



The Highland Times

Spring 2025

A message from Highland Center:

As we welcome the season of growth and new beginnings, we're excited to share upcoming events, stories, and activities that bring us together. This spring, we're looking forward to meaningful moments—whether it's sharing a laugh at BINGO, dancing with friends, or enjoying just being together. From game nights and outdoor adventures to personal milestones and artistic showcases, this issue is filled with moments that highlight the heart of Highland. Thank you for being part of our community.

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Dates to remember:

APRIL

- 1st: April Fools Day
- 12th: Passover starts
- 13th: Plant Appreciation Day
- 20th: Easter/Passover ends
- 22nd: Earth Day

MAY

- 4th: Star Wars Day
- 5th: Cinco de Mayo
- 9th: Barn Dance @ HCC
- 12th: Mother's Day
- 26th: Memorial Day-HCC Closed
- 27th: Summer Registration Opens
(Bellevue Residents)

JUNE

- 3rd: Summer Registration Opens
(Everyone)
- 15th: Father's Day
- 19th: Juneteenth-HCC Closed
- 20th: Summer Solstice

Can you spot?

Let's celebrate Earth Day! The symbol below reminds us all to help the planet by reusing, recycling, and reducing waste. By doing these things, we can all make the world a cleaner place.

How many can you find?

(Answer on last page)



May 12th: National Limerick Day

At Highland, the fun never ends,
Where programs and smiles are
the trends.

From crafts to each dance,
There's always a chance
To make memories with your
friends!

Reuse & Reduce

By: Anna Angrisano

Here's a recipe for homemade crayons! Simply break up bits of old crayons, place them into molds of any shape or size, and bake them. You can mix colors for a fun swirl effect or stick to the same colors for a classic look.

Materials

- Crayons
- Silicone mold/muffin tin
- Baking sheet
- Oven mitt
- Oven



Before getting started you will want to preset the oven to 150 degrees.

Method

- Begin by peeling the wrappers off old, broken crayons.
- Place the crayons into a muffin tin or shaped silicone mold.
- You can use one crayon color per slot or many.
- Once ready place the crayon-filled molds onto a baking sheet and then into the preheated oven.
- Heat the crayons at 150 degrees for 15-20 minutes.
- Then, carefully remove the molds from the oven and allow them to cool.
- Once cool pop the crayons from the molds and marvel at the super cool results!

Spotlight on: BINGO

By: Kevin Wu

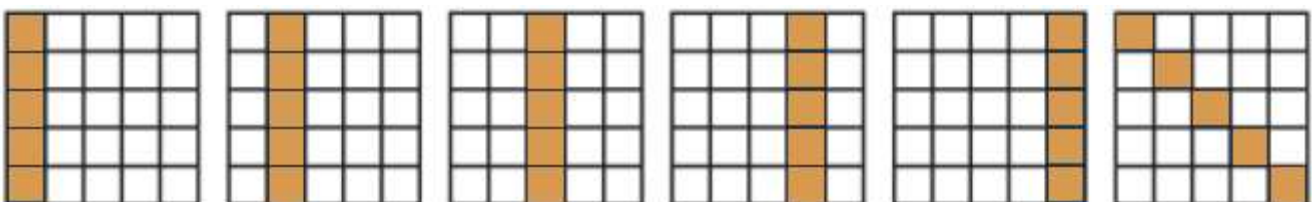
What is BINGO?

BINGO is a fun game that you play with other people. In order to play BINGO, you need a board or a card which consists of 25 random numbered spaces, including a free space. Each person also needs 25 chips. If the number which is called is on your board, then you place a chip on it. Upon **starting** the game, everyone puts a chip in the center of the board, which is called the free space. You also need a BINGO caller who draws or calls out the numbers for everyone. You win BINGO by either getting five chips in a row, five chips across, or five chips diagonally. You can also win with a blackout, which is when all 25 numbered spaces are covered up with BINGO chips on the board. At the end of the night, Jana hands out the prizes to the in-person winners, and preps prizes to get mailed out to the online winners.



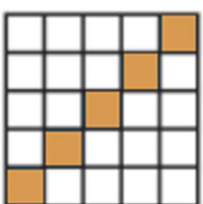
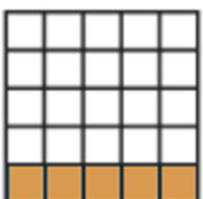
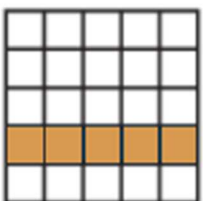
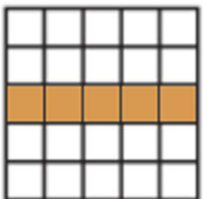
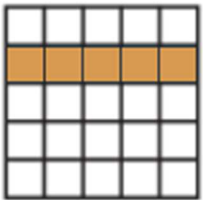
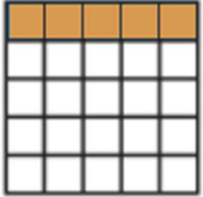
Why BINGO?

What makes BINGO at Highland Community Center fun is laughing with Jana, one of the Highland Community Center's staff and our resident BINGO caller, winning awesome prizes, and playing with your fellow BINGO players is lots of fun.



continued

Can't come in person? That's okay-you can play with us online!




In order to prepare to play BINGO online, one needs to log on and use their BINGO board (that's mailed to them at the start of the quarter). Then Jana will open up the Zoom link and allow everyone online in to play. Every quarter has a new BINGO card design that is seasonally themed. Jana organize's the prizes and sets up her laptop before the games begin. This allows Jana to communicate with online people and in-person participants who are playing the game. Sometimes she keeps the game fun and entertaining by using different voices and saying the numbers in a funny way just to get a laugh out of everyone.

Come and join us!

For all of those who have never participated in BINGO, I highly recommend that you try it out and either join in-person or online BINGO at the Highland Community Center. BINGO takes place in the Multi-Purpose Room from 7-8 p.m.

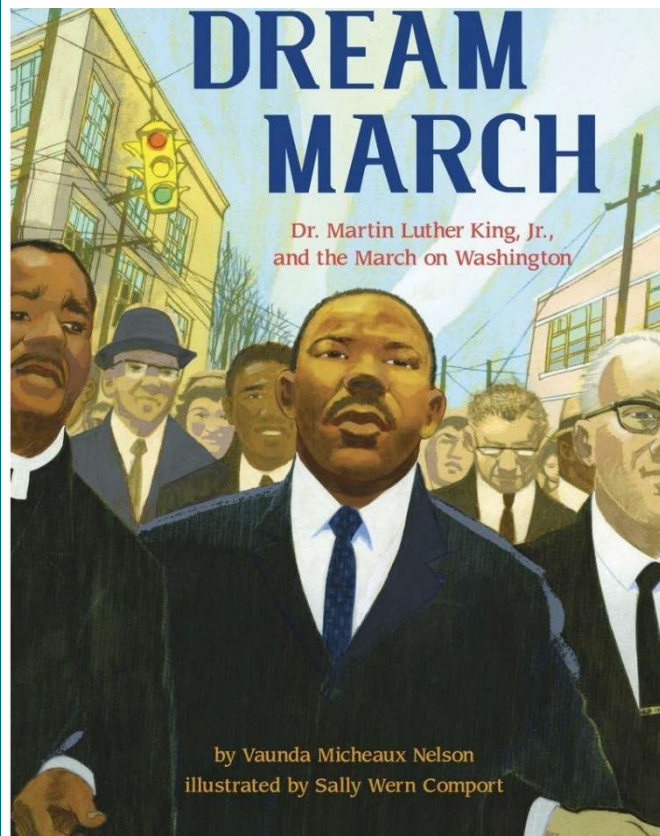
I hope to see you all at BINGO
real soon.

Highland Spring

B	I	N	G	O
4	22	34	53	71
15	27	32	52	70
2	16		46	62
8	20	36	58	69
7	21	41	48	73

Book Review

By: Anna Angrisano



This book talks about the civil movement and the march that MLK Jr. lead to Washington DC. and where he gave his famous “I have a dream” speech. That talks about freedom for all people, and how to this wasn’t just his dream but how it was the dream of the whole country. MLK Jr. speeches inspired a bunch of other people to following in his footsteps and give speeches of their own about freedom, love, equality, and equal pay and fair jobs.

Riddle Me This....

By: Tony Intonti

What piece of furniture does a frog own?

What kind of plate can you not eat from?

What cake is a rabbit’s favorite?



♡ Life is Beautiful ♡



Being Me

By: Tara O'Rourke

When did you first notice your disability? How did you feel about it?

I am on the autism spectrum; I am autistic and have ADHD and an anxiety disorder. My mom explained it to me in a neutral way when I was in elementary school. At first, I didn't know what to think about it. Then, I felt mad at the doctors who were there when I was born because I had oxygen deprivation. Sometimes, I wish I could get rid of it.

What are some times when people didn't understand you correctly?

Sometimes, people think I am being rude because of the way I act when I feel shy or overwhelmed.

What do you think more people should know about disabilities?

I wish more people understood that having a disability might mean I need some help to do things, but it doesn't mean that I can't do things. And I have hopes and dreams for my life just like everyone else.

What tips do you have for parents raise their child with a disability?

Be patient and kind. Give them lots of chances to do different activities and make friends.

What role has your family played in shaping who you are?

There were two schools where I felt accepted and had great friends: Enatai Elementary School in Bellevue and Interlake High School, also in Bellevue. In Chinook Middle School, I didn't have too many friends except for the ones I met through Girl Scouts. I was part of a Campfire group where I made friends right away.

Back in my old neighborhood in Bellevue's Vuecrest area, I had a friend, Toya, from preschool. We were also together in kindergarten and first grade. She lived with her parents in the neighborhood across from mine. We used to hang out all the time and play Nintendo 64 Mario Party, and go trick or treating as



continued

witches every Halloween. She introduced me to Camp Sealth on Vashon Island, where I ended up going and working for a few summers.

Also, growing up in Vuecrest, my Nana used to live right behind us. We had Christmases there with my sister, mom, mom's family, and cousins. I remember walking into the front room with Christmas music playing, a fire in the fireplace, and the fresh smell of food and the fire. I loved my Nana a lot. I found my voice at Camp Sealth, where I could be myself without being judged.

My mom and sister are my biggest advocates. I love my family and really wouldn't be who I am without all their support.

How do you speak up for yourself at your job?

I talk to my job coach or my mom if I need help being an advocate for myself.

What skills do you have that make you good at your job?

I am good at noticing small details that others might miss, like when the silverware tray is empty. I like to be part of a busy team.

Who are some people in the disability community who advocate for people with disabilities that you like or think others should know about?

School paraeducators, the staff at the YMCA and the Highland Center, Camp Sealth, doctors.

What advice do you have for people with disabilities who want to speak up for themselves?

Don't be afraid to speak up and use your voice!



Bloom and Grow: Gardening Tips

By: Bridget Wiren

- Buy seeds that are right for the season.
- Don't overwater (check plant info for how to water).
- Wait to use plant food until after blooming.
- Plant flowers and/or fruits and veggies that you love.
- Check how much sunlight your plants need.



Movie Review

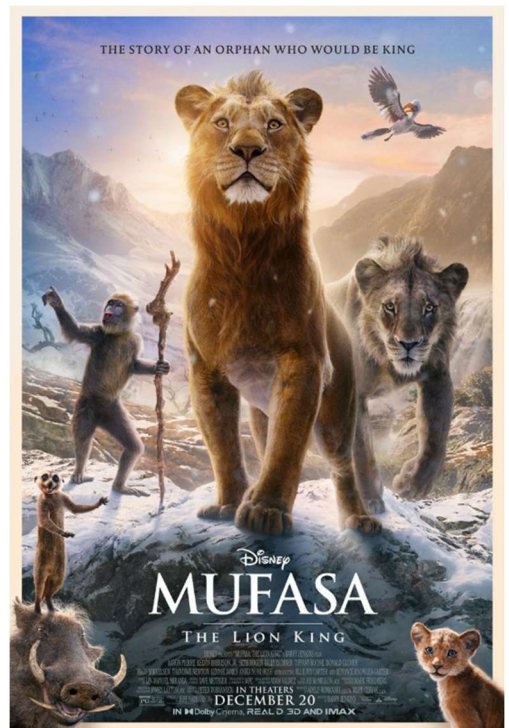
By: Jaime Appell

Mufasa was rescued as a cub from Taka when there was a storm, and he was separated from his parents. Taka became friends with Mufasa but then turned bad. They had to fight to see who would be king. I liked the overall plot of the movie.

I liked Mufasa (the lion cub who grew up to be king).

The music was okay; it was kind of mellow.

The movie okay, it is a Disney movie and not too scary. It has real lions, not cartoons, that was different.



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-Painted Lady

-Daffodils

-Butterfly

-Sunshine

-Picnics

- Peacock

-Monarch

-Blossom

-Flowers

-Lilacs

-Tulips

- Mother

-Summer

-Cacoon

-Roses

-Cloud

-Worms

-Green

-Grass

-Wind

-Moth

-Rain

-Grow

-May

Workzone

By: Kevin Wu

I got my job at Walgreens through my internship with Walgreens. In my fourth year at Bellevue College, I did my internship with the Walgreens on 156th Ave NE and NE 24th Street in Bellevue, Washington. I finished my Walgreens internship and graduated from Bellevue College in 2017. I was offered the job at Walgreens during my internship because I had done a good job and also because I was a very hard worker. As soon as I finished my internship and graduated college, I started working 30 hours a week at Walgreens.



I have now been working at Walgreens for over seven long years. Some of my tasks at work include working the drink bay and the cooler, where all the cold drinks like milk, orange juice, coffee, water, soda, and Arizona teas are kept. I am also responsible for helping customers find what they are looking for, taking passport photos, and putting products away on the shelf. I also help out behind the photo counter by completing customer service orders and handing the customers' photo orders to the cashier for checkout.



continued

I help my fellow coworkers when they ask for my help with their work. I work with supportive colleagues and bosses all the time at my job at Walgreens. The overall atmosphere is very calm, responsible, and very businesslike; however, the atmosphere can also get stressful, especially when dealing with angry or difficult customers. I have not had any challenges while working at Walgreens. At this time, I am now being trained to be a cashier.

I am still working at the same Walgreens where I did my internship. Some of the coworkers and staff I work with have left to pursue other jobs, but overall, the majority of the people I work alongside are still the same ones I remember working with while I was doing my internship there. Overall, I find my job at Walgreens very interesting. I find that my coworkers and bosses are very nice, helpful, and awesome team members and mentors to me whenever I need their help.

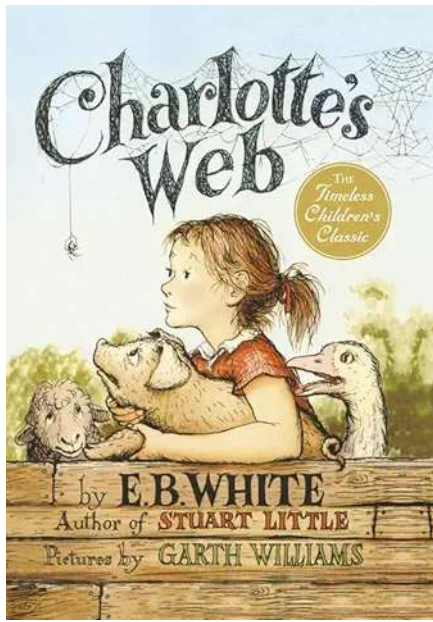
I highly recommend that anyone looking for a customer service job apply at Walgreens.

Update: Following Kevin's article, he has embraced new responsibilities as a cashier, further enhancing his role at Walgreens!



Book Review

By: Tony Intonti



Charlotte's Web by E.B. White is a classic tale all about how a pig named Wilbur, who would've been made into bacon if it weren't for Fern Arable—an eight-year-old girl. Later, a spider named Charlotte and a rat named Templeton (who would rather eat and be lazy) help find words that best describe Wilbur. Shortly after Charlotte writes "Some Pig" in her web (which sure surprised Fern's dad), Wilbur is saved and becomes famous.

I think you will love this book because it proves that love and friendship go hand in hand.

Reusable Wins Small Changes, Big Impact

By: Anna Angrisano

- Re-use our bags when we go shopping.
- Reusable containers for leftovers
- Reusable snack bags



Materials Needed:

Scissors

Glue/Tape/Stapler

Paper Craft

Step 1: Prepare the Paper Strips

- Cut 4 long strips
- Cut 4 shorter strips



Step 2: Create the Paper Frames

- Take two long strips and glue them together in a cross shape.
- Take the remaining two long strips and glue them on top, forming a snowflake shape.
- Repeat the process with the shorter strips to create a second snowflake.



Step 3: Form the Paper Balls

- Take the long strip snowflake and gently glue the ends of each strip together to form loops, creating a paper ball.
- Repeat with the short strip snowflake to create a smaller ball.
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- Once both balls are formed, glue them together (small ball on top). Hold them in place until the glue sets.

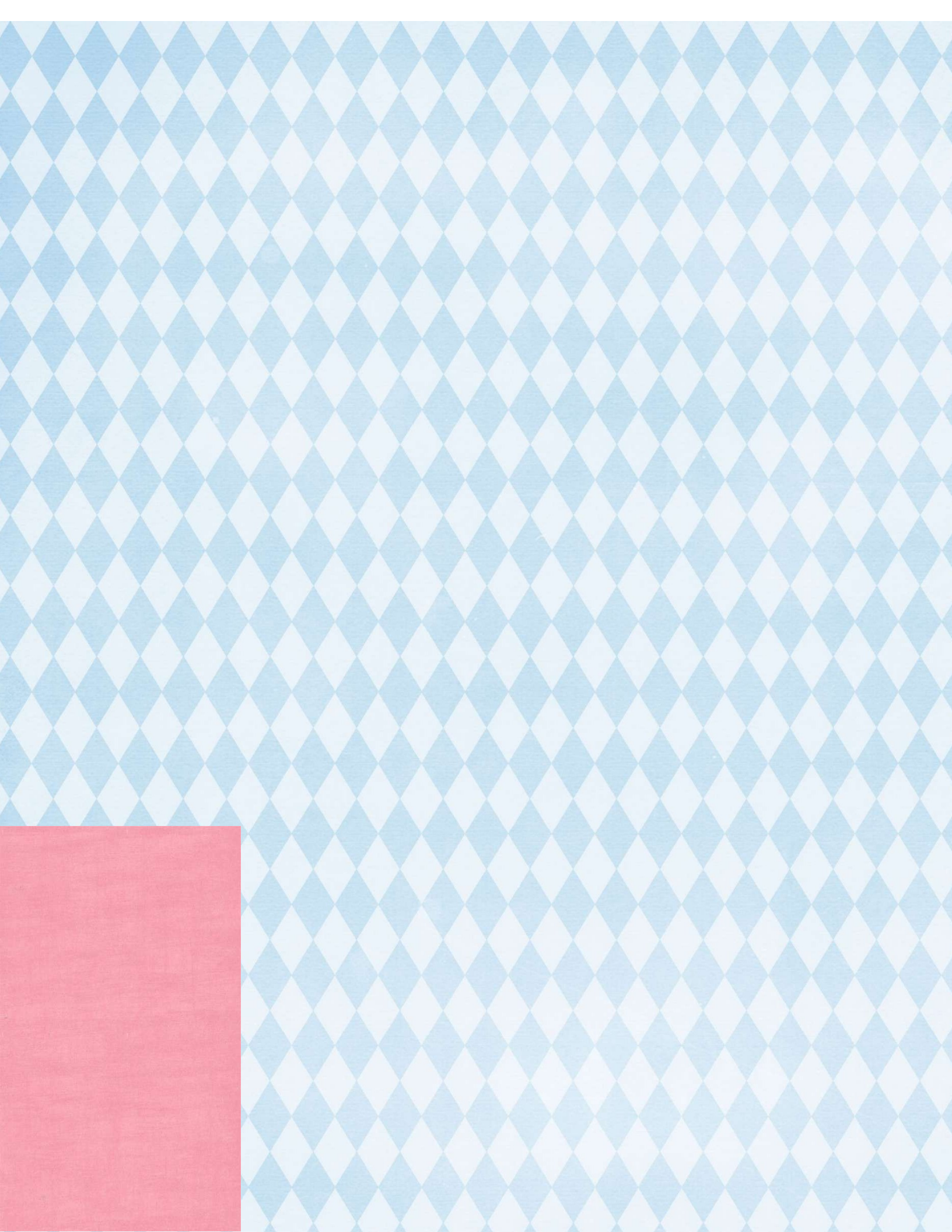
Step 4: Make the Bunny's Features

- Ears – Cut two ear shapes from paper
- Cut the smaller set of ear shapes and glue them to the bigger ears.
- Cut out Snout & Nose
- Cut out wiggle eyes (or you can draw them!)

Step 5: Assemble the Bunny

- Glue the ears to the top of the smaller paper ball.
- Attach the snout just below the center of the small ball.





Online Safety Checklist

✓ Keep Personal Information Private

- Do not share your full name, address, phone number, or passwords online.
- If unsure, ask a trusted person before sharing anything.

✓ Think Before You Click

- Don't open links, emails, or messages from people you don't know.
- Be careful of scams that ask for money or personal details.

✓ Be Careful with Online Friends

- Only talk to people you know in real life.
- If someone makes you feel uncomfortable, stop talking to them and tell a trusted person.

✓ Use Strong Passwords

- Make passwords hard to guess (use letters, numbers, and symbols).
- Never share your password except with a trusted helper if needed.

✓ Talk to Someone You Trust

- If something online feels confusing or wrong, tell a trusted friend, family member, or support person.
- It's always okay to ask for help!



Amtrak Adventures

By: Tara O'Rourke

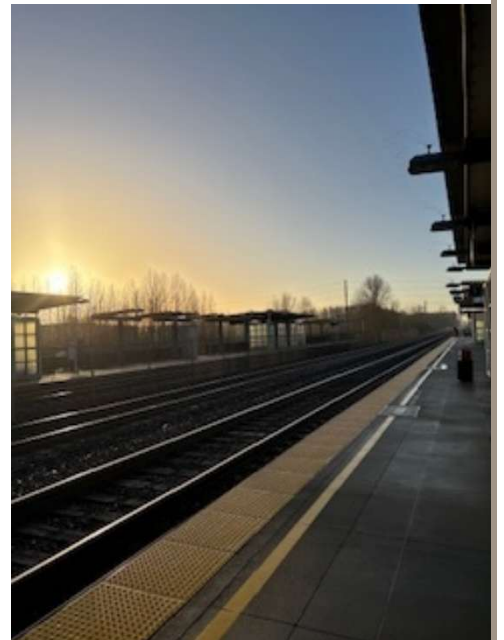
My mom and I took the Amtrak train to Portland from the Tukwila station in November to visit my sister and brother-in-law for my nephew's birthday. We also went to Portland in December for Christmas. It was a lot of fun. I really enjoyed taking the train.

We took the Amtrak train non-stop from Tukwila to Portland and then back home again a few days later.

The benefit of both trips in November and December was being able to spend happy occasions with my sister, my brother-in-law, my nephew, and their dog, Penny. It was relaxing, and my mom liked it because she didn't have to drive.

The Amtrak train was so much fun, and having them live closer is a bonus—only a train ride away!

I would take the Amtrak train again and hope to go alone soon to visit them. Train rides are very fun!



continued

Taking a train costs a lot less than traveling via airplane. An Amtrak train ticket is usually \$75, which is much more doable. I also learned that King Street Station is a staffed station, which means they have people there to help you with getting your luggage on the train or answering any questions you have. A staffed station is much safer. Tukwila train station is not a staffed station. I recommend people go to King Street Station, which is the station in downtown Seattle. Another fun fact is that there is a café car on the train where you can get meals or snacks.

It was so much fun! If you haven't tried it, I recommend it! I really enjoy train rides and want to go on my solo train ride, which I know I can do and make happen. I feel like a very experienced person knowing I can ride the train. I used to be nervous about taking a train, but I got over that fear very fast. I'm very proud and can't wait to take an independent train ride to Portland to visit my sister, brother-in-law, nephew, and their dog, Penny.

Update: After sharing her story, Tara went for it—she rode the train solo, and the trip was a success!



Swimmer's Journey

By: Marisa Underwood

I started swimming because of my mom and dad, and then I met my coaches, Patience, Jackie, Al, and Brandi, at the Issaquah pool.

I train once a week and also take swim lessons to practice more. Being on the team means a lot to me, and I feel proud when I win medals and ribbons.

In competitions, I swim backstroke, freestyle, and breaststroke. Over time, my times have gotten faster, which makes me feel accomplished.

I've also grown a lot as a person. There was a time when I didn't get along with one of my teammates, but I talked to her and the coaches, and we worked it out. It made our team stronger.

Being on the swim team is a lot of fun, and swimming is something I really enjoy



SPRING Scavenger Hunt



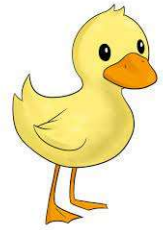
Yellow Flower



Spring Decorations



Watering Can



Baby Animal



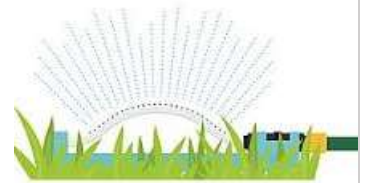
Sidewalk Chalk
Drawing



Bicycle



Lawn Furniture



Sprinkler



Purple Flower



Rubber Boots



Basketball



Person Exercising



Bunny



Water hose



Someone Gardening



"Garage Sale" sign



Lawnmower



Umbrella



Someone "Spring"
Cleaning



Tulip

Exploring the Light Rail

By: Michele Appell

Light Rail 1 is fast, and anyone can take it. There are no stairs or steps, so it's easy for walkers, bikes, and wheelchairs to use. It has comfortable seating and designated areas for seniors and people with disabilities. It also has real-time tracking, so you know when it will arrive.

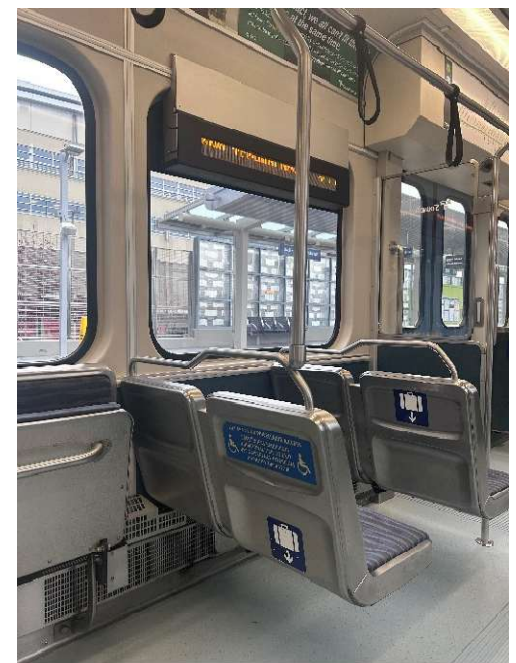
What I didn't like about the light rail is that sometimes, depending on where you are going, you might have to walk to the next bus stop or destination. I do use walking GPS as needed. Once I learn the places it goes and where to walk, it's not too bad. More security would be a plus, but it's mostly safe. You catch it under the tunnel, so it can be safer than the bus, and they do have an emergency intercom, which is good. Line 1 has no view of Seattle since it's mostly underground.

I think it's just as easy as to use as the bus.

No matter where you are going, it costs \$3.00 per trip, and you must use an ORCA card or ticket ahead of time. Cash is not accepted on the train. You pay at the station before coming down into the tunnel.

Sound Transit fare security checks if you've paid and requires proof of payment.

Line 1 goes through Seattle: Angle Lake, SeaTac/Airport, Tukwila, Rainier Beach, Othello, Columbia City, Mount Baker, Beacon Hill, SODO, Stadium, International/Chinatown, Pioneer Square, Symphony, Westlake, Capitol Hill,



continued

University of Washington, U District, Roosevelt, Northgate, Shoreline South, Shoreline North, Mountlake Terrace, and Lynnwood.

Light Rail Line 2 goes from Bellevue to Redmond Eastside only. It will go to Redmond Town Center, but not yet. I like Light Rail 2; it is quiet and comfortable. You can see the cities of Bellevue/Redmond. It is easy to use and connects to other buses. This Light Rail goes to Downtown Bellevue.



You pay with an ORCA card or buy a ticket at the stations. This is the Wilburton Station, which is for Whole Foods, Burger King, Best Buy, Home Depot, and even hospital stops. All stations have a pay station.

Extension is supposed to be completed end of 2025 to go from Eastside to Seattle which is under construction. Easier to get to work.



HCC@BellevueWA.gov

We value your thoughts and opinions.

Sudoku!

					5		6	
1	3					8		
						7	4	
			6		8			
8							2	
	2	1	9					4
			7	4				
6			8		9			5
	4	8			1			

#72477

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	7	6						2
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7	6				4		1	

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			6				3	
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	2			8	3			

#228468

Meet Jana

By: Kevin Wu

While writing the “Spotlight On: BINGO”, I had the opportunity to interview Jana. Jana has now been with Highland Community Center for a little over a year.

The hardest part of playing bingo for her is remembering everyone's name. Her favorite part of bingo is announcing that someone got a bingo and giving out the prizes to the winners. Her favorite number is 0, and she does not have a favorite letter at all. The advice she would give someone new would be to just have fun and not get upset if you don't win.

Jana grew up on a farm in central Washington. What brought her to Highland was wanting to work with different people. One fun fact about her that most people don't know is that she likes to collect miniature foods. A couple of hobbies she likes to do are backpacking and hiking in nature. Her hidden talent is that she can make good cookies.

Jana said if she could have any superpower, it would be to fly or teleport to other places instantly. If she could travel anywhere in the world, she would travel to Japan, where she has been before.

Jana is interested in asking people about themselves. The dances with the dinners are one of Jana's favorite events at the Highland Community Center. For all of you coffee drinkers out there, coffee is Jana's favorite drink. She is both a morning person as well as a night owl.

Her favorite movie is a movie called Shawshank Redemption with Morgan Freeman and Tim Robbins. She likes it because it has an awesome saying in it. The saying goes, "Get busy living or get busy dying."



Homemade Sloppy Joes

By: Bridget Wiren

Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 1 ½ pounds ground beef
- 1 teaspoon salt
- 1 tablespoon chili powder
- 5 cloves garlic (or ½ teaspoon of garlic powder)
- 1 tablespoon Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 cup ketchup
- 2 tablespoons brown sugar
- 1/2 cup water (add a little more if needed)
- 4 -6 hamburger buns

Instructions:

Cook the Veggies: Heat the olive oil in a big pan on medium heat. Add the chopped onion and green pepper. Cook them for 5 minutes until soft.

Cook the Beef: Add the ground beef to the pan. Turn the heat up a little (medium-high) and cook it for 5-7 minutes until it's brown. Stir in salt, chili powder, and red pepper flakes.

Add Garlic: Turn the heat to medium and add the chopped garlic. Cook for 2 more minutes.

Add Sauce: Pour in ketchup, brown sugar, apple cider vinegar, Worcestershire sauce, and water. Stir it well and let it simmer (cook on low) for a few minutes.

Taste and Adjust: Taste your Sloppy Joes. If you need more salt or pepper, add some.

Optional: Toast the Buns: While the meat is cooking, heat a pan on medium. Add a little olive oil. Place the buns, cut side down, and cook them for 1-2 minutes until brown and crispy.

Assemble: Put the meat mixture on the buns. (Makes 4 big sandwiches or 6 smaller ones)

Enjoy your Sloppy Joes!

Salad Recipe

By: Bridget Wiren

Ingredients: For the Salad:

4 cups lettuce (romaine/ iceberg)
1/3 red onion (cut into tiny pieces)
1 cucumber (cut into thin slices)
1 cup cherry tomatoes (cut in half)
1/4 cup radishes (cut into slices)
3 carrots (cut into thin slices)
3 tablespoons chopped green onion

Ingredients: For the Dressing:

1/3 cup olive oil
1/3 cup white wine or red wine vinegar
Juice from 1 lemon
2 teaspoons Italian seasoning
1/2 teaspoon salt
1/2 teaspoon pepper
2 teaspoons Dijon mustard

What You Need:

A big bowl

A salad spinner (or use a clean towel to dry the veggies)

How to Make It:

Prepare the Lettuce: Cut the lettuce into bite size pieces. Put it in a colander or salad spinner, rinse it with water, and dry it.

Wash the Veggies: Rinse the carrots, cucumber, green onion, and cherry tomatoes. Pat them dry with a towel.

Cut the Veggies: Slice the carrots and cucumber into thin half moons. Chop the green onion. Cut the red onion into tiny pieces and cut the tomatoes in half.

Mix the Salad: Put the lettuce, veggies, and tomatoes in the big bowl.

Make the Dressing: In a small bowl or jar, mix the olive oil, vinegar, lemon juice, Italian seasoning, salt, pepper, and Dijon mustard. Stir or shake well.

Toss the Salad: Pour the dressing on top of the salad and mix it up (or keep the dressing on the side).

Optional Topping Ideas: Nuts, seeds, herbs, black olives, cheese (parmesan, cheddar, blue cheese, feta), croutons, red cabbage, spinach, or bell peppers.

Serve and Enjoy: Put the salad on plates and enjoy!

Poem Corner

By: Michele Appell

Roses and Thorns

The small bud ready to bloom,
In the garden despite the winter's gloom.
Out comes a rose in the spring air,
Looking so beautiful and fair.
Beauty is all around us and all we meet,
With the spring peeking out of the sun.
The rose thorn comes crashing down,
But we are strong in this town.
Brings beauty all around.
We are beautiful the way we are,
For we are one and all belong.



Poem Corner

By: Alexander Mkrtycheva



Super
Audience
KrypTnite
Eagles
Robot
Metropolis
Alpha
Newspaper



An illustration of a barn dance scene. At the top, there are strings of warm white lights and red and yellow triangular bunting. In the center, five people are depicted in a stylized, colorful manner. From left to right: a man with a beard and hat playing a guitar, a woman in a red top and blue skirt dancing, a man in a wheelchair playing a guitar, a woman in a red top and blue pants dancing, and a man in a cowboy hat and boots dancing. Musical notes are scattered around the figures. The background is a solid yellow color with faint green leaf patterns on the sides.

BARN DANCE

\$10 Bellevue residents | **\$12** Non-Bellevue residents
Parents/Caregivers Free | Hotdogs, soda and chips provided

Friday, May 9 | 6-8:30 p.m.
Highland Community Center | 14224 NE Bel-Red Rd

Saddle up for a night of toe-tapping tunes, lively rhythms, and good ol' country charm at our barn dance – where memories are made, and the spirit of the night invites you to twirl and sway in the warmth of community and laughter!

Remember to register! course #8620 | register.bellevuewa.gov

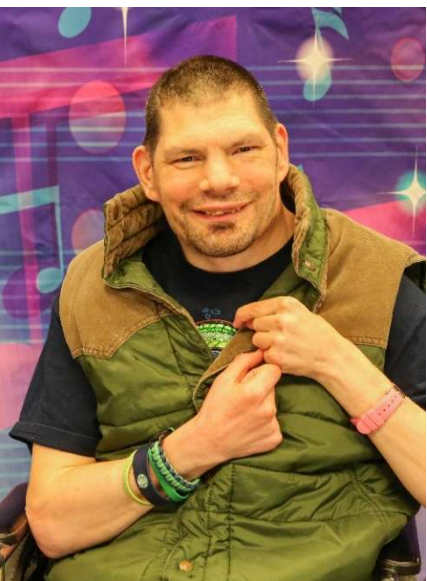
For more information:
call 425-452-7686 or email hcc@bellevuewa.gov

This dance is facilitated for teens and adults with intellectual disabilities.
Ages 16 and up.



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-7686 (voice) or email hcc@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.

Some good times at our Decades Dance



Thank you for coming!



Meet the Team!



Alexander

Alexander is originally from Brooklyn, New York, and speaks both English and Russian. He moved to Washington in 2008 and has been enjoying the community ever since. Some of his favorite activities include spending time at the Highland Community Center, playing games, and staying active with sports. He also loves visiting Crossroads Mall, grabbing a good burger, and going to the YMCA.



Anna

My name is Anna, and I love books, horses, my family, and cooking. I love arts 'n' crafts. I've worked at the Lake Hills Library for the last 19 years. I love country music, Motown, Beyoncé, Pink, and Meghan Trainor. My two favorite colors are lavender and pink. I love swimming, basketball, softball, walks, and horseback riding. My sister has two dogs who are the love of my life.



Bridget

I am from Bremerton, WA. My parents moved here because my dad was in the Navy. Fun fact about Bremerton: it has a huge Naval Shipyard! My interests and hobbies include gardening, animals, nature, cooking, baking, hiking, nature walks, playing video games, board/card games, swimming, arts & crafts, and paint-by-numbers. I also love shopping and visiting a nail salon & spa in my free time. I enjoy spending time with kids of all ages. My favorite thing about Highland Community Center is playing BINGO in person with my friends!



Jaime

I was born in Bellevue and grew up in Oregon. My parents later moved to Seattle, and we came to Bellevue because of Michele's job. I enjoy buses, building models, and going to the movies. I have cats and enjoy spending time with friends.



Kevin

My name is Kevin Wu. My mom brought me to this episode. I was born in Washington State. My hometown has a public farm and a great mall in it. I am interested in sports, movies, books, animals, friends, family, coloring. I am interested in movies and animals. In my free time I play on my iPad and hangout with friends at crossroads mall. A random fact about myself is that I am apart of many different clubs and organizations. My favorite part of highland community center is meeting so many new friends and seeing familiar faces that I saw on online but am now meeting in person for the first time.



Marisa

I enjoy going to parks and plays, swimming, walking, and many other activities. I like watching TV, but I also love getting out of the house and staying active. I especially enjoy swimming and participating in activities at Highland Community Center.



Michele

I am from Oregon, born and raised in Corvallis. I grew up in a small town with no malls but lots of friends. My hobbies include drawing, art, and reading. I collect Hello Kitty items, dolls, and spoons from the U.S.A. I enjoy working on the computer, organizing photos and videos, and making pottery and cards. I have two cats, Oliver and Arthur. My favorite thing at Highland is Art Class, and I would love to learn more about photography.



Tara

I live in Kirkland, Washington, but I grew up in Bellevue. I enjoy spending time with friends, family, and my dog, Toby. I'm proud to work at Microsoft in food service and have been with Compass Group for about 10 years. Some of my favorite activities include playing Bingo at Highland Community Center, working out at the YMCA, and walking to the downtown Kirkland waterfront. A fun fact about me—I have a great memory and can always find lost things when no one else can!

Meet the Team! -continued



Tony

I love chocolate, collecting keychains, working on my wild animal jigsaw puzzles and at the moment writing a book titled "Changes"

Attributions



(Pg 7) Coloring Page: Homemade Gifts Made Easy

<https://resources.homemade-gifts-made-easy.com/flower-coloring-pages/flower-coloring-pages-cat-garden-flowers.pdf>

(Pg 10) Garden Clipart: Clipart PNG Pictures

<https://pics.clipartpng.com/midle/Wooden Garden Wheelbarrow with Flowers PNG Clipart-945.png>

(Pg 14) Clipart: Designed by Freepik

<https://www.freepik.com>

(Pgs 15–16) Paper Craft: Adapted from Easy Peasy & Fun

<https://www.easypeasyandfun.com/easy-paper-bunny-craft/>

(Pgs 18, 20, 22, 24) Digital Scrapbook Elements:

<https://www.digitalscrapbook.com>

(Pg 32) Sudoku Puzzles:

<https://sudoku.cba.si/en/>

(Pg 34) Sloppy Joe Recipe: Sip & Feast

<https://www.sipandfeast.com/sloppy-joes/>

(Pg 35) Garden Salad Recipe: Garlic Salt & Lime

<https://garlicsaltandlime.com/garden-salad/>

(Pg 36) Superman Logo:

https://en.wikipedia.org/wiki/Superman_logo

(Pg 43) Coloring Page: PepsiCo Recycle Rally

<https://resources.pepsicorecyclerrally.com/resources/help-students-understand-the-impact-of-recycling-with-this-free-coloring-page/>

SIMPLE ACTS BIG IMPACT



WE ARE
TEACHERS



RECYCLE
RALLY

Solution of sudoku #72477:

2	7	4	3	8	5	1	6	9
1	3	6	4	9	7	8	5	2
9	8	5	1	6	2	7	4	3
4	9	7	6	2	8	5	3	1
8	6	3	5	1	4	9	2	7
5	2	1	9	7	3	6	8	4
3	5	9	7	4	6	2	1	8
6	1	2	8	3	9	4	7	5
7	4	8	2	5	1	3	9	6

Solution of sudoku #130403:

4	5	7	2	6	1	9	3	8
8	1	6	4	3	9	7	2	5
3	9	2	7	8	5	1	6	4
9	7	8	1	2	6	5	4	3
2	3	1	8	5	4	6	7	9
5	6	4	9	7	3	2	8	1
1	2	3	6	9	8	4	5	7
6	4	5	3	1	7	8	9	2
7	8	9	5	4	2	3	1	6

Solution of sudoku #75283:

6	8	9	2	7	5	1	3	4
5	4	7	8	1	3	2	6	9
1	2	3	9	4	6	8	7	5
2	5	1	4	8	7	3	9	6
3	9	4	5	6	2	7	8	1
8	7	6	1	3	9	5	4	2
9	3	8	6	5	1	4	2	7
4	1	2	7	9	8	6	5	3
7	6	5	3	2	4	9	1	8

Solution of sudoku #228468:

4	9	8	5	2	7	6	1	3
3	6	2	8	1	9	5	7	4
1	5	7	4	3	6	9	2	8
9	7	5	3	4	8	1	6	2
8	1	6	7	9	2	3	4	5
2	4	3	1	6	5	8	9	7
5	8	4	6	7	1	2	3	9
6	3	9	2	5	4	7	8	1
7	2	1	9	8	3	4	5	6

What are your thoughts?

Your input helps us improve!

✉ Email us at HCC@BellevueWA.gov or

✉ write to us at

PO Box 90012

Bellevue, WA 98009

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

Riddle Me This-Answer Key

1. "Toad" stool!
2. License Plate!
3. Carrot!

Can you spot?-Answer Key

Found on pages:

4, 6, 10, 14, 25, 31, 36, 42

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