triglycerides, which can clog arteries. Saturated fat can also be found in butter. Opt for olive oil instead to flavor your food. Dairy lovers can get by with low-fat dairy instead. Simple tweaks to your diet can pay off in time.

Go Nuts Over Nuts

Nosh on nuts to reduce LDL cholesterol. One study showed eating two handfuls of pistachios each day for four weeks significantly reduced LDL cholesterol. Why? Pistachios are packed with phytosterols that block dietary cholesterol. Hazelnuts and almonds can lower LDL cholesterol and raise your HDL ("good" cholesterol). Or pick pecans to reduce LDL cholesterol.

Lose the Excess Pounds

Being overweight can raise your LDL cholesterol. Lose the love handles (or fat around your midsection) to lower your bad cholesterol and raise your good cholesterol. Calculate your body mass index or talk to your doctor to find the right weight for you.

Make Time for Fitness

Incorporate fitness into your schedule to help lower your cholesterol. Aim for 30 minutes of physical activity five days a week to improve your cholesterol. Better yet, shoot for an hour.

Make the necessary changes to your diet and lifestyle to lower your cholesterol. By reducing your cholesterol, you will lower your risk of heart disease and strokes.

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home matters

By Joanne Ferreira
See more at LiveAtMcCormick.com

MainVue Homes at McCormick: BRINGING YOU CLOSER TO YOUR WORLD

For a taste that is global in appreciation yet homey in traditions and comfort, find your own True North as it points to the contemporary MainVue Homes collection in McCormick. Especially appealing for peninsula-area buyers; sophisticated and sprawling rambler choices alongside popular two-story plans.

Inspired by its international influence while rooted in the Pacific Northwest, MainVue offers pristine parcels nestled against lush, maintained open space. Each of MainVue's distinguished home-sites features its own backyard paradise not far from McCormick centerpiece golf course.

Worthy of active McCormick lifestyles and discerning Peninsula taste, MainVue Homes offerings here are both thoughtful and intentional. As part of its relationship with highly respected Henley Properties Group Australia, and a proud partner of Sumitomo Forestry Group Japan with its own rich 320-plus-year heritage, MainVue shares a commitment to efficiency and sustainability. With this international buying power, MainVue has set down Northwest roots throughout the Puget Sound region — from Lake Stevens to Sammamish and Gig Harbor.

On many levels, it's natural that MainVue is building not only its popular two-story plans but also its highly sought-after sprawling rambler plans in McCormick. Homeowners take pride in showing how distinctive their purchases can be. This is evident on a tour of MainVue's model home in McCormick.

Respite doesn't wait for you to walk into the foyer, through the immense timber- and frosted glass-paneled entry door. Some homeowners find immediate comfort at the attractive streetscape, where modern brick, stone and tile façade finishes add dimension and character. Others will relax knowing they can park their golf cart in the second of two garages available. For many, ultimate relaxation is found at MainVue's Signature Outdoor Room, open to McCormick fresh bay air, with cedar and fir elegance.

Inside, clean lines flow into exceptional open living spaces flush with luxury finishes included as standard in every home design—redefining luxury throughout.

Within the comforts of all its home, MainVue's flawless designs and modern touches perfectly balance sophistication and practicality. Leisure and separate multi-purpose rooms add flexibility; open-flow great rooms invite entertaining; sanctuary-like master suites enhance relaxation.



At McCormick, all MainVue homes feature gourmet kitchens with Electrolux stainless steel appliances, European-style soft-close cabinets, a butler's pantry and in some, a separate storage-essentials pantry. All deluxe master baths showcase stand-alone soaking tubs, dual vanities, and full tile shower topped with industry-leading Grohe fixtures. You'll notice the attention to detail and superb workmanship in every space.

When you're ready for contemporary living in McCormick one-of-a-kind community — complete with local amenities, clubs and the premier McCormick Golf Course — preview MainVue's exceptional floor plans at liveatmccormick.com.

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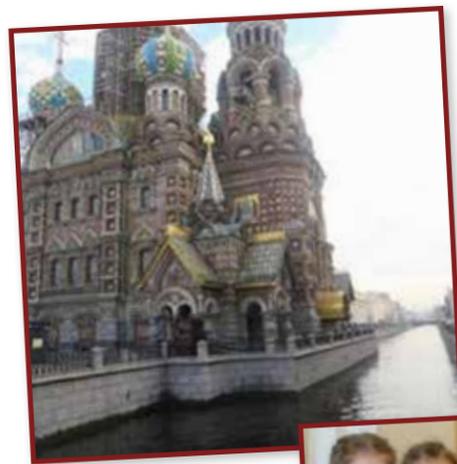
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PART TWO—ST. PETERSBURG

tour & travel

By **Capt. John Moore**, USN, (Ret.)—Dunraven

After leaving Moscow, the Viking ship *Helgi* passed through the Moscow Canal and headed north to St. Petersburg—the ship transited through many very large and narrow locks. Along the Volga, we visited a few very interesting places; first Uglich, where our group went a school and later we all had lunch and some specially brewed vodka with our guide at the home of a Russian woman – very nice.

Port calls were also made at Yaroslavl where the beautiful Church of St. Elijah is located, On Kizhi Island there is a very large wooden Church of the transfiguration which we were told was constructed without the use of a nail, and then on to Mandrogy with its brightly painted wooden houses, a windmill, and souvenir shops featuring nesting dolls, lacquer boxes, embroidered tablecloths, jewelry, and wood carvings.

Early in the morning of October 16, the *Helgi* arrived in St. Petersburg, which Russians consider their most beautiful city. Our first day was a tour of the massive and magnificent Hermitage Museum that was founded in 1764 during the reign of Empress Catherine the Great. The Hermitage has been open since 1853 and is a complex of buildings: the Winter Palace, the Menshikov Palace, the Hermitage Theater, the Museum of Porcelain, etc. It is second in size to the Louvre in Paris. There are numerous works of art by Titian, Velazquez, Rubens, Van Gogh, Cezanne, Rembrandt, Monet and other masters. I highly recommend “Catherine the Great” by Robert K. Massie, who authored *Nicholas and Alexandra*.

That evening we went to a performance of *Swan Lake* by the Mariinsky Ballet Company at the Hermitage Theater which had replaced the Imperial Russian Theater. The Hermitage Theater was constructed from 1764-1783 during the reign of Catherine the Great (1762–1796).

Fortunately, the day before leaving St. Petersburg, we signed up for what turned out to be two wonderful tours. Four coach buses departed the pier for Catherine Palace in the city of Tsarskoe Selo about 20 miles south of St. Petersburg — again, heavy traffic. The Palace is named for the wife of Peter the Great and was commissioned in 1717.

Perhaps the most exquisite exhibit is “The Amber Room,” which was constructed with more than six tons of amber in 1770. During WWII, the Germans took Tsarskoe Selo, dismantled the Amber Room, and shipped it to Germany. After the war, the Amber Room was placed in crates and shipped back to St. Petersburg. The room was reassembled and opened in 2003 by Vladimir Putin. The Amber Room is protected by a glass enclosure.

In the late afternoon, we visited the Cathedral of Our Saviour, also known as Church of the Spilled Blood as it was built on the site where Emperor Alexander II was assassinated in March 1881. After our tour of the cathedral, we went on a wonderful boat tour of the city of St. Petersburg with our young guide Sergei telling us about the history of several buildings along the way, e.g. the summer home of Peter the Great, the National Museum, and he also told us about the bridges that we passed under, the Red Bridge, the Green Bridge and a couple of others—it was all very interesting.

That night, our friends Dennis and Judy and Peggy and I had our last dinner onboard the *Helgi*. We later attended a Cossack Folk Song and Dance event in a very large tent on the pier. We departed the *Helgi* on Oct. 19 at 3 am for the St. Petersburg Airport for our flights back home — a marvelous trip.

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chicken cacciatore

resident recipe

Recipe courtesy of Giada De Laurentiis

INGREDIENTS

- 4 chicken thighs
- 2 chicken breasts with skin and backbone, halved crosswise
- 2 tsp salt, plus more to taste
- 1 teaspoon freshly ground black pepper, plus more to taste
- 1/2 cup all-purpose flour (for dredging)
- 3 tablespoons olive oil
- 1 large red bell pepper, chopped
- 1 onion, chopped
- 3 garlic cloves finely chopped
- 3/4 cup dry white wine
- 1 (28-ounce) can diced tomatoes with juice
- 3/4 cup reduced-sodium chicken broth
- 3 tablespoons drained capers
- 1 1/2 teaspoons dried oregano leaves
- 1/4 cup coarsely chopped fresh basil leaves



Total time: 55 minutes

Prep: 15 minutes

Cook: 40 minutes

Yield: 4 servings

Directions

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly.

In a large heavy saute pan, heat the oil over a medium-high flame. Add the chicken pieces to the pan and saute just until brown, about 5 minutes per side. If all the chicken does not fit in the pan, saute it in 2 batches. Transfer the chicken to a plate and set aside. Add the bell pepper, onion, and garlic to the same pan and saute over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the wine and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers, and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes for the breast pieces, and 20 minutes for the thighs. Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce. Spoon the sauce over the chicken, then sprinkle with the basil and serve.

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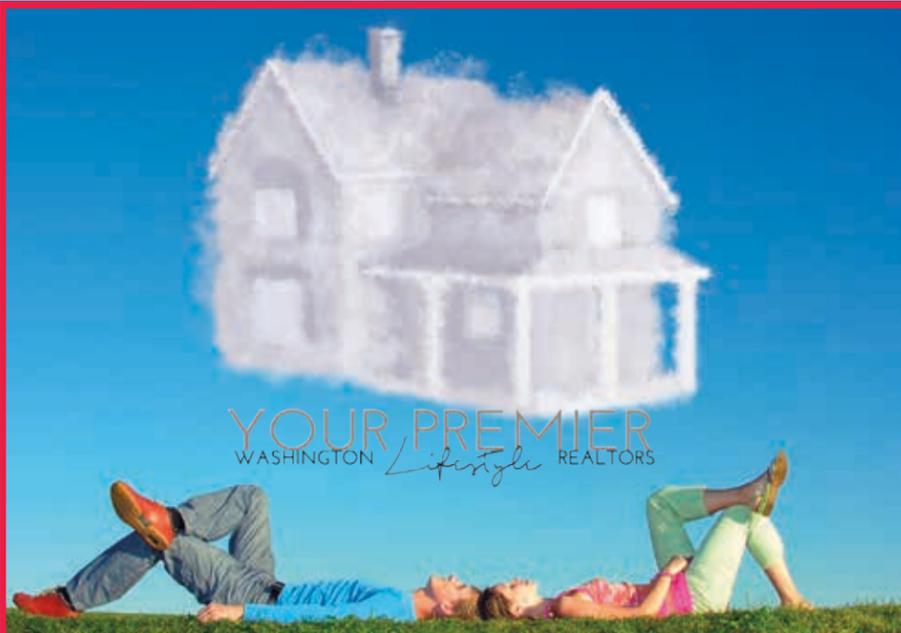
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kids 2 kids

Written by **Ben Applebee**, a 14 year old resident on Rutherford Circle, freshman at South Kitsap High School, and awesome musician

interview with **EMORY LONG**

- age: 4
- favorite TV show: *Barbie*
- favorite thing about school: Playing with all the toys
- if she could change her name: It would be Cupcakes
- favorite color: Pink and Purple
- favorite toy: Barbie
- what she wants to be when she grows up: An adult elephant rider
- favorite movie: *Frozen*
- food she likes: Berries
- favorite animal: Monkeys
- favorite season: Fall because leaves change
- her best friend: Is me "Benny"
- favorite sport: Dancing and singing
- favorite thing this year: Valentine's party

For April, I had wanted to get little Emmy's thoughts about the Easter Bunny. I had asked her how old she thought the Easter Bunny was and she said, "3 years old!" She then went on and told me a story about the Easter Bunny she experienced, she told me about how last year the Easter Bunny had given her a gift while she was asleep. I then asked her if she was hoping for a special gift this year and she replied, "I hope he brings me toy horsies!" For the last question, I asked her what she thought the Easter Bunny looked like. She told me that he was one foot tall, came in through the front door and lays all of the eggs because that's where the candy is.



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family spotlight

John & Peggy MOORE

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John and Peggy Moore have led interesting lives. They met in San Francisco, the “City by the Bay,” and have been married 52 years. They have raised four children (Joe, Sean, Sara, and Ellen) and have eight grandchildren, have lived in five states (but visited all 50) and three countries (and visited 32!), and now, post-retirement, have a life full of travel and culture, family, and volunteer activities.

John is originally from the town of Catskill in upstate New York. He graduated from Siena College in 1961 and has a master’s degree from the University of Arkansas. He retired a Navy Captain after 28 and half years, and his career took him and his family to Japan, Turkey, Spain, and Okinawa, in addition to five stateside tours. He has studied a number of languages, among them Latin, Greek, Italian, Russian, Spanish, and Turkish. His specialty was cryptology.

Of particular note, Captain Moore served onboard the carrier *USS Ranger* for almost three years and participated in Special Operations onboard three nuclear submarines. He was the commanding officer of the Naval Security Group Activity in Okinawa, and his last assignment was Chief of Staff at the Defense Language Institute in Monterey, CA. During his career, Captain Moore was awarded the Meritorious Service Medal six times, the Joint Service Commendation Medal, and the Navy Achievement Medal with Gold Star, among others.



Peggy, originally from Towanda, PA, is a registered nurse who graduated from the Mount Sinai Hospital School of Nursing in New York City. She retired in 2009 after a 47-year career in nursing, having worked the last 17 years at Harrison Hospital on the oncology floor and at the radiation clinic. Peggy volunteered with the Red Cross to teach CPR to servicemen, served with the Navy Relief Society, and worked for years with the Naval Officers’ Wives’ clubs. She also served as the school nurse at the Bob Hope Elementary School in Okinawa—the only nurse for 1,000 children in grades kindergarten through third.

John’s career gave the Moores many opportunities to travel, and Peggy told me that they loved “seeing new places, having new experiences, eating different food. Learning about people in different cultures.” They continued their travels after John’s retirement, visiting the Caribbean, Eastern Europe, Italy and Spain, Sweden, Norway and Denmark, Alaska, and Russia. They have had many wonderful experiences. To list just a few, they saw the Whirling Dervishes in Konya, Turkey; swam with their children in the Black and Mediterranean Seas; went to Semana Santa (Holy Week) processions in Spain; saw sumo wrestling in Japan; drank wine on the Avenue des Champs-Élysées in France; rode camels in Morocco, and enjoyed a riverboat tour in Thailand.

Two of John’s favorite memories were shaking hands with presidential candidate John F. Kennedy in Schenectady, NY, in 1960, and attending Track and Field events at the 1964 Summer Olympics with a shipmate from Arizona, where he witnessed First ...

•••

Lieutenant Billy Mills, USMC, come from behind to beat favored Ron Clarke of Australia and Gerry Lindgren of Washington—"One incredible Olympic gold medal win."

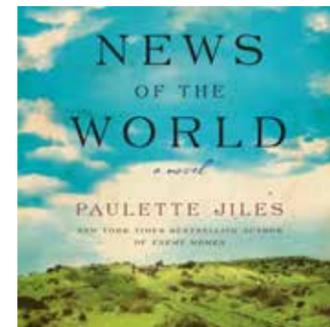
One of Peggy's favorite memories is completing the Danskin, a mini-triathlon, with her daughter Sara; it involved swimming half a mile, bicycling for 12 miles, and running/jogging for another three miles after that. Part of the training for the Danskin with the Kitsap Tri Babes involved "the brick," which Peggy explained—with a smile—was named "because you go from the bicycle to the run, and when you get off the bicycle, your legs feel like bricks." Peggy likes to keep active; some of her other achievements include walking the Dungeness Spit and participating in our neighborhood 5K (the Turkey Trot), as well as other 5K events in the local Seattle area. She walked the new Tacoma Narrows Bridge in 2007 and most recently walked the new Route 99 tunnel in downtown Seattle.

Peggy and John have been very involved in volunteer work and in local community life. Peggy has volunteered for years at the Sunnyslope Elementary School and is a member of the McCormick



Woods Ladies' Book Club, and, more recently, the Dunraven Bunco group. John served on the Design Review and Common Areas Committees, as well as volunteering for 15 years with St. Gabriel's Blood Drives.

In 1992, they moved to McCormick Woods; they lived in their home on Killeen Place for 26 years. They recently moved to Dunraven and like it there a lot! John and Peggy agree that the best retirement decision they made was making their home in beautiful McCormick Woods.



book review

By Paulette Jiles

NEWS OF THE WORLD

Civil War Veteran Captain Jefferson Kydd has lived through three wars. He's fought in two of them, raised two daughters, lost his beloved wife, and now makes his solitary living riding around central Texas reading newspapers from faraway places to ranchers and small-town settlers hungry for news of the world. For this service, his audiences pay him with dimes dropped into a paint can at the door of whatever space he has rented for the evening's entertainment. At 72, he is content with his itinerant life but hopes to help his daughters, son-in-law and two grandsons move from war-ravaged Virginia to a better life in Texas.

One evening, a friend of his who drives a freight wagon from town to town shows him a bit of cargo that he can't deliver – a 10-year-old girl! She was rescued by the Army from the Kiowa Indians and given to the freighter, along with a \$50 gold piece, to be returned to her relatives near San Antonio, 400 miles to the south. The freighter offers the Captain the \$50 and begs him to deliver the girl. It's an offer he really wants to refuse, but can't. So he uses the money to buy a wagon, hitches up his pack horse, ties his saddle horse to the back end, puts the girl (Johanna) in the wagon bed, and the two of them start off on what turns out to be a profoundly life-changing adventure for both of them.

Johanna is a badly damaged child. She was taken by the Kiowa at the age of 6 from the scene of their brutal massacre of her family. She has forgotten everything about her earliest life, only remembering her happy life with the tribe and the love of her Indian "mother." When the Captain enlists the help of some ladies of his acquaintance to clean her up, she is terrified and deeply resentful. She hates her strange new clothes and refuses to wear the shoes, though she doesn't get rid of the corset (!) they laced on her. She hates everything she sees and experiences in this strange new situation. But she is bright, and the Captain is patient and protective, so in spite of herself, she begins to trust him just a little, accepting his English vocabulary lessons and slowly beginning to feel like not a captive but a partner.

This is not a very long book, and it sounds a lot like some of the Western movies you've seen. But it's much more complex and engrossing than you might expect. The author's familiarity with the Texas plains is clear. The research is thorough, in terms of both frontier life and the effects on children taken from their homes and people. The characters are brilliantly drawn – not just the Captain and Johanna, but the people, both good and bad, who appear only briefly in their story. You can feel the weariness, the

loneliness, but also the peace that mark the Captain's life. You can empathize with this little girl who has twice been ripped from everything she knows and loves and is now neither white nor Indian, and you feel glad when you see that she is beginning to trust again – just a little. That trust is tested when they reach the end of their journey, and the Captain has to search his heart to make a profoundly important choice.

I probably wouldn't have read this book on my own, but it was assigned by my book club, so okay, what the heck. Now I can promise you I'll be reading other books by Ms. Jiles. And this book will stay with me for a long time. In fact, I'll be waiting for someone to make a movie about it. To me, it almost demands to be a movie. And if, like me, you sometimes put familiar faces on characters in the books you read, I'd be interested to know who you see in the part of Captain Kydd. One face came to me immediately and he's perfect. Not tellin'. You decide.

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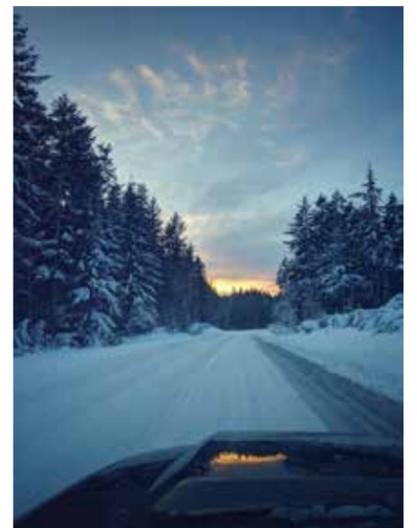


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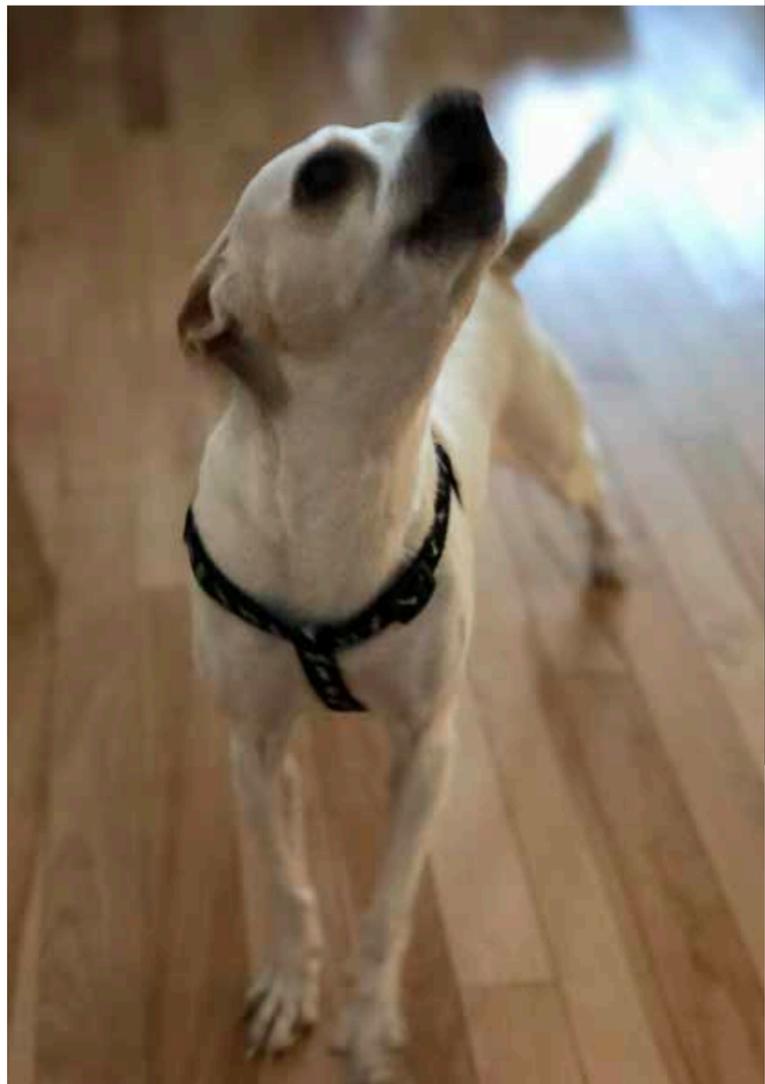
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Riley

precious pets

Riley is the newest member of the Bradsher family on Rutherford Circle. Riley was surrendered by her original family in California when they had to move. As fate would have it, the Bradsher's were searching for a new pup after their beloved family dog passed away at fourteen. A dear friend connected the family with an organization that rescues dogs in high kill areas and finds them homes in other states. Some might not know California has a high kill rate in animal shelters. After seeing Riley's profile online and a conversation with her foster mom, the Bradsher's knew she was destined to be their next family member. At the

ripe old age of two, Riley is settling into her new forever home in McCormick Woods. She loves to snuggle her people and dance for treats. Her fur brother, Trigger the cat, is not too fond of her arrival. However, she is determined to make him love her. While their relationship is still new and they are still getting to know one another, Riley and the Bradsher's have both found exactly what they needed.

tour & travel

By Elizabeth McCabe, N2 Staff Writer

Make *MAGICAL MEMORIES* With A *Disney Vacation*



Planning a summer vacation? Make your children's dreams come true with a Disney vacation. Here are a few tips to make your Disney trip magical.

Stay at a Disney Resort

To make the most of your Disney vacation, stay at a Disney resort. See characters in costume, sit back and relax with complimentary transportation, and even get extra hours at the park. Be sure to book FastPasses to bypass lines. Access to select attractions and shows can be arranged up to 60 days before arrival.

Make the Most of Mealtime

When it comes to memorable meals, Disney has you covered. Start with breakfast at Chef Mickey's, which has many options to please your palate. Indulge in waffles shaped like Mickey Mouse, Mickey's breakfast pizza, croissants, Italian sausage, creamy breakfast potatoes, bacon, tasty treats, and so much more. Little ones will love meeting Goofy, Mickey, Donald, and Pluto while dining. Don't miss the "Hidden Mickeys" hidden throughout the restaurant, either. Or dine at Coral Reef Restaurant. Children will love watching rays, turtles, fish, and other sea creatures in the floor-to-ceiling windows.

Dine With a Disney Imagineer or Animal Specialist

One of the lesser-known secrets is the opportunity to dine with a Disney Imagineer or Animal Specialist. Enjoy a four-course meal

at The Hollywood Brown Derby or Citricos with a Disney Imagineer. Learn how they make the Disney magic happen by chatting about their job over dinner. Or chat with an Animal Specialist at Sanaa at Animal Kingdom Lodge.

Take a Nighttime Safari

Embark on a nighttime safari in an open-sided safari vehicle at the Animal Kingdom Lodge. Enjoy a tour of the savannah with night goggles to see zebras, gazelles, antelopes, ostriches, giraffes, and more.

Enjoy a Horse-Drawn Carriage Ride

Take a horse-drawn carriage ride at Disney's Port Orleans Resort area or the Fort Wilderness Resort. Carriage rides can be booked 180 days in advance. In December, check out the "sleigh" rides with lit sleighs and garland.

Don't Miss the "Happily Ever After" Show

At the end of your day, don't say goodnight without seeing the "Happily Ever After" show at Magic Kingdom. Watch fireworks light up the sky, see the castle change colors, and listen to Disney music. This firework and light projection show, which debuted in 2017, has sparked smiles for children and adults of all ages.

Life is too short to go on a boring vacation. Disney has so much to offer to create magical memories to cherish for years to come.



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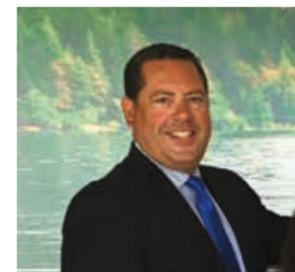


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