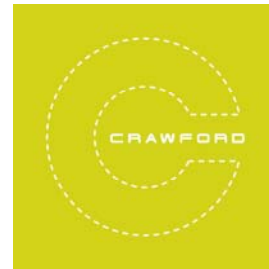


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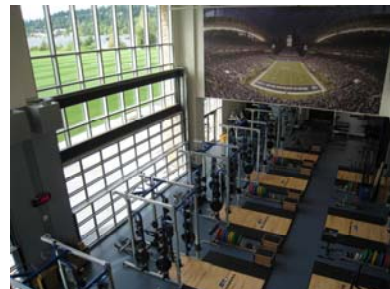


Virginia Mason Athletic Center Opens

The new practice facility for the Seattle Seahawks, the Virginia Mason Athletic Center (VMAC), just opened on the shore of Lake Washington in Renton, Washington. We keep getting asked the same question: “Who is Virginia Mason, and why is the building named after her?” Actually, the building is named after the Virginia Mason Medical Center, a long-time partner of the Seahawks. The facility incorporates a regional flair including gracious overhangs, natural lighting, use of regional materials such as quarried stone, and a local landscape design strategy that restores the Lake Washington shoreline to its native habitat. By the way, Virginia Mason Medical Center is named after the daughters of two of the founders of the hospital. Click [here](#) for more pictures.



The new facility features offices, training and practice facilities.



The 6,000 square foot weight room opens directly to the practice fields.

Our Very Own Movie Star

Jaime Sanders, our Graphic Designer, does a little acting on the side. Most recently she was in “New Orleans Mon Amour,” which was showcased at the Southwest Film Festival in Austin, Texas. Also in the film were Elisabeth Moss (she played the President’s daughter in West Wing and now plays Peggy in Mad Men) and Christopher Eccleston (yes, Dr. Who himself). Set in post-Katrina New Orleans, the film is about a surgeon trying to get his life back on track. Things go well until he runs into an old flame. Uh oh. Click [here](#) to view the trailer and find out where the film will be showing. We suggest you ask for Jaime’s autograph before she wins an Oscar.



Jaime Sanders will be headed to New Orleans soon to view a screening of New Orleans Mon Amour.