



THE
SPRING
DISTRICT



JANUARY 2025 NEWSLETTER

WHAT'S HAPPENING AT

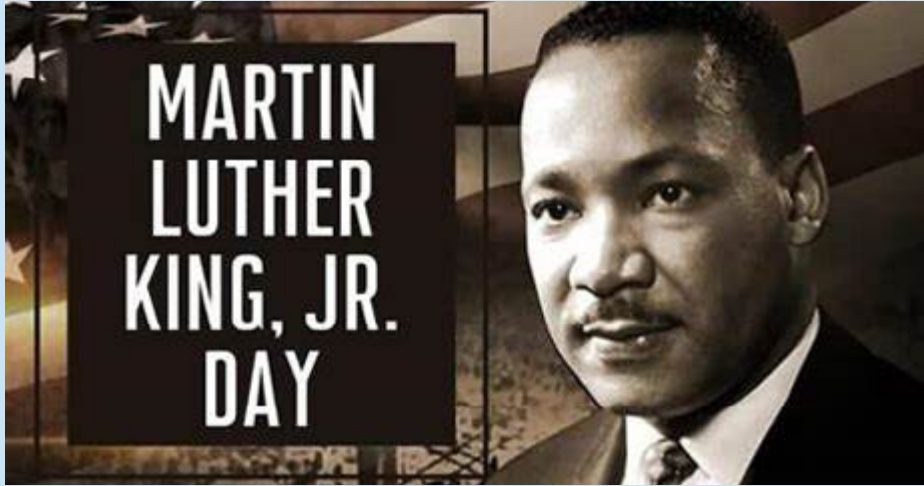
THE SPRING DISTRICT

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POINTS OF INTEREST

- Holiday Wrap up
- Bring Your Own Cup
- Sound Bathing in the New Year
- Easy Veggie Wrap Recipe



MARTIN LUTHER KING, JR DAY MONDAY JANUARY 20, 2025

First nationally observed in 1986, [Martin Luther King, Jr Day](#) honors assassinated civil rights leader, Reverend Martin Luther King, Jr's birthday.

Shortly after Rev. King's death on April 4, 1968, there were calls to honor the baptist minister with a national holiday. This movement was supported by many trade unions, politicians, and citizens. Those opposed soon realized the momentum of the movement. Support grew nationwide, including musician Stevie Wonder whose hit song "[Happy Birthday](#)," from the 1981 album "Hotter than July" was written in support of the campaign to honor Martin Luther King Jr's birthday. The bill proposing the holiday officially passed into law in 1983.

Dr. King became a public figure during the Montgomery Bus Boycott in 1955. He famously lead the March on Washington in 1963 where he delivered his famous "I have a dream" speech. In 1964, Martin Luther King Jr. was influential in passing the Civil Rights Act and was also given the Nobel Prize for Peace. His leadership and work toward freedom for all is a lasting legacy. He widely encouraged the use of non-violent protests, such as the Selma-to-Montgomery march in 1965.

Today we honor Dr. King's legacy by volunteering and public service.

2025 EVENTS HONORING MARTIN LUTHER KING, JR.

[MLK Health Fair](#)

Monday, January 20, 2025
11:00am - 3:00pm

Annually the City of Bellevue and the [Bellevue Alumnae Chapter of Delta Sigma Theta Sorority](#) hosts this community focused event bringing together community, vendors and wellness organizations, health professionals, and local artists and musicians.

Visit the Crossroads Bellevue website to learn more about event parking and location specifics. This is the 21st year of the event.

If you are interested in volunteering in honor of Martin Luther King Jr, or anytime throughout the year, the City of Bellevue website offers an extensive list of local organizations looking for volunteers. Visit their website [here](#) to learn more. The volunteer opportunities are broken out by Civic Engagement, Environmental Stewardship, and Recreation. The volunteer guide can be found [here](#).





CENTER FOR Sustainable Food Management

NEW YEAR, NEW GOALS

As we turn the calendar to 2025, we welcome new opportunities for growth and positive change. If one of your personal goals is to waste less food, there are a number of local resources available to help you incorporate modest changes that will have great impact.

Did you know that the average family wastes about \$1,500 worth of food each year? The impact of this waste goes beyond your wallet. Nearly one third of all food produced worldwide goes to waste. Food put into landfills releases methane gas. Municipal solid waste landfills are the third-largest source of human-related methane emissions in the United States. [The Department of Ecology](#) has created a list of ways to reduce food waste by providing suggestions for meal planning, food storage, and composting.

Did you know storing your left-over half of an avocado with a slice of onion, helps to preserve it for a later use? Learn more by following this [link](#). Some food waste is inevitable, and composting is an excellent way to dispose of food. King County makes it easy to compost by offering curb-side services. Learn more [here](#). Good luck as we all try to reduce our environmental impact.

B. Y. O. C

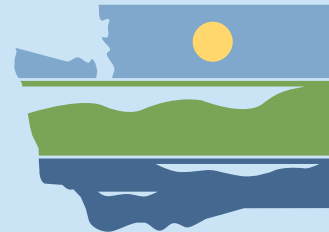
Another way to make a positive impact on the amount of waste we create is to cut down on the number of single-use items we use. It can be as easy as using your own reusable cup when you stop at your favorite coffee shop.



Your commitment to bring your own cup helps reduce waste by removing the need for a paper cup and plastic lid, in addition, it reduces the amount of litter and trash that ends up in our waterways, streets, and landfills. Visit the King County website to see a list of coffee shops participating in the [Bring Your Own Cup initiative](#). This initiative also serves as a reminder that reusable cups are safe and meet the Washington State Retail Food Code.

Last year there was an Eastside initiative encouraging folks to "Bring Your Own Cup." The program was a great success and here is a list of the [Eastside coffee shops](#) who participated.

Thank you for your commitment to reducing your impact! Learn more [here](#).



DEPARTMENT OF
ECOLOGY
State of Washington

HOLIDAY WRAP UP

HOLIDAY IN THE SPRING DISTRICT

What a fantastic holiday event to wrap up the year! Thank you to everyone who came out to the 2024 Holiday Event in the Park. The rain held off and we had a chance to visit with Santa and two of his reindeer before his big night.

To help celebrate our Nutcracker Theme, dancers from the [Emerald Ballet Theatre](#) stopped by to pose for photos and inspire the dancer in all of us.

It was a wonderful event featuring a craft station and local food truck [Lunch on the Plate](#). We look forward to more fun events in 2025!



SPOTLIGHT ON THE SPRING DISTRICT

LAUREL BUSHES IN THE SPRING DISTRICT

Recently, laurel bushes were planted along NE District Way in The Spring District. You can see the new bushes near the main entry to GIX and the Arras Apartments. Landscape fencing has been put up between the sidewalk and the young laurel bushes to prevent pedestrians from walking through the bushes. This is to help the plants grow larger and stronger, creating a defined hedge along the sidewalk.

The beautiful laurel plant is an evergreen shrub, with dark green leaves that are leathery, shiny, and broad. The leaves show the identifying characteristic of a finely serrated margin. The leaves can have the scent of almonds when crushed. The laurel's flower buds appear in early spring and open in early summer in long clusters of small flowers. Each flower is 1 cm across, with five creamy-white petals and numerous yellowish stamens with a sweet smell. The "fruit" of the laurel bush should not be eaten. It is bitter, small, and bead-shaped about 1-2 cm broad, turning black in early autumn.

Laurel bushes are interesting because they were historically used to create wreaths for victors in ancient Greece, symbolizing achievement and glory. The laurel is native to the Mediterranean region. Today, a laurel is synonymous with achievement, and a laureate is one who an award or achievement is bestowed upon. We hope you will take the chance to look at our new laurel plants. They are beautiful and add to the wonderful landscape in The Spring District.



SPRING DISTRICT COMMUNITY DRIVE FOR TREEHOUSE

This year The Spring District community came together to collect items for youth in foster care. Our donation for [Treehouse](#) may seem small at first glance, but we as a community came together for the first community drive and the items donated were from four different groups across the neighborhood. We are proud of this collection of items and look forward to the difference our community will make next year.

Thank you to all who donated! With donation items ranging from stuffed animals to swimsuits and games, we know we had something for everyone.



FEATURED ORGANIZATIONS

THE INTENTIONS 2025 SOUND BATH EXPERIENCE

Start your new year out by immersing yourself in the healing power of sound. In this relaxing session, Jamie Cabaccang, [Techies + Wellness](#), will help guide you as you experience sound vibrations intended to activate your own self-healing powers.

Sunday, January 5, 2024, 3:00-4:30pm

South Bellevue community Center

14509 Southeast Newport Way

Bellevue, WA 98006

Tickets are \$55. Visit this [link](#) to purchase tickets.



BLOOD DONORS GIVE THE GREATEST GIFT

Preparing our blood supply with all bloody types for extreme weather is critical for patients. Book your blood donation appointment today as part of your emergency preparedness plan at this link: [Find a Blood Donation Location](#) or select from the below Eastside locations:

#BloodworksNW #BloodSupply #BePrepared #DonateBlood

- Friday, January 3 - [Overlake Medical Center](#)
- Wednesday, January 8 - [Plaza Center](#)
- Tuesday, January 28 - [St Louise Catholic Church](#)

Create Your Bloodworks Account at
www.bloodworksnw.org/giveblood

Use the new [Donor Scheduling Portal](#) to book your appointment to save lives. Get ready for a new donor scheduling experience that's mobile responsive and makes booking an appointment from your phone or desktop easy. [\[Watch Video\]](#)



BloodworksNW.org / 800-398-7888

Easy Veggie Wrap

by [A Couple Cooks](#)

If you want to eat healthier in the new year, this is an easy first step. Using common ingredients and quick to assemble, this recipe will soon be a regular for lunch or dinner.

INGREDIENTS

- 15-ounce can chickpeas, drained and rinsed
- 1 rib celery, thinly sliced
- 2 green onions, thinly sliced
- 3 tablespoons mayonnaise (or vegan mayo)
- 1/2 tablespoon Dijon mustard
- 1/2 tablespoon apple cider vinegar
- 1/2 teaspoon celery seed
- 1/4 teaspoon kosher salt
- 1/2 cup hummus, chive and onion cream cheese spread, or other spread*
- 1 carrot, shredded
- 1/4 red cabbage, sliced
- 1/2 red pepper, sliced
- 1 cup chopped lettuce
- 1 handful jarred sliced pepperoncini (optional)
- Optional: sliced or shredded cheese
- 2 burrito size tortillas (at least 10-inch; smaller tortillas do not work)

INSTRUCTIONS

1. In a medium bowl, smash the chickpeas with a fork. Mix in the chopped celery and green onions, mayonnaise, Dijon mustard, apple cider vinegar, celery seed, and kosher salt. Taste and adjust salt or add freshly ground black pepper if desired.
2. Spread the hummus or flavored cream cheese onto the center of each tortilla, leaving a 1-inch border all the way around. Add a layer of the chickpea mixture, half in each of the tortillas. Place an even layer of carrot, red cabbage, red pepper, chopped lettuce, and pepperoncini on top. (Add shredded cheese or cheese slices if desired.)
3. Make a burrito style-wrap by folding in each side of the tortilla, then rolling it up from the bottom. Slice the wrap in half.
4. Eat immediately, or wrap it up in parchment or wax paper for storage and refrigerate until serving, up to 1 day. (Do not wrap in plastic, or the wrap becomes soggy.)





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