



Happy Halloween!

ISSAQUAH HIGHLANDS Connections

October 2003

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Association Office Hours

Monday - Friday

8:30 A.M. to 5:00 P.M.

Community Center Marketing Hours

Monday - Friday

12:00 P.M. to 5:00 P.M.

Saturday - Sunday

11:00 A.M. to 6:00 P.M.

www.IHwebsite.com

Issaquah Highlands Extends a Warm Welcome to Greg Tryon, Our Station Captain

And the Crew of Eastside Fire & Rescue - Fire Station 73

The new Fire Station is now up and running, and Station Captain Greg Tryon and crew have moved in. Greg Tryon was born in West Covina, California and came to reside in Issaquah when he was 6 years old. Lately, his responsibilities at Fire Station 73 take up a good deal of his time, but in his spare time he enjoys reading, has a passion for teaching, and is a white water rafting guide. Greg also finds happiness and fulfillment in taking care of his crews by assisting them in those areas that would support and encourage more functional and productive lives.

He and his wife, Amy (born in Bellevue, Washington) have been married for 8 years. Both of them became fire fighters in the same fire department, but in different stations. Amy is a member of the Current World Champion 3-Day Event Team (Olympic Equestrian Team); has competed in past Pan-American games; and is working towards the Athens 2004 Olympics. Three horses, two dogs, and two cats are also important, loving members of the Tryon household.

Greg is the Station Captain in charge of his own shift (consisting of three firefighters). He oversees all of the station's training and task assignments. Greg coordinates two other shifts; oversees the maintenance of fire station and equipment; and assesses the long-term needs of the Fire Station. In addition, Greg oversees and coordinates the Technical (water, rope, confined space, and trench) Rescue Team.

Greg Tryon has been a firefighter for 10 years. Prior to this, he spent 2 years as a volunteer for the Fire Department. While serving 3 years in the Navy, he coordi-

nated firefighting and chemical warfare routines while on-board.

He also serves as a liaison between the fire station and Issaquah Highlands, as well as the City of Issaquah. It is Greg's wish to become more involved with the community, to better assess the community's needs.

It is difficult for Greg to think of only one situation in particular that he would classify as "memorable," but mentioned that he is fascinated to watch people who are different from one another, come together in a crisis to meet their challenges.

The Fire Station staff work in 3 shifts and consists of 3 crew members on each shift, working 24 hours a day, 7 days a week. A "floater" is assigned to cover in the case of absences. The Fire Station houses 1 fire engine, 1 aid car, and 1 technical (water, rope,

trench and confined space) rescue vehicle. In 1-2 weeks, a paramedic unit will be added, which will include 2 paramedics and 1 paramedic vehicle. An extra medic unit will be on-site for back up purposes.

Satellite Offices

Satellite offices are housed in the Fire Station for paramedics and police officers. These offices allow them to work on reports and paperwork; give them an opportunity to become more familiar with the Issaquah Highlands community; and, because the satellite offices are located within Issaquah Highlands, this gives the staff the ability to respond more quickly to telephone calls from our residents.

see FIRE STATION on page 2



Greg Tryon, Station Captain
Eastside Fire & Rescue, Fire Station 73

Meeting Room

The Fire Station has a meeting room on its premises. The Fire Station, in coordination with the Issaquah Highlands Community Center, has offered their meeting room facility to serve as back up space for our meetings. Restrooms are accessible to the meeting room, along with dry erase boards, overhead projector and screen, and tables and chairs.

You may coordinate this meeting space through Sondy Lind, Events Coordinator for IHCA.

Food Bank

The Fire Station has a food donation area that receives non-perishables and canned goods. The crews also make a \$500 cash donation to 3 local food banks, yearly, and they strongly encourage their crews to get involved with different relief organizations.

Won't you join us in extending our neighborly hospitality and heartfelt good wishes to the crew at Eastside Fire & Rescue – Fire Station 73.

Sherm's Bar-B-Q Joins Issaquah Highlands

We are pleased to announce the arrival of Sherm and his family officially on October 1st. They will be occupying the former Sweet Addition space and you will love their hours—7 days a week!! We hope by now you have responded to Sherm's survey that was sent via email and offered in the community information boxes at the neighborhood mail stations.

The best way to introduce this family to you is to reproduce a Seattle Post-Intelligencer Neighborhood Dining article from April 2000:



Some barbecue joints specialize in Memphis-style 'cue, some do it the Texas way and others follow the traditions of North Carolina or other slow-and-smoky hotbeds. But Sherman Ewing says he serves up the pork, beef and other meats at Sherm's Bar-B-Q infused with an all-American blend of flavors.

"I've always loved barbecue and no matter where we lived, we were always fixing barbecue," Ewing said. "We moved a lot—South Carolina, Louisiana, Florida, Texas, California, Kansas—and the people from those particular places would barbecue with us, and they'd say, 'We add a little bit of this and a little bit of that.' So I picked up extras from the Southeast and the West and all over. Our barbecue incorporates all of those areas." But it was the barbecuing Ewing did in Washington state that led him into the restaurant business.

A mechanical engineer with Boeing, he transferred from Florida to the company's home state. He settled in Redmond and bought season tickets to the Seahawks football games, and on Sundays in the fall, he'd head down to the Kingdome parking lot with a mess of barbecue for a tailgate picnic.

Through a friend, Ewing met Seahawks safety Kenny Easley, and he invited Easley and his teammates to stop by the lot spot for a meal after a game. Soon a flock of Seahawks were showing up on a regular basis, and some urged Ewing to turn pro.

Ewing, who had left Boeing for a job as a building inspection supervisor with King County, decided to take them up on the idea after retiring. With Easley as a partner, he opened Sherm's Bar-B-Q in the Pine Lake Mall in 1995.

A poster of Easley in his Seahawk uniform dominates one wall of the restaurant, along with signed photographs of other NFL players. It's a brightly lighted, few-frills storefront, with an order counter, a soft-drink cooler and a handful of tables for eat-in business.

The menu lists the usual barbecue choices: sandwiches made with beef brisket, pork, turkey, chicken or hot-link sausage, in three sizes; plate meals centered on meat served with one or two side dishes and a choice of dinner roll or corn bread; and the side dishes a la carte, leading with a saucy blend of navy, butter and kidney beans and cole slaw. Ewing's wife, Dorothy, makes those sides as well as the whole-kernel corn bread. Ewing, a Detroit native whose mother had moved north from Georgia, oversees the electric smokers in the back, seasoning the meat and tossing in chips of mesquite or hickory for flavor.

He turns out big, juicy beef ribs, succulent pork ribs and tender slices of mildly smoky pork and beef as part of his repertoire. The kick comes from the thick, tangy sauce, which Dorothy, a Mississippi native, simmers in grades from mild to "sinister." "I don't know what's all in it myself," her husband said. The Ewings' daughter, Kimberly, completes the family act with her "pies of Southern descent." Varieties include a toasty, not-too-sweet pecan, a sweet potato and a chocolate pecan.

Business is good, Ewing said, while adding, "I'm not ready to retire again." "Besides, he said, "it's fun. I enjoy seeing people enjoy something that I've produced."

OCTOBER COMMUNITY MEETINGS

Technology Task Force

Wednesday, October 8, 7:00-8:30 P.M.

Adopt-A-Wetland Work Group

Saturday, October 11, 9:00-11:00 A.M.

Meet at Path Entrance on Katsura

City of Issaquah Major Development & Regional Affairs Committee

Monday, October 13, 5:30-7:00 P.M.

City Hall/Police Facility, 130 E. Sunset

Issaquah Arts Commission

Monday, October 13, 6:00-7:30 P.M.

City Hall/Police Facility, 130 E. Sunset

Issaquah Schools Foundation

Tuesday, October 14, 5:00-7:00 P.M.

Issaquah Highlands Fire Station

Parks and Trails Committee

Tuesday, October 14, 6:30-8:00 P.M.

IH Board of Directors

Thursday, October 16, 5:30-6:30 P.M.

Community Development Committee (CDC)

Thursday, October 16, 6:30-8:00 P.M.

Pets 'n' Pals Committee

Monday, October 20, 6:30-7:30 P.M.

Issaquah City Council

Monday, October 20, 7:30-9:00 P.M.

South Chambers, 135 E. Sunset Way

Communication Committee

Wednesday, October 22, 6:30-8:00 P.M.

Cottages Board of Directors

Thursday, October 23, 6:30-7:30 P.M.

Issaquah Highlands Fire Station

Arts Committee

Thursday, October 23, 7:00-8:00 P.M.

City of Issaquah Parks Board

Monday, October 27, 7:00-9:00 P.M.

South Chambers, 135 E. Sunset Way

Meetings are held at the Community Center on Park Drive unless otherwise noted. All meetings are open. You are welcome to join us!

For information on City of Issaquah meetings and local governance, please visit the city website at <http://www.ci.issaquah.wa.us>

Issaquah Highlands Opens Mini-Parks to Community

As part of the greater plan for Issaquah Highlands, a Mini-Park Master Program was adopted to develop the mini-parks to be owned and maintained by Issaquah Highlands Community Association. The plan provides flexibility by allowing for additional planning and refinement in the future. The Mini-Park Master Program provides an additional level of specificity in the requirements and character for each of the parks with the creativity in design.

The general philosophy for the mini-parks is to maximize the amount of open green space designed into the parks, because it can be used for a variety of activities and games. The Community Association provides games such as volleyball, badminton, bocce ball, croquet and other activities that can be

used in these spaces. It is also anticipated that additional amenities, facilities, or artwork may be added by residents in the future and that the parks will evolve over time as the residents use them. The parks provide the residents with a variety of park experiences through the inclusion of different amenities, and the use of materials and landscaping. Each park is also provided a pet station to accommodate our furry friends.

Currently, we have been enjoying Firehouse Park and Ashland Park. With the continued development of Phase II at Issaquah Highlands, Port Blakely Communities is very pleased to open up three more parks for our residents, their families and visitors to our community.

Ashland Park

This paved plaza serves as an amphitheater with a water feature, art seating, landform sculpture, a tot lot and very attractive landscape. It is 43,000 square feet and serves all ages as an urban open space. This gathering area is the popular choice for the Annual Issaquah Highlands Picnic.

Firehouse Park

Firehouse Park is a sport court with full court basketball including adjustable height goals for all ages to enjoy. There is a drinking fountain, play area with swings, fitness structure, and play structure. This is 10,000 square feet of linear park adjacent to the ponds and single-family homes.

Village Green Park

This beautiful formal mini-park is 35,544 square feet of elliptical shape at the top of Park Drive, past the Central Park location. This park features shade trees, landscape, special paving, wrought iron fence, seating, special planting of an Evergreen tree, electrical capabilities, lawn and a flag pole. The flagpole was a gift to the community from *KLB Construction*, a Port Blakely Communities vendor. This space will be a wonderful area for community celebrations such as festivals and art shows.

Logan Park

Head up the hill on Park Drive and turn left on 30th Avenue NE, past Village Green. You will find this park at the intersection of NE Logan Street. This mini-park enjoys 33,316 square feet of open lawn, landscape, walks, pipes and rocks play area, seating and a bicycle loop. Logan Park has quickly become a favorite for the children, as they love crawling through the pipes built into the landscape and bicycling on the loop.

Summit Park

Summit Park is 84,147 square feet of open lawn, landscape, natural amphitheater, low growing trees, lawn volleyball, play structure, tot soccer, slope slides, life-sized chess/checker board and landscape stone. This open space is enhanced with a fabulous masonry entrance on 30th Avenue NE and NE Harrison Drive. (Turn right from Park Drive to 30th Avenue NE). The fun is endless with your families and a visit to this park is a must with the breathtaking views of Seattle and Bellevue.

On your way up to the parks, please pay attention to the new signs that will direct you safely to all walking and jogging areas that are open for public access. Any other areas are prohibited to keep you safe.



Logan Park



Summit Park

The Parks

By Denise Burnside, Issaquah Highlands Safety Manager

The allure of Issaquah Highlands' scenic parks is compelling. Port Blakely Communities has committed a lot of energy into creating a series of destinations within the community where people can relax, reflect, meet neighbors and where children can play.

Port Blakely Communities is proud to present three new parks—Summit Park, Logan Park and Village Green Park (see above article). These parks within the construction zone have been landscaped and prepared for release to the public. However, the surrounding areas and park perimeters may contain potential hazards to park users and those unfamiliar with construction. These hazards can include uneven pavement, utility stubs, rebar, loose soil or rock, and construction personnel performing their tasks. There is also heavy equipment close by and the possibility of trenches. We request your cooperation at this exciting time by staying out of all areas marked construction until after 5pm, Monday through Saturday. After 5pm, please use caution while enjoying the sidewalks and beautiful vistas inside the restricted areas. There are signs designating construction zones and restricted hours at the Community Center and on construction barricades along Park Drive.

Pet Etiquette

We want to remind our dog owners of some of the basic rules for you and your pets.

1. Dogs must be on a leash at all times on the property. Not only is this a community policy, but a County policy as well. We have had a couple of recent calls to the Community Center that dogs have run up to people and there are neighbors who do not want to socialize with your pets. Please be courteous of this request.
2. Use the pet waste stations for pick up after your pets. They are conveniently located and it is the responsibility of each owner to take care of this.
3. The dogs may not be unleashed in the basketball courts or any such area.

While the Pets 'n' Pals Committee is working very hard to bring an off-leash park to Issaquah Highlands, our dog owners need to identify nearby off-leash dog parks to visit for now. We thank you for your continued cooperation.



C A L E N D A R O F E V E N

Issaquah Salmon Days Festival SPAWN-TANEOUS

Saturday and Sunday, October 4th and 5th
10:00 A.M. - 6:00 P.M.

Let your "spawn-taneous" side shine as we welcome the salmon home with a fun-filled weekend at Salmon Days! The festivities kick-off on Saturday, October 4th at 10:00 A.M. with the Salmon Days Grande Parade, featuring colorful floats from around the Northwest. Best parade viewing can be found along Gilman Boulevard between Front Street and 12th Avenue. Continue your festival adventure by, browsing through a marketplace of more than 300 artisans, tempting your taste buds at the Foods of the World, romping around on the many FREE activities offered on the Field of Fun, or by tapping your feet to the live entertainment on any of the three Salmon Days' stages. Of course, a trip to Salmon Days can't be complete without stopping by the hatchery. While you are there, you can join in on the fun of the passport game, "Gill-iver's Travels," take a tour of the treasured facility, stroll through the interactive exhibits, and most importantly, get the best view of the spawning salmon!

The Festival is the major fundraiser for the Greater Issaquah Chamber of Commerce, as well as over 50 other non-profits and service organizations. Salmon Days is Ohfishally Spawnsored by Washington Mutual and The Seattle Times, and presented by the Issaquah Chamber of Commerce. For more information on Salmon Days contact: www.salmondays.org ~ info@salmondays.org ~ (206) 270-2532

Investment Club

Saturday, October 4th and 18th 8:00 A.M.
Community Center
RSVP to Scott Harrison at 425-427-5500
or harrison@ihmail.com

All Issaquah Highlands' neighbors are invited! On the first and third Saturday each month, we will meet over coffee and doughnuts to discuss investing in stocks, bonds and mutual funds. The objective is to learn about investing wisely, to benefit from the knowledge and experience of others, to meet new friends and neighbors, and perhaps to make a few bucks as well!

Eastside Mosaic

Sundays in October 6:15 - 8:00 P.M.
For more information please contact: Barry Odom
at barry@eastsidemosaic.com or 425-557-0087

Eastside Mosaic is a new church emerging on the Eastside. A core group has been forming and will begin meeting on Sunday evenings. Mosaic's mission is to be "a catalyst for life transformation," both on a personal and cultural level. This "core" will prepare to launch a transformational movement focused on discovering what it means to be a follower of Jesus Christ. Childcare is provided for birth through 5th grade. Come check it out! The Mosaic is missing some "pieces" with out you!

Spiritual Discussion & Bible Discovery Group

Monday, October 6th and 20th 6:30 - 8:00 P.M.
Avalon Wynhaven's Clubhouse

For more information please contact: Barry Odom
at barry@eastsidemosaic.com or 425-557-0087

Is faith relevant anymore? Come to a place for discussion and new friendships. Together, we'll explore what the Bible might say about real life issues like parenting, marriage, relationships, facing our fears, the marketplace and the future. The group can also deal with tough questions like, why does evil exist? How do we know God is real? Refreshments provided. No childcare available.

Bunko Night for Women

Monday, October 6th 7:00 P.M.

RSVP to Holly at 425-369-9133 or holly@raissi.com.

It's time to roll the dice! Bunko is a social dice game played in multiples of 4 and at least 12 participants.

This is a great opportunity to get out for a social evening with other women in your community. There are a few seats left. Please contact Holly and plan on giving Bunko a try—it's great fun!

Kids After School Activity, 1st - 5th Grade

Wednesday, October 8th and 22nd

1:45 P.M. - 4:00 P.M.

Community Center

Kids, get off your bus and come down to the Community Center for a snack, half-hour of homework time, and some fun. Once you have spent your time with homework we will be doing something fun such as basketball, nature hikes, crafts, adventure walks, a movie...we will be asking you for your suggestions on our "fun time" together. Kids, this is a great way to meet other kids in your community. Parents, please contact Dawn Wilson at 425-369-0998 or dawn.wilson@ihmail.com

Total Body Wellness Seminar

Thursday, October 9th 7:30 P.M.

Community Center

RSVP by Wednesday, October 8th

Are you tired of having that headache, backache, or other health problem in the back or your mind? Come see how Dr. Carlston of Total Body Wellness can help you get connected to your body. In this presentation, Dr. Carlston integrates the latest research and treats your body as a whole in four areas—nutritionally, energetically, emotionally, and structurally. By attending this seminar, you will receive a gift certificate good for a complimentary exam and one regular office visit. Live life to the fullest!

Teens and Tweeners Social Night

Friday, October 10th 7:00 P.M.

Community Center

Please RSVP by Thursday, October 9th

Teens and Pre-Teens are invited to come down to meet and socialize with others in your neighborhood. We will discuss what events we would like to have and ideas on what we would like to see in Issaquah Highlands. Bring down your favorite board games and we will provide the snacks!

Yoga with Lynn McGlone

Mondays 7:15-8:30 P.M., starting October 13th

Wednesdays 7:30-8:45 A.M., starting October 15th

Community Center

\$68/person for 6 weeks. You must pre-register!

This will be a beginning to intermediate level class in the Anusara style (more about that on the first day of class). Lynn will provide all of the props and materials you will need. All you need to do is show up. It is best to wear something comfortable. It is optimal to have your knees visible, so leggings or shorts work very well. To register or for more information contact Lynn at 425-868-9058 or lynn@trainingimpact.net

Playgroup

Thursdays, starting October 16th

10:30 A.M. - 12:30 P.M.

RSVP to Leslie Warrick at 425-427-1709

or jimandlestie@ihmail.com

This is a great chance to meet parents and kids in the neighborhood. Hang out and play with the little ones, while enjoying some grown-up conversation as well. Coffee and tea provided. Please bring snacks if you'd like. New moms, babies, and dads are more than welcome to join us!!!

Kids Movie and Game Night

Friday, October 17th 7:00 - 9:00 P.M.

Community Center

RSVP by Thursday, October 16th

Parents—do you need some time for yourself? Drop your kids (5 years and older) off and let them enjoy watching a Disney favorite and playing their favorite games while you enjoy an evening to yourself. Your kids will be munching on popcorn and visiting with their friends. Kids, wear your slippers and pajamas and bring your favorite game!

Mom's Night Out:

A Jump Start on Holiday Shopping

Saturday, October 18th 5:00 P.M.

Hi Ladies, it is time again to start thinking HOLIDAYS!!! Let's meet at the Community Center to carpool to either Bellevue Square or Toys-R-Us and then have dinner. We can continue shopping after dinner if we feel inclined. Please RSVP to krmitz@ihmail.com by Wednesday, October 15th so I can make dinner reservations at the Southwestern restaurant in Bellevue Square.

College Funding Informational Seminar

Tuesday, October 21st 7:00 - 8:00 P.M.

Community Center

Please RSVP by Monday, October 20th

to dreamoret@hotmail.com or 425-641-8788 x299

College costs have increased dramatically in the past decade. At the same time, the competition for scholarships and financial aid has become more intense. Come to a free seminar and learn about sound strategies for keeping your child's college education within reach. You'll receive a 20-page workbook packed with information about what you can do to help reduce taxes and fight inflation with a college investment fund. Sponsored by Issaquah Highlands resident and Financial Advisor, David Moretsky, ChFC.

RSVP today!
(206) 701-0344

The Issaquah Highlands Community Association would like to make sure all residents can participate in any event hosted for the enjoyment of the community. Frequently there is a fee or donation charge to help offset the costs of the event. If you are in need of financial assistance or a discount, please contact Sondi at 206-701-0344 and confidential arrangements will gladly be made.

Homemade Gourmet Cooking Class

Wednesday, October 22nd 6:30-8:30p.m.

Community Center

\$5.00 donation per person.

Please RSVP by Sunday October 19th

Homemade Gourmet's mission is to "bring families back to the dinner table." Come explore ways to prepare your meals with fresh and flavorful meal options as well as expanding time with your family. We will be preparing a complete meal that will be complimented by wine samples from Trader Joe's. "Homemade Gourmet" will also have prepared products available for you to purchase.

Highlands Haunted House with Sherm's BBQ

Saturday, October 25th at Dusk

Construction Trailers

Admission will be non-perishable food items, canned goods preferred.

The Haunted House is brought back this year by popular demand! We had a great turnout last year. Please note that parental discretion is advised. We will have a place for young kids to stay if their parents don't want to take them through!

Haunted House Horror D'Ouvres

A bedazzling buffet of treats concocted by Sherm's Bar•B•Q, to fuel your appetite before or after you venture through the Highlands Haunted House.

Served buffet-style in the Issaquah Highlands

Community Center

adult **\$8** 6-12 yrs. **\$3** under 6 yrs. **free!**

All Hallow's Cheese "sandwiches"

Grilled cheese sandwiches made with smoked cheddar and French bread, cut into witch hat shapes.

Pork Scare Ribs available with Sherm's "Sinister" Sauce

Sherm's signature fall-off-the-bone tender pork spare ribs require only a linguistic twist to fit into the Halloween spirit. For those who dare not approach the "sinister" sauce, milder versions are also on hand.

Shrunken Legs of Chicken

These are chicken wing drumettes seasoned with Sherm's original dry rub blend and smoked very slowly so the meat is moist and tender.

Mangled Mixed Vegetables

Winter squash, peppers, "toadstools" (mushrooms) & shallots are chopped up and roasted with fresh herbs.

Monster Mashed Potatoes

Yukon gold potatoes and fresh garlic (to keep away the vampires) are wood-roasted and mashed with butter, vegetable broth, fresh herbs and a little Parmesan cheese.

Mixed Bread Basket

Cornbread, herb rolls and a few pretzel flavored "witches fingers" are thrown together in our special "bread basket."

Mauled Apple Cider

A big cauldron of hot, cinnamon "Mauled" Apple Cider to warm chilled bones.

Pumpkin Spice Cake with Pumpkin-Cherry Compote and Fresh Sage Flavored Whipped Cream

Pumpkin Carving with Sherm's BBQ

Sunday, October 26th 4:00 P.M.

Gazebo Outside Sherm's

Kids, bring your family and friends down to the Gazebo and Sherm's to carve pumpkins and celebrate the season. There will be freaky food and games for all to enjoy! Parents, remember to bring your cameras to take pictures of your kids with their decorated pumpkins!

The Bogeyman's Haunted Hot Dog Roast

Served buffet-style from the deli,

hot dogs cooked outside, dining outside.

\$5 per person, **\$3.50** for children under 7

Every year a few days before Halloween, bogeymen visit Sherm's kitchen to roast their haunted hot dogs and have a bunch of snacks. They always come when it's very dark and no one is around. They help themselves, but always clean up their mess and leave some treats to pay for their meal. They also leave a card that reads:

"For the creepy snacks,

we have to say many, many thanks.

They give us the energy we need on Halloween to play all sorts of pranks."

The bogeymen also leave a list of what they ate, so trick-or-treaters can also get ready for Halloween fun.

Haunted Hot Dogs

These hot dogs are stabbed onto wood skewers and thrown onto the grill. Served with mad mustard, creepy ketchup, and rickety relish.

Petrified Pizza

This is no ordinary pizza, it's petrified—it's scared! So what better ingredient to put on a scared pizza than CHICKEN—Sherm's devilishly delicious barbecued chicken. The pizza is also filled with lots of cheese and Sherm's own housemade mild barbecue sauce.

Monster Mac 'n' Cheese

A monstrosly cheesy macaroni dish.

Freaky Fries

Potatoes are cut into the shapes of bats, cats, and witches hats, then deep-fried until golden and crispy on the outside, hot and fluffy on the inside.

Scary Berry Punch

Blueberry eyeballs and gushy blood red strawberries add flavor to this Halloween brew.

Halloween Cookies

Spice cookies made from scratch and magically designed by "Edible Art," Sherm's primary cookie provider.

JV Design Studio - Interior Design "Create A Happy Home"

Wednesday, October 29th 7:00 P.M.

Community Center

Please RSVP by Monday, October 27th

Let's decorate! Julia Vashurin, a certified interior designer and owner of JV Design Studio, will talk about latest trends in design and decoration. She is bringing tons of fabric swatches from the newest collections of top American and European manufacturers. See, touch and feel these beautiful creations in velvet, silk and linen coming to you direct from the Seattle Design Center. Discover what the right fabric can do for your room; also learn a few design secrets and enter to win a complimentary makeover consultation.

Credit Report Repair

Thursday, October 30th 7:00 P.M.

Community Center

RSVP by Tuesday, October 28th

Do you understand your credit report and how it's used? This class will give you the inside understanding of how credit reports are looked at when you purchase a home, teach you how to get errors removed so that your report is a true and accurate reflection of your credit history and your financial standing, and teach you how to improve your credit score in the future. There is no charge and we will have a "repair kit" available for each participant. For more information please call Sandora Tiburcio at 425-344-9400 or Gina Brogna at 425-313-5050

In the works...

Meals for New Moms and their Families

(...a work in progress that needs volunteers like you!)

We are currently in the process of gathering a list of volunteers who would be willing to drop-off a meal for new moms and their families during the week(s) post-delivery or adoption. What better way to greet our newest little neighbors? Interested or have questions? Please e-mail Sara Winnick at sara.winnick@ihmail.com or call 425-313-0298.

"...a great neighborhood is characterized by the availability of its neighbors to lend a hand in times of need."

Men's Group

It's time to think Monday Night Football, Handy Man, and Poker Night! Issaquah Highlands would like to organize a "Men's Group" to give all of you an opportunity to get to know each other, as well as have fun and help out those in need. Please contact Allan Pattee at 425-391-4527 with your name, number and ideas for this new group.

Highlands Wine Tasting Social Club

Entering into the world of wine alone can be an intimidating and expensive experience. Whether you're a wine connoisseur looking to share favorites and expand your palate, or a novice wondering where to start, come and join us for this fun and informal social wine sharing. Please visit <http://groups.msn.com/HighlandsWineTasting/> for more info and recommendations, or email Jason Farnsworth (zerojason@hotmail.com) with questions.

Dance Lessons—West Coast Swing

Please call Bill at "Dance All Night"

425-831-6760 for information

or visit www.danceallnight.net

Follow in the footsteps of the roaring 20's and the Jitterbug. Easy-to-learn moves that will impress everyone that sees them! Have fun with your partner or come alone and meet a new one. These are beginner classes so come out and learn a new step or two.

PEPS

Would you be interested in participating in a PEPS group? (Program for Early Parenthood Support).

PEPS is a non-profit organization that brings parents of young children together in community-based discussion and support groups. For more information about a PEPS group near you, visit <http://www.pepsgroup.org/about/whatispeps.htm>.



PLAYING IT SAFE

Home Safety Tips That Are No Game

Fire and carbon monoxide poisoning are threats in every home. But, with knowledge and preparation, injury from these dangers is preventable.

Fire Safety

The major causes of fire are heating, cooking, careless smoking, electrical wiring and children playing with fire.

- Install smoke detectors on each level of your home, check them monthly, keep them clean, and replace their batteries at least annually.
- October 26th is Daylight Savings. Not only will you turn back your clocks one hour, but you should, “**Change Your Clocks and Check your Batteries.**” This is a program that is highly promoted by the Fire Departments. Besides your smoke detectors, you should also check batteries in your portable radios and flashlights.
- Avoid overloading electrical outlets. Don't run electric cords under rugs or carpeting and replace worn cords.
- Never leave cooking unattended. Keep your stove and oven clean of grease and oil.
- Have at least one fire extinguisher in your home, preferably in the kitchen, and know how to operate it.
- Teach your children to respect fire and know its dangers.

Carbon Monoxide Safety

Carbon monoxide poisoning is often caused by a faulty fuel-burning furnace, oven, water heater, space heater, wood stove or fireplace.

- Perform regular maintenance and repairs on your furnace, major appliances and fireplace.
- Install at least one CO detector, preferably in a hallway or sleeping area.
- If you or your family experience excessive sleepiness, headaches or other flu-like symptoms, call the fire department or other qualified technician to check your home.

By practicing good safety and maintenance steps like those outlined here, you can greatly help to reduce your family's risk of injury or death from fire and carbon monoxide.

Fire injures over 300,000 Americans per year and kills an average of 5,500 (more than all natural disasters combined).^{*} Each year, carbon monoxide is blamed for 3,500 accidental deaths and suicides in the U.S.; it is the number one cause of all deaths by poisoning.^{**}

^{*}U.S. Fire Administration

^{**}The National Center for Health Statistics



ISSAQUAH
SCHOOLS
FOUNDATION

We would like to introduce our community to the Issaquah Schools Foundation. The Foundation's focus is to bring community resources through grants to our schools. ISF is a fundraising organization that needs more help and volunteers. As the residents at Issaquah Highlands consider education such a high priority, we want to provide you the opportunity to participate in the ISF as they are in need of help with grant writing, fund raising, luncheon planning and execution, etc.

A high quality educational experience for our children is perhaps the most important legacy a community can provide. Our community has been very supportive of educational needs in the past. The Foundation needs your support more than ever today. You are invited to join the ISF and other community parents and businesses in supporting the local educational needs by contributing to the Issaquah Schools Foundation. **The next meeting is scheduled at the Highlands Fire Station on Tuesday, October 14th, so you may attend to gain more information and knowledge.** The Annual Issaquah Schools Foundation luncheon is scheduled for Thursday, November 6th at the Issaquah Community Center.

Read the ISF's community resource campaign statement below to understand their mission and work, and for more information check out their website at www.issaquahschoolsfoundation.org.

Investing in Tomorrow's Leaders Today

Our District: The Issaquah School District has 14,500 students in 12 elementary schools, 4 middle schools, 3 comprehensive high schools and 1 alternative high school. The District is geographically large and economically diverse, encompassing all of the City of Issaquah as well as portions of the Cities of Sammamish, Bellevue, Newcastle, Renton, Preston and unincorporated King County.

Our Mission: Since 1987, The Issaquah Schools Foundation has focused on bringing community resources together to help enhance the educational experience of our children. Our Foundation is an Independent 501(c) 3, dedicated to helping students in our District successfully learn, stay in school, maximize their potential and prepare for life.

Our Work: The Foundation's major work is in providing grants for programs that enhance the educational experience of our students that are outside of the funding capabilities of the District. Our grants are diverse, with subjects ranging from science and technology, to literature and the arts, to mentoring and special needs. Our goal is to inspire, encourage and support a positive learning environment for all students whether gifted, challenged or in between. We are dedicated to our District's children and our grants have touched every school and every grade level in the District.

P. O. Box 835 • Issaquah, WA 98027 • (425) 416-2045
www.issaquahschoolsfoundation.org



Donate A Phone, Save A Life!

Your old cell phone can help stop domestic violence!



October is domestic violence awareness month and Issaquah Highlands has partnered with The Body Shop to hold a cellular phone collection. The goal of this collection is to raise greatly needed funds for the National Coalition Against Domestic Violence (NCADV) and the Wireless Foundation and to support programs that provide education about domestic violence and support to survivors. About 75% of the phones are refurbished and sold to Recellular, a leading manufacturer of wireless equipment. The net proceeds from the sale of the phones are divided equally between the

NCADV and the Wireless Foundation. The donation is tax deductible and receipts can be downloaded at www.donateaphone.com. Any phone can be donated with or without chargers or batteries. The Issaquah Highlands Community Center will be a local drop-off site through October 31st. Any Body Shop location will be an ongoing drop-off site following the collection. If you have questions regarding this collection or would like to start your own collection please contact Mandy Mobley at (206) 440-9378.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Calendar of Events October 2003

RSVP today! (206) 701-0344

1

2

3

4



Investment Club
8:00 a.m.
Issaquah Salmon Days
10:00 a.m. - 6:00 p.m.

Issaquah Salmon Days
10:00 a.m. - 6:00 p.m.

Spiritual Discussion Group
6:30 - 8:00 p.m.

Kids After School Activity
1:45 - 4:00 p.m.

Total Body Wellness
6:30 - 8:30 p.m.

Teens & Tweeners
7:00 p.m.

Adopt-A-Wetland
Work Group
9:00 - 11:00 a.m.

Eastside Mosaic
6:15 - 8:00 p.m.

5

Bunko
7:00 p.m.

6

Technology Task Force
7:00 - 8:30 p.m.

8

9

10



11

Eastside Mosaic
6:15 - 8:00 p.m.



12

Yoga
7:15 - 8:30 p.m.

13

Parks & Trails Committee
6:30 - 8:00 p.m.

Scrapbooking
6:30 - 8:30 p.m.

14

Yoga
7:30 - 8:45 a.m.



15

Mommy & Me Playgroup
10:30 a.m. - 12:30 p.m.

IH Board of Directors
5:30 - 6:30 p.m.

CDC
6:30 - 8:00 p.m.

16

Kids Movie/Game Night
7:00 - 9:00 p.m.

17

Investment Club
8:00 a.m.

Mom's Night Out
5:00 p.m.

18

Eastside Mosaic
6:15 - 8:00 p.m.

19

Pets 'n' Pals Committee
6:30 - 8:00 p.m.
Spiritual Discussion Group
6:30 - 8:00 p.m.

Yoga
7:15 - 8:30 p.m.

20

College Funding
Information Seminar
7:00 p.m.

21

Yoga
7:30 - 8:45 a.m.
Kids After School Activity
1:45 - 4:00 p.m.
Communications Committee
6:30 - 8:00 p.m.

Cooking Class
6:30 - 8:30 p.m.

22

Mommy & Me Playgroup
10:30 a.m. - 12:30 p.m.

Cottages Board of Directors
6:30 - 7:30 p.m.

Arts Committee
7:00 - 8:00 p.m.

23

24

Highlands
Haunted House
and Sherm's
Horror D'Ouvres
6:00 p.m.

25

Pumpkin Carving
with Sherm's BBQ
4:00 p.m.

Eastside Mosaic
6:15 - 8:00 p.m.

26

Yoga
7:15 - 8:30 p.m.

27



28

Yoga
7:30 - 8:45 a.m.
Create a Happy Home
Interior Design Class
7:00 p.m.

29

Mommy & Me Playgroup
10:30 a.m. - 12:30 p.m.

Credit Report Repair
7:00 p.m.

30



31

Community Center Services
425-427-8736
★ Discount Movie Tickets
★ Notary Public Services
★ Limited Postage Stamp Purchase
★ Fax Sending and Receiving
★ Dry Cleaning Pick-Up/Delivery
★ Limited Photocopying
★ Issaquah Press Newspaper Stand
★ Lost and Found
★ Parenting Map Magazine
★ Voter Registration Packets Available

Issaquah Art in the Park 2003

The Issaquah Highlands Arts Committee has been working with the City of Issaquah Arts Commission in the selection process for a piece of artwork to be placed at Issaquah Highlands as part of the Issaquah Art in the Park 2003.

The committee has put a lot of work into this decision and, through Board of

Directors approval, selected a metal piece by artist, Joseph Kinnebrew. Although there were many different types of art with brushed aluminum, kinetic, wood, granite and basalt, they felt this would have the most universal appeal for the community for this year.



This piece is 10 feet in height, each column approximately 1 - 1.5 feet square. They have chosen to place this piece on the traffic island adjacent to the Fire Station as every person coming or leaving may view it. Next year this piece will be changed out and we will select another, plus a second piece to locate in Phase II.

Congratulations to our IH Arts Committee members, Trish Bloor, Sonia Stewart and Cynthia Cochran for bringing this wonderful program to Issaquah Highlands through volunteer services with the Issaquah Arts Commission.

Parks & Trails

The Parks & Trails Committee, along with other residents of our community, had the pleasure of participating in a workshop with the City Parks Board in late August regarding the development of *Neighborhood Park 2* (yet to be officially named). This park is located north of Park Drive across the street from Central Park. Initially, the City Parks Department budget called for development of this park in 2007, however, the Parks agreement called for the development of this park sooner. The workshop was very positive and a mutual understanding and agreement was reached to commence construction this fall. This will be a public-private effort between the City of Issaquah Parks Department and Port Blakely Communities. The features will include two tennis courts, a full-sized basketball court (with hopes of being in use late fall 2003), and concrete walkways. These areas will not be lit for nighttime play. In spring 2004, the Parks Department will install landscape and build a gathering area. There will be open space for pick-up games of soccer or kickball for the children.

Gary Carlson from the Parks Department provided an updated report on *Central Park* at our September 9th Committee meeting. The infrastructure is being built currently to include roads, sewer lines, electric conduit and walkways. In the spring the contractor will amend the ground, level it and hydro seed Pad I areas with anticipation that the grassy areas may be hearty enough for fall 2004 play fields for soccer. To remind residents that the grassed areas are in progress, they will be fenced off with orange fencing.

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