



The Highland Times

Winter 2024

A message from Highland Center:

By: Kim Indurkar

Hello Everyone!

When I read each edition of the Highland Times, I am always impressed by the thoughtful content that has been included. My hope is that others who do not have disabilities will see the amazing work as well. I am excited that the team is starting to use this platform to break down stereotypes. As we all know learning differently doesn't mean less than, it just means different.

I took a trip to Selah last week. Everette my new grandson is now sitting up on his own, and Harper his sister is learning ASL.

I am really looking forward to the next dance. I have not decided what decade I will represent so when you see me next time, I would love your thoughts.

I am incredibly honored to be a part of the Highland Center staff and know that I am very fortunate to know all of you.

Thank you

In this issue:

- Dates to remember
- Spotlight on
- Pumpkin Bash
- Riddle Me This
- Being Me
- Game
- Workzone
- BINGO
- Volunteering at YMCA
- Craft
- Movie Review
- Elf on the Shelf Escapades
- Bridge Ministries
- Word Search
- Poem Corner
- Wheelchair Charging Stations
- Book Review
- Zoolights
- Recipe
- Team question
- Answer Key

Dates to remember:

JANUARY

- 1st: New Year's Day
- 15th: Martin Luther King Jr Day
(Highland Center CLOSED)

FEBRUARY

- 2nd: Ground Hog Day
- 10th: Lunar New Year
- 14th: Valentines Day
- 14th: Ash Wednesday
- 19th: Presidents Day
(Highland Center CLOSED)
- 29th: Leap Year!

MARCH

- 10th: Daylight Savings Time
- 10th: Ramadan begins
- 17th: St. Patrick's Day
- 19th: First Day of Spring
- 24th: Palm Sunday
- 31st: Easter Sunday

Can you spot?

Jenn loves gnomes (Seriously, it might be a problem) She has put a gnome throughout the newsletter.



How many can you find?
(Answer on last page)

Highland Dates

Feb 23rd: Decades Dance

March 4th: Spring
Registration Opens
(Bellevue Residents)

March 11th: Spring
Registration Opens
(everyone)

Spotlight on: Artistic Inspirations

We are very excited to have Artistic Inspirations back! This hybrid class has participants engage in hands-on art experiences in person, assisted by two Highland Staff members, while receiving expert guidance by our art instructor online. This unique blend allows for personalized exploration of various art skills, ensuring an enriching experience that caters to the participant's interests.



Pumpkin Bash Bash Bash Away All

By Kevin Wu

On Saturday October 28th, I went to the zoo with my mom to experience an event at the zoo called Pumpkin Bash. The event was Pumpkin Bash, because a lot of the zoo animals would bash their pumpkins up.



When we got to the zoo, we learned that there were a lot of animals in the zoo receiving pumpkins like the hippos, the grizzly and sloth bears, the tigers and the rhinos to name a few.

When we reached the hippos and their pumpkins, we saw their pumpkins chewed up and eaten by the hippos, because the hippos loved their pumpkins a lot. The hippos had a good time eating their delicious pumpkins up.

Then, we went and saw Indian rhinos Taj and Glenn with their pumpkins. They were playing around with their pumpkins using them as soccer balls.

Then, we went and saw the grizzly bears with their pumpkins. The grizzly bears, Fern and Juniper, were playing around by throwing them around in the air and catching them with their giant paws. Then, they ate their pumpkins up.



The sloth bears had already eaten their pumpkins when I saw them. They were sniffing the remains of their pumpkins while grooming themselves.

The tigers were playing with their pumpkins and rolling them around on the ground.

Riddle Me This

By: Tony Intonti

1. What kind of animal would be best for a lumberjack?
2. What “bear” is very sweet?
3. I’m a slang term for cash or a flavor of cheese. What am I?
4. What kind of “suit” would a kangaroo, a grasshopper, or a rabbit wear?
5. What “eye” solves mysteries?



(Answers on last page)



Moose

Submitted by: Travis Modery
Meet Moose. He is now 21 years old. He is a friendly cat. He always wants treats. He is a rescued cat. We got him from the Humane Society when he was 2 years old.

Being Me

By Anna Angrisano

Hi, I'm Anna, I was born in Salem, Oregon in 1981. I'm the youngest of 3 girls. I was born with two disabilities, the first one is called Cerebral Palsy, and the second one is known as Developmental Delay. I also have a seizure disorder that I take meds for which makes my body shake and tense up. Some of the pros to having a disability is that I see the world in a different way. But also, my tremors make moving and functioning a challenge especially when my body is extra shaky.

I didn't realize I had special needs until I was in the 7th grade, up until then I just thought I learned slower. In the 7th grade I realized my two disabilities had a name and what they were. Growing up my parents treated me the same way as my sisters. My momma always says "I don't see you as a special needs person I just see you for who you are." I've always been blessed to have a sister who loves me as if I was one of her own kids. My parents have always loved me no matter what happens.

Sometimes, I have a hard time relaying an event from the day, especially when I'm tired, so it came across as me lying but I'm not. Also, sometimes my speech can sound like mumbling but it's not because sometimes I know what I want to say but the words don't always come together right when I speak, so it can sometimes offend people. Which makes me frustrated and mad, especially when people don't try hard enough to understand what I'm saying!

I have two of the most amazing supervisors in the world, I've worked at the Lake Hills library for the last 18 years and whenever I need a new accommodation, they are both awesome at helping me find a solution that supports the way I work and they both have helped me grow leaps and bounds in the last 2 ½ years. One of my supervisors has been with me

continued

since 2015 and pretty much knows me like the back of her hand. The other supervisor started out as a LTA (library technician assistant) and was that for 9 ½ years in that role when she started working with me, on and off as she worked in different libraries in Bellevue then 2 ½ years later became my supervisor. If I didn't have the support of those two on a regular basis, I don't think I would have grown as much as I did in the last almost 3 years.

I also have a job coach who I madly love who comes in every week and we chat about how my work week went. And how we can help me work in the most efficient way.

She also helps me strategize and currently we are working on ways for me to be able to handle the noisy teens that get especially hard to handle on Wednesdays. Bellevue School District gets out early on Wednesdays so around my work, I call Wednesday "Wacky Wednesday" because something wacky always happens on that day. Plus, that is the day my job coach comes to see me. I would highly recommend getting a job coach if a person doesn't have one and has a job where they could use extra support.

One thing that helps me make sense of my world is horses, I've been in love with horses since I was 10 years old. My life can be very challenging, but horses don't judge me no matter what is going on with me that day. The world of special needs can feel so lonely and isolated, so I feel like the more awareness we can bring into the world of special needs the better. I hope my article can help someone not feel so lonely and shows them they aren't alone. Remember, we all deserve to be loved for who we are regardless of what disabilities we may have.





If you were a vintage toy, what would you be?

By Tony Intonti

Take the month you were born:

January: Jade



July: Purple



February: Red



August: White

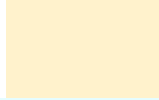
March: Magenta



September: Silver



April: Apricot



October: Orange



May: Yellow



November: Brown



June: Blue



December: Black



And add the first letter of your name:

A-B: Jacks

M-N: Jump Rope

C-D: Frisbee

O-P: Skateboard

E-F: Marionette

Q-R: Yo-Yo

G-H: Bubble

S-T: Building Blocks

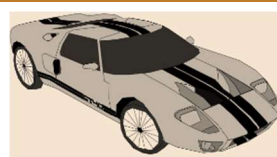
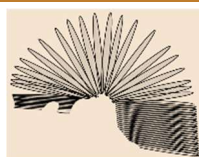
I-J: Marbles

U-V: Balloon

K-L: Action Figure

W-X: Hot Wheel

Y-Z: Slinky



Workzone

By Nikki Fox

I'm very happy to be in the Work Zone column in this issue!!! I'm going to talk about my last job. In 2020, they closed the lobby at McDonald's in Eastgate Bellevue, it just got remodeled. It was so much smaller!! It had no Playland. The storeroom and the break room were on one floor. I have been thinking about a change of pace for some time, so I decided to quit, after 30 years!!

I'm so proud of myself for staying so long!! It was the longest I stayed at any job!! I was the longest-standing employee there. I was a lobby person there. I cleaned the lobby and helped the customers. I got compliments for good service. I would miss my fellow co-workers on this new journey. I looked forward to visiting and talking with them again!!

I always wanted to try working in retail. So, I applied at several stores. I finally got the job at Target in Issaquah. I was so excited to start my new job!

I work in General Merchandising. I do what they call ReShop. That is placing the return products back on the shelves.

After I found out I got the job, I had to attend orientation. At orientation, a team leader talks about Target. They also talked about working conditions. They talked about the store, too. Next, I went to paid training on the computer. I worked for about a few more days training on the computer.



continued

Then, I got trained with a trainer on the sales floor. First, the trainer told me how to sign into the device. He also said how to use the device to locate which section of the store a product is on. So, I had to do it myself, to see what I learned. I did get to ask the trainer any questions I might have.

I worked with another trainer the next day. I asked her any questions I had about the job. The next day, I was on my own. Everyone at this job is very helpful and supportive.

I still must do some computer training from time to time. I continue to ask questions to team leaders and other employees if I have any. I have done some cleaning at this job too, like at the last job.

I love everyone I work with!! Everyone is so helpful, supportive, friendly, and outgoing too! This job has made me want to go to work!!



Meela

Submitted by: Chris Witzman

This is Meela. She is two years old.
Her favorite activity is running
around the kitchen.



Pixie

Submitted by: Megan Williams

This is my brother's dog Pixie, she is
a two year old chihuahua. She is a
rescue. I love cuddling with her.

WINTER

B

I

N

G

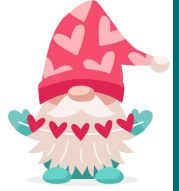
O

Dance to your favorite music for 10 minutes	Play balloon volleyball	Practice mindfulness	Do chair exercises for 5 minutes	Eat a serving of vegetables with dinner
Clean your room, vacuum, or dust	Instead of salt, try a new herb or spice	Have a dance party	Drink water at every meal and with snacks	Make a healthy homemade snack to share
Try a new healthy recipe	Have fruit for desert	Free!	Exercise in place during commercial breaks	Carry a reusable water bottle and take sips throughout the day
Stream a fitness video	Do an exercise around the neighborhood	Try yoga	Go on a winter nature hike	Eat some protein after working out
Journal what you eat and drink today	Choose water as your only beverage choice for the day	Stretch for 5 minutes before bedtime	Eat breakfast today	Have a healthy snack after exercise

Get a BINGO and earn a certificate!!

Let us know that you got a BINGO!

- In Person (Let Jenn know!)
- HCC@BellevueWA.Gov



Pictures are awesome but not required!

Your name will be featured in the next Highland Times as a winner!



Sid

Submitted by: Kevin Wu

She was a gorgeous little girl. She was so happy and good looking. She ate lots of greens for breakfast, lunch and dinner. She had thirteen eggs that she laid at one point, sadly they did not hatch into baby iguanas. In the end, when she left for her trip, I missed her a lot.



Monty, Emily, & Rufus

Submitted by: Kevin Wu

Meet Monty, he is the golden one and is 5 years old. Emily is the white one in the middle, and she is four years old. The one at the end is my dog Rufus and he is 5 years old.

Volunteering at YMCA: Building Connections and Personal Growth

By: Tara O'Rourke

I first started volunteering at the YMCA in 2011 and then took a bit of a break and went back to volunteering back in 2013 to 2019 right before the pandemic.

The name of the place is Bellevue Family YMCA. The mission statement is: Building a community where all people, especially the young, are encouraged to develop their fullest potential in spirit, mind, and body.

As a volunteer my tasks/ responsibilities were folding the clean towels, collecting the dirty towels from the work out rooms/women's locker room and starting the laundry, and cleaning the tables in the lobby. I also got to scan a few of the membership cards, checking them in so they could go work out.

I chose to volunteer here because I enjoyed working out at the YMCA and I enjoy the YMCA staff. They are all very friendly and amazing, I wanted to fill my time, and create new friendships.

Some memorable moments would have to be the YMCA/membership/front desk staff joking around with me. It makes volunteering much more fun when they joke around with me. My nickname from the YMCA staff has become



continued

Trouble, I enjoy lighthearted messing/ joking around with them. Volunteering at the YMCA taught me to use my voice. Yes, there are times that I can be shy, but the YMCA has helped me not to be so shy at times, and I created new friendships.

I enjoy seeing the staff and other people who go to work out at the YMCA. I have developed a lasting relationship with my personal trainer who I still see and talk to even though she doesn't work there anymore. She is a good friend who I can call on for support if I need to.

I highly encourage everyone to find a place they enjoy going to a lot or spend a lot of time at in the community and see if they can volunteer at their favorite place that they go to the most in the community.

**Bellevue Family YMCA Staff/
Membership team/ Volunteers are
Super Amazing!!**



Paper Heart Wreath

Supplies

- Scissors
- Glue/Tape/Stapler

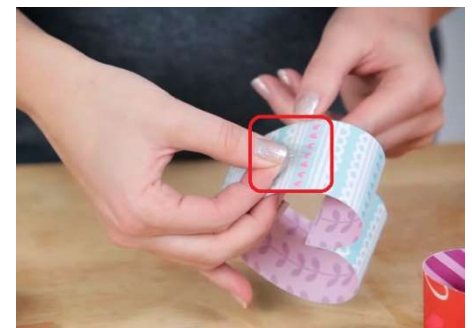
Directions:

1. Cut Out Strips (8 of them)
2. Fold Strips in Half
3. Fold Strips to make heart shape
4. Glue Ends Together
5. Continue doing this with all your strips, you will have a total of 8 hearts

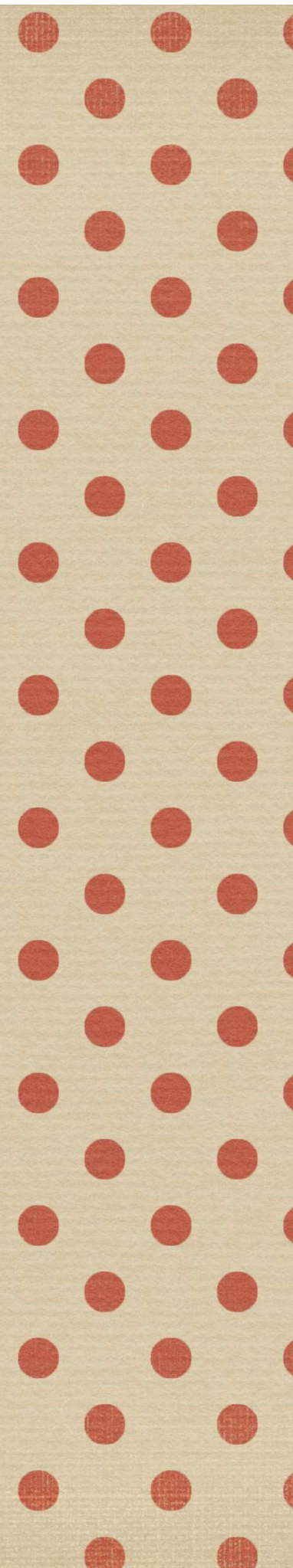
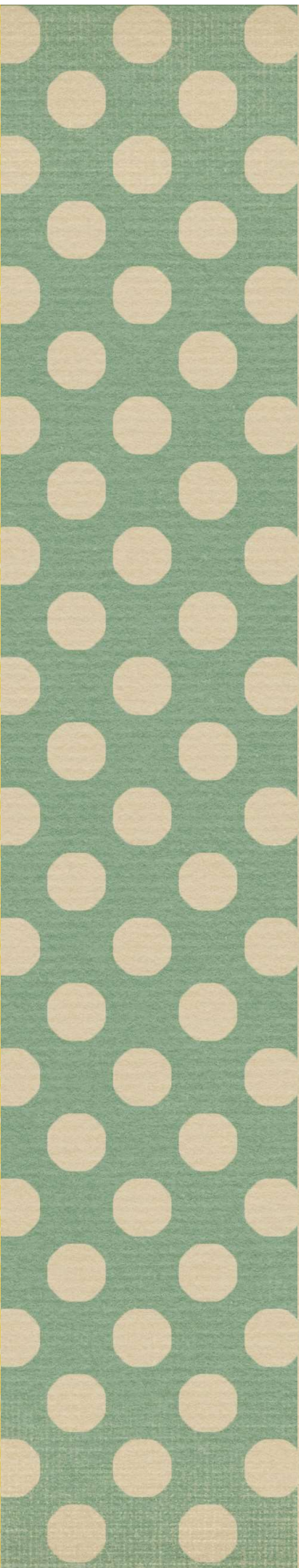
Its now time to put the wreath together

6. Put glue on the outside of the heart
7. Put up another heart and line it up, and press the sides together.
8. Continue gluing hearts together until your wreath is complete.

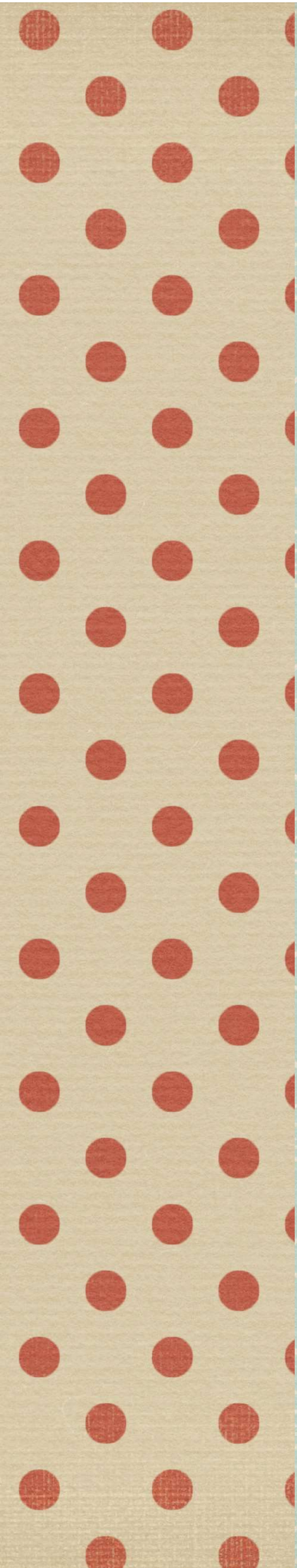
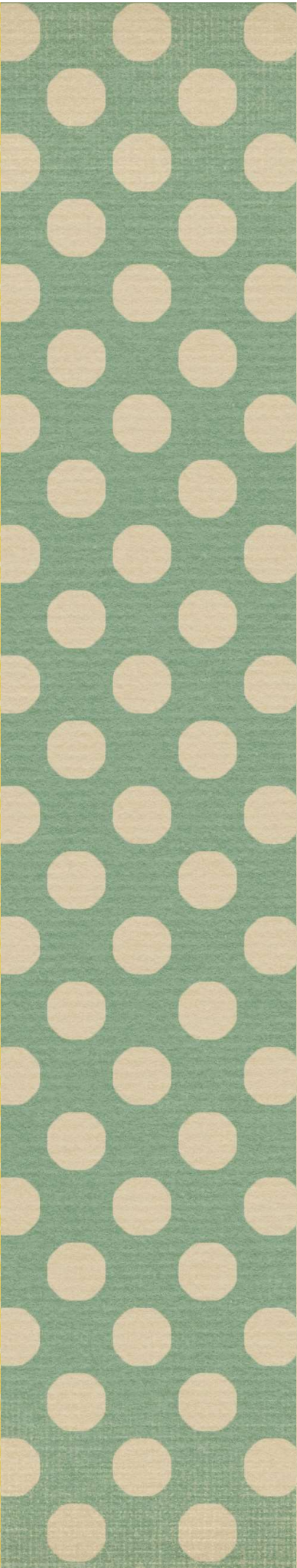
Find a string, or use paper scraps to make a string to hang it up. Happy Valentine's Day!













Kurt

Submitted by: Jess Stephens
(Highland Staff)

Meet Kurt. Not sure how old he is, he's mysterious like that. He LOVES his greens and berries, and skateboards too



Myrtle

Submitted by: Jess Stephens
(Highland Staff)

Meet Myrtle. She is 3 years old.



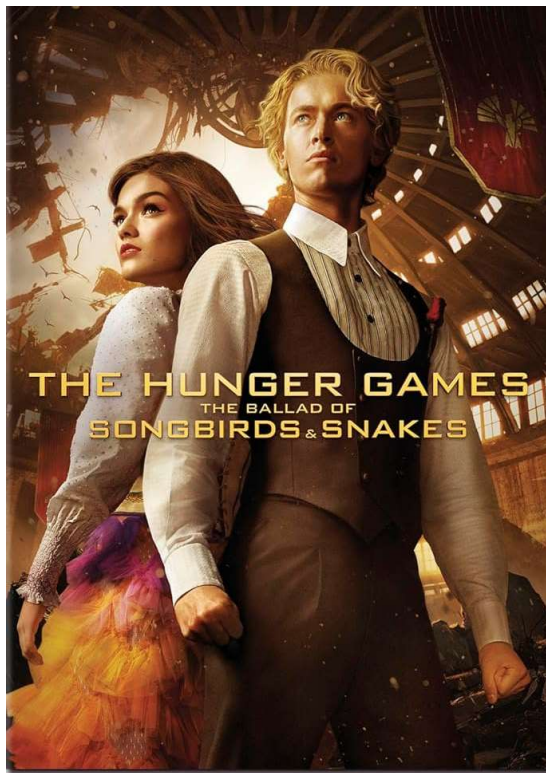
Randy

Submitted by: Jess Stephens
(Highland Staff)

Meet Randy. Randy just turned 1. Randy was featured on our flyer for our Aloha event!

Movie review

By Kevin Wu



On November 18th at 1pm I saw a movie with two of my friends Jamie and Michele. The movie we saw was called, “The Ballard of Songbirds and Snakes”. The movie was very good, and I would recommend that everyone should see the movie. The movie was good, because it was nice to see some familiar faces like the younger Coriolanus Snow and a human looking Tigris. The colors and scenes in the movie were very well portrayed and thought out.

Freddy

Submitted by: Tony Intonti



Freddy is 3 years old. He weighs just over 5 pounds. He loves to go for walks if it's not raining and not too cold. He does have 2 sweaters, a black one and a red one for cold days. His most favorite thing to do is to run from Mom to me, back and forth, when we play catch. And he loves to lay on a soft blanket in front of the fireplace where it's nice and warm. His favorite snacks are: popcorn, apples, and puppy cookies. Freddy hates to have a bath. As soon as he sees his shampoo, he runs and hides in my room. But, we always find him. He also gets his teeth brushed every night.



DANCING THROUGH THE DECADES

Friday, Feb. 23 | 6-8:30 p.m.

Highland Community Center

14224 Bel-Red Rd, Bellevue, WA 98007

Ages: 16 and up | Parents and Caregivers are Free
\$10 Bellevue Resident | \$12 Non-Bellevue Resident

Get ready to boogie through time at our Decades Dance. We will take you on a whirlwind journey from the groovy '70s disco floors, to the neon-soaked '80s, all the way to the sizzling moves of the 2000s. Grab your glitter and leg warmers, because it's a night of non-stop fun where you can dance your way through the ages and groove like there's no tomorrow!

Register at register.bellevuewa.gov Course #3268

For more information: 425-452-7686 and hcc@bellevuewa.gov

Elf on the Shelf Escapades: North Pole Mischief Unleashed!

By: Anna Angrisano

Every Christmas Season my elf Sasha comes to watch over me starting on Dec. 1st and leaves with Santa on Christmas Eve.

The way the Elf on the shelf works is you “adopt” (buy) the elf by giving him or her a name. Then every morning your elf will hide in different areas of your home. But you can’t touch the elf, or they will lose their magic and then they can’t tell Santa how good you’ve been.

I always have fun searching my parents’ house for Sasha, because she always hides in the strangest places. Like one time Sasha hid in my momma’s crock pot and made a bed using kitchen towels. Another time, I found her sitting in a mug in the microwave, she also hid in my momma’s China cabinet, and she hid in my bathroom.

On Christmas eve this year Sasha hid one last time in my room and watched over me to make sure I fell asleep on Christmas Eve. Then in the morning she was gone.

It always makes me sad when Sasha leaves because it’ll be a whole 11 months until she comes back again.



continued

Whenever Sasha is here, I tell her all my secrets and I talk to her. She even leaves me notes saying things like “I’ll miss you” we’ve had our elf for two Christmas seasons and Sasha has become one of my favorite traditions.



Penny

Submitted by: Tara O’Rourke

My sister got Penny during the pandemic they didn’t know her name so they named her Penny. She’s such a sweet soul our entire family loves Penny; she’s attached to my sister and brother-in-law.



Toby

Submitted by: Tara O’Rourke

Toby is a Havanese. He turned 3 on December 20th. Havanese are usually from Cuba. They tend to get chilled if they are wet and don’t have their coat dried. Tends to get hiccups (cute hiccups) Has many nicknames: bubby, Tobias Cluck Cluck (cause he makes chicken sounds when you pick him up), and Tobes. He looks like a stuffed animal teddy bear. I love him very much



Bridging Spirits: 35 Years of Inclusive Ministry and Community Connections

By: Michele Appell

Bridge Ministry has been around since 1987. We have been doing bridge ministry since 2003. We started to go to events at different churches. It is designed for people with Disabilities to make a spiritual connection through different churches and have fun sharing and caring for one another.



We connect one to two times a month. Sometimes we go to church services and/or different events, dances and sing songs, we do a meal and activities when we gather. We celebrate Holidays and birthdays for that month of celebration.



Once a month Jackie puts together a newsletter of what is happening for the month or future months.



Bridge is a lot of fun and we get to see old friends and meet new ones to make a connection and to belong in a wonderful organization.

Bridge also donates used equipment for people who needs them.

Since Covid-19 space is limited we need to contact Jackie Kieszek jackiek@bridgemin.org or (206) 561-4142. If interested in receiving the newsletter contact Jackie to be put on e-mail list.



Furry Farm Friends

Photos submitted by: Rachel Jouper



Chicken



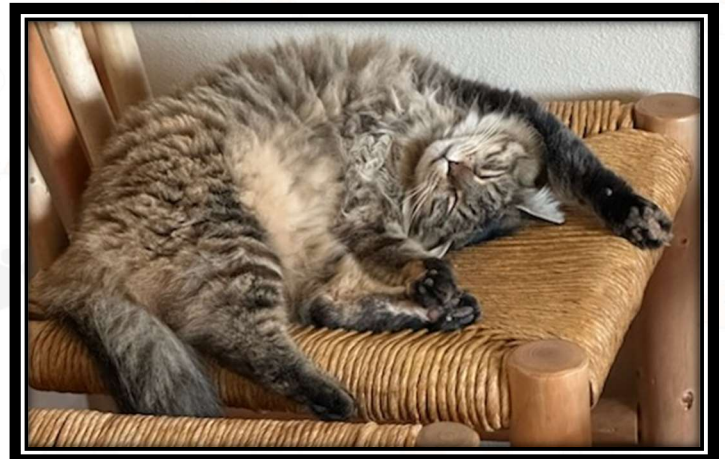
Chicken



Irish



Inis, Dexter,
& Unknown



Helen

These photos were submitted by one of our virtual participants, who lives on eastside of Washington state.

Thank you for sharing Rachel!

C	U	P	I	D	A	D	L	O	C	B	W	C	D
E	G	N	O	M	E	C	G	C	C	L	O	H	T
V	R	N	A	M	W	O	N	S	G	A	R	I	S
E	O	M	R	A	I	N	I	R	H	C	K	N	N
R	U	I	F	S	C	W	I	E	E	K	Z	E	O
G	N	T	S	R	H	L	K	E	A	B	O	S	W
R	D	T	H	A	O	H	S	T	R	E	N	E	F
E	H	E	A	E	C	S	O	N	T	A	E	N	L
E	O	N	M	Y	O	D	T	U	S	U	L	E	A
N	G	S	R	P	L	A	T	L	A	T	D	W	K
R	D	E	O	A	A	L	E	O	E	Y	D	Y	E
C	A	S	C	E	T	E	R	V	C	E	I	E	G
A	Y	Z	K	L	E	Z	E	E	R	F	R	A	G
K	I	E	R	A	M	A	D	A	N	D	O	R	D

- | | | | |
|-----------|----------------|--------------|----------|
| COLD | RIDDLE | HEARTS | GNOME |
| EVERGREEN | RAIN | GROUNDHOGDAY | SNOWMAN |
| LEAPYEAR | FROST | VOLUNTEER | FREEZE |
| SNOWFLAKE | MITTENS | BLACKBEAUTY | WORKZONE |
| RAMADAN | CHINESENEWYEAR | CUPID | SHAMROCK |
| SKIING | CHOCOLATE | | |

Poem Corner

By: Toni Intonti

Fairy Tales

Fairy tales as you can see, are much better than watching TV

Fairy tales are really grand, when you read Peter Pan and Alice
in Wonderland.

Fairy tales are a child's delight, when they read Thumbelina
and Snow White. Fore even a little fella can read Cinderella.

Also while the story teller makes sure that the kids don't talk,
as they quietly pay attention to such stories as The Ugly
Duckling, The Pied Piper, and Jack and the Beanstalk.

And as the children eat their pears, they quietly listen to a
story called Goldilocks and the Three Bears.

For even the young Prince of Wales would enjoy
listening to his favorite fairy tales.



Bellevue installed wheelchair charging stations

Back in 2019 Bellevue installed power wheelchair charging stations in key locations throughout the community. The charging stations are specifically designed to connect to the charging ports on power wheelchairs and mobility scooters, giving users the ability to access nearby power if they are in the city and find their batteries running low. The connections are also intended to serve as a critical power resource during disaster events or widespread power outages.

Blayne Amson is the ADA/Title VI Administrator for the city. As an accessibility advocate and powerchair user, he notes the potential of the charging stations to help power mobility device users in everyday situations. “If a powerchair user in Bellevue needs to work late or wants to have dinner or attend meetings in the evening, this technology gives them the freedom to do that at a moment’s notice and further engage with the community,” said Amson.

Currently, the charging stations are available in City Hall, Crossroads Community Center, Highland Community Center, North Bellevue Community Center, South Bellevue Community Center and the Northwest Arts Center. Many of these locations are close to transit service and are known gathering centers for the community. Since community centers will be natural places for the public to go during an emergency or disaster, locating the charging stations there provides public access for any situation. Community centers are equipped with generators and will be able to provide energy stability even during a power outage.

continued

“The City of Bellevue celebrates and supports the contributions of all residents, so removing barriers to community engagement is an important part of our mission,” said former Mayor John Chelminiak. “Wheelchair charging stations promote community by making it a little easier to spend time out and about in our city and serving as a vital lifeline during power outages.”

The chargers include a 24-volt, 5-amp standard charger for wheelchairs and scooters. Users with specialty chairs should be able to use their own adapter cables to connect their device to the standard charging station cables. In addition, there is a separate USB port so users, and the general public, can charge their phone or tablet at the same time the station is charging a chair or scooter.

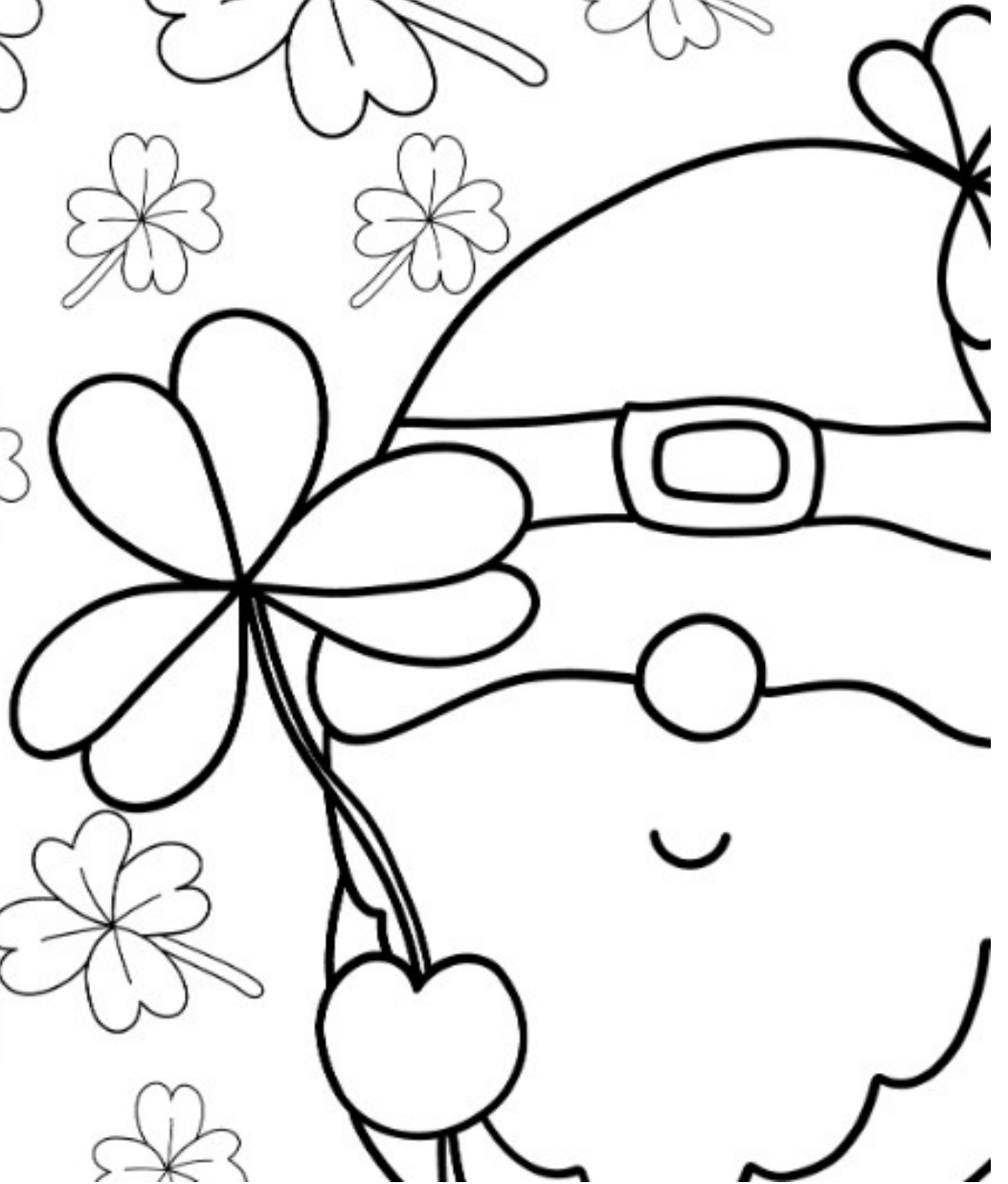
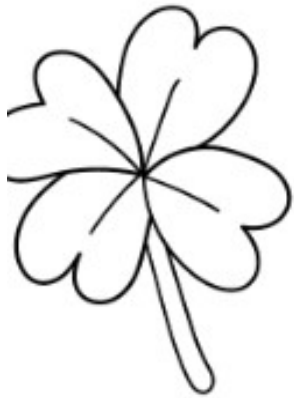
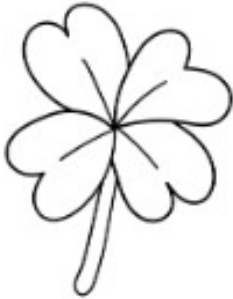
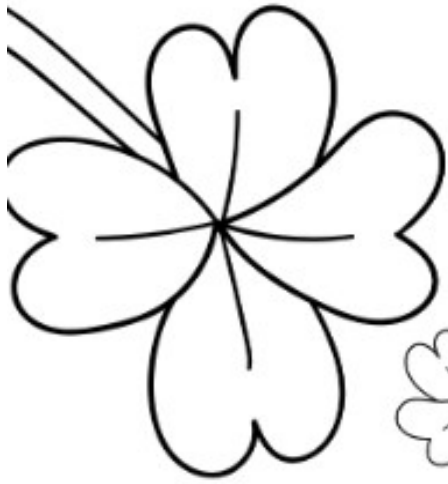
The purchase of the charging stations was made possible in part by a grant for emergency operations, since the charging stations can serve as a critical power source during outages.



Highland’s Wheelchair Charging Station is located in between the gymnasium, and the women’s restroom.



LUCKY & I GNOME IT



Book review

by Anna Angrisano



Black Beauty by Anna Swell

Black Beauty tells the story of a young horse that is a quarter horse that is all black with a white star. Black Beauty tells the story of how a horse can either be treated well or be mistreated, depending on who owns them. It gives the reader insight into how a horse should be treated with love and respect and shows how loyal and kind they are to those who love them and treat them with kindness.

Often, it reminds me to slow down when working Penny my lesson horse and think about how much force I use when asking her to walk on and it also allows me to see the world through her eyes so we can connect better. Horses put up with a lot, so we need to remember to be kind and treat them with respect and love them for who they are. Horses are just like people in the sense that they all have a different personality. Horses can teach us responsibility and loyalty, and they can bring so much joy and love into our lives, if we only treat them right.





Longmier

Submitted by: Anna Angrisano
Meet Longmier. He is 5 years old.



Abby

Submitted by: Anna Angrisano
Meet Abby she my sister's dog,
she is 7 years old



Honzo

Submitted by: Anna Angrisano
Meet Honzo. He is two.



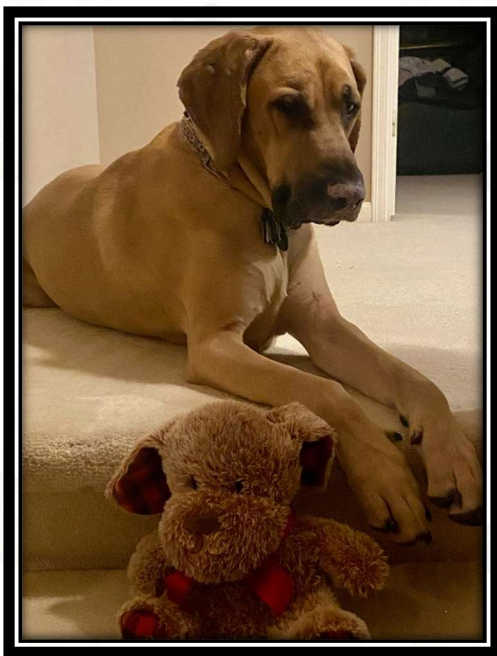
Arthur

Submitted by: Michele Appell
Meet Arthur. He is six years old

Enchanting Nights: Exploring the Magic of Zoo Lights!

By: Kevin Wu

Zoo lights is an event where the zoo is lit up in beautiful Christmas light displays throughout the whole zoo. I went with my mom, my friends Jamie and Michele, and my other friend Jane.



Shango

Submitted by: Nikki Fox

Meet Shango, he is my nephew's dog. He is very playful!! He loves to sit in this certain living room chair!!



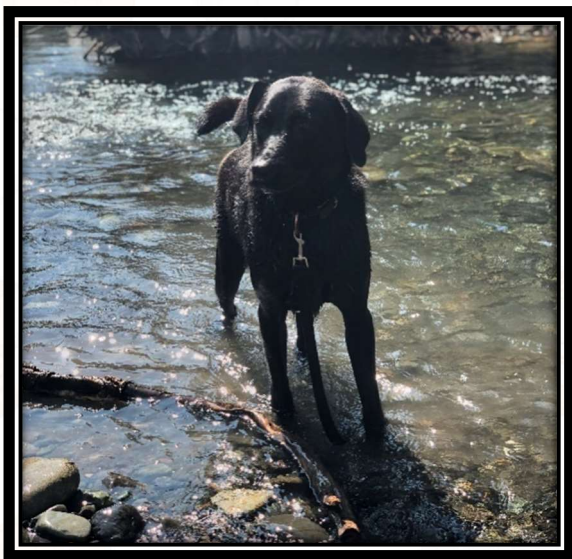
Oliver

Submitted by: Michele Appell
Meet Oliver. He is three years old



Benny

Submitted by: Mark Buick
(Highland Staff)
Meet Benny. He is 13 years old!



Bailey

Submitted by: Jenn Brown
Meet Bailey. She is 4 years old and LOVES water!



Riley

Submitted by: Jenn Brown
Meet Riley. He is one year old and LOVES boxes!

Tuna Casserole

Submitted By: Toni Intonti

Ingredients:

4 cans of tuna
2 cans of cream of mushroom soup
3 cups of milk (skim, 2% or whole)
1 bag of frozen peas
1 pound of elbow macaroni (or any small pasta)
½ loaf of white or wheat bread
2 tablespoons of oil
salt & pepper

Serves 6 to 8



Directions:

1. Set oven to 350 degrees.
2. Prepare macaroni according to package directions and drain well.
3. Mix mushroom soup, milk, frozen peas and drained, cooked macaroni in a 9 x 12 pan or casserole dish. Add the tuna fish and salt and pepper to taste and mix well. (Mixture)
4. Use the bread to make soft breadcrumbs. Add the oil to the breadcrumbs and mix well. The oil will help the breadcrumbs to brown in the oven.
5. Carefully sprinkle the breadcrumbs on top of the “Mixture” (soup, milk, peas, macaroni, and tuna). Try to evenly cover the entire top.
6. Place the casserole on a tinfoil lined cookie sheet to catch any spills that might happen during cooking.
7. Carefully place in the middle of the 350-degree oven and bake for 1 hour or until the casserole is nice and bubbly and the bread crumbs have browned.
8. Be careful taking it out of the oven – it will be hot! Hope you enjoy.

NOTE: If you want to make a smaller amount, you can halve the above recipe.

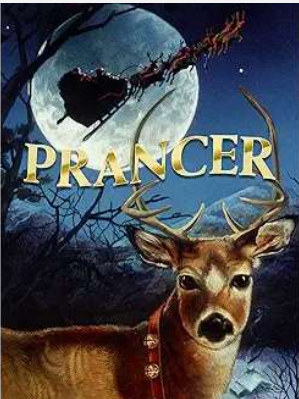
Newsletter Team

What's one movie you have to watch at least once a year?

Anna



I love Rudolph because he discovers that being different is one of the most beautiful things. My momma grew up with the Rudolph movie and so did I so for that reason this movie has always been very special to me. Because it always reminds me that even though I'm different in the way I learn and move. I'm still valued and loved by so many people in my life, and I was created to be the amazing me and that is one of the true meanings of beauty. In the words of Belle, "For beauty is found within."



Michele

Prancer: She believes in Prancer and that he could do it when nobody else could.



Kevin

Prancer 2: Prancer Returns reminds me to hope, pray and believe that anything can happen and that magic does exist in the world all around us.



Nikki

“ A Christmas Story”!! I think is is sooo funny!! I have memorized a lot of different scenes and lines in the movie.



Tara

Definitely Elf: I replay several times a day during the holiday.



Tony

The movie I would choose would be Polar Express for 3 reasons. 1: If you are a Tom Hanks fan and you like trains this animated film is for you. 2: You will enjoy it because it's based on a book with that same title 3: It's a Christmas tale that tells you that believing in yourself (whether it's Christmas or not) is a wonderful journey.

We need you!

- ◆ What did you enjoy about the newsletter?
- ◆ Did you do the craft?
- ◆ Have fun with the wordsearch?
- ◆ We would love to hear about it! Pictures are awesome, but not required.



HCC@bellevuewa.gov
PO Box 90012 | Bellevue, WA 98009

Scholarships Available

Income based scholarships are available for Bellevue & King County residents. For more information call (425) 452-7686



Riddle Me This-Answer Key

1. A Timberwolf
2. A gummy bear
3. Cheddar
4. A jump suit
5. A Private Eye

Can you spot?-Answer Key

Found on pages:

8

Pages: 5, 7, 13, 14, 25, 26, 29, 33,