

# Volunteers of the Month 2012

The Highlands Council and the Issaquah Highlands Community Association (IHCA) are pleased to present the 2012 Volunteers of the Month. We hope their stories inspire YOU to become more involved in 2013. Volunteer opportunities exist for every resident. Commitment levels vary widely from a three-hour shift at a community festival to monthly meetings on a committee.

Enjoy following governance issues? Reading spread sheets? Solving hi-tech challenges? There is a committee for you! If you are more socially-wired, sign up to help with community events or consider starting your own club. We need you too! And as you will read, there are plenty of opportunities for our student-residents to get involved as well. Join the fun! Not sure where to start? Contact Christy at 425-507-1107 ext 1107 or christy.g@ihcouncil.org and have a discussion about your interests and availability. She will connect you with the next step in exploring your volunteer options. Make 2013 the year U get back into comm nity!

See VOLUNTEERS page 11



# 2012 YEAR IN REVIEW

January - March

## Chinese New Year Celebration at Blakely Hall

Over 200 people attended the cultural celebration hosted by the Chinese Heritage Club at Blakely Hall



## IHCA welcomes new Directors to the board: Weldon MacDougall and Karen Lund

Board Districts 1 and 5 elected new representation



## IHCA welcomes its new Executive Director: Sarah Phillips

Relocating from the Chicago area with over 15 years of city management and public administration experience the community welcomed Sarah on January 23rd 2012



Forest Ridge neighborhood opens, new neighbors move in



See YEAR IN REVIEW page 6

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1733 12th Ave NE \$450,000



2586 NE Park Dr. \$450,000



2513 Mulberry Sold for \$481,000



2054 Noble St Sold for \$530,000



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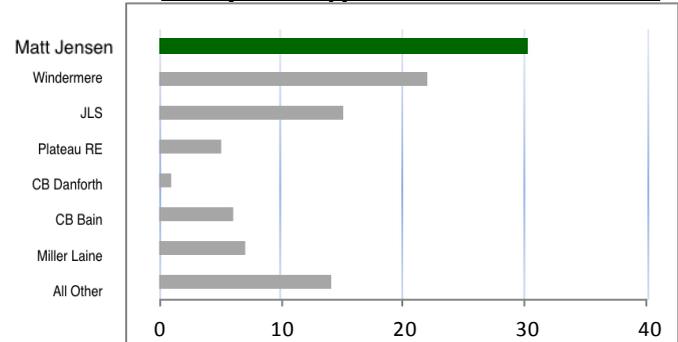
**CURRENTLY PENDING HOMES**

1420 Huckleberry Circle	\$165,000
2348 NE Park Drive	\$266,000
1088 NE Ingram St. #1201	\$275,000
2586 NE Park Drive	\$450,000
2761 NE Mulberry St.	\$485,000

**RECENTLY SOLD HOMES**

2376 NE Park Drive	\$253,000
2313 NE Park Drive	\$289,000
2454 NE Julep St.	\$315,000
1876 NE Kincaid Walk	\$356,000
2422 NE Keystone Ct.	\$400,000
1481 NE Iris St.	\$411,000
2557 NE Park Drive	\$458,000
1733 12th Ave NE	\$471,000
2513 NE Mulberry St.	\$481,000
1566 NE Jade St.	\$525,000
2054 NE Noble St.	\$530,000
1753 24th Ave NE	\$590,000
1733 30th Ave NE	\$691,100

**\*\* Issaquah Highlands Market Share \*\***



**MATT JENSEN, CRS, ABR, CNE**  
Issaquah Highlands Branch Manager  
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# HIGHLANDS COUNCIL NEWS & EVENTS

## CLUB PROFILE: Zumba Fitness®

### Issaquah Highlands Donates 1000 pounds of food to the Issaquah Food Bank in 2012

Here in the Issaquah Highlands we don't just party our way to fitness, we party AND provide food for those who would go hungry! Have you seen the party lights on these long nights inside Blakely Hall and heard the laughter on Tuesday evenings at 7pm? Have you wondered what it's all about? It's a Zumba Fitness® party and YOU are invited! The cost? Non-perishable food for the Issaquah Food Bank! This year our Zumba Fitness® family here in the Highlands donated a 1000 pounds of food – that's not a typo – one thousand pounds of food was donated in 2012 – and that will double in 2013! Connections® spoke with Cynthia Klenk (Cindy) who teaches Zumba Fitness® and Zumba Toning® and is the hostess for the twice a week fitness party. "I'm so proud of everyone! I call this – giving your calories to those who need them – you party, lose weight and get fit, people who need to eat, get to eat! I would call that a win-win!" Cindy has been a licensed Zumba Fitness® instructor since 2009. She is also the one who gathers the zombies in September for the simply thrilling Thrill the World® Michael Jackson Thriller, world-wide flash mob. 2012 saw 50 zombies rise from their un-resting place for the Highlands Green Halloween! That will double for 2013.

Zumba Fitness® is a Latin and world music inspired dance-fitness workout that has swept the country. It's simply the most fun you will ever have working out. With an average calorie burn of a thousand calories in an hour that anyone can do – why do anything else? From Merengue, Hip-Hop, Cumbia and Salsa to belly dance and Bhangra, it's a 1 hour trip around the world (that will feel like a half hour!) shak'n it to simple dance fitness moves guaranteed to make you smile, laugh. And feel absolutely wonderful!

Zumba starts the day with a Zumba Toning® party, Saturday mornings 9-10 am – Zumba Toning® uses light weights called Zumba toning stix. They shake like maraca's and look like a dumb bell. They tone and shape your muscles without adding bulk, and it's not weight lifting!

So now you know what it's all about and yes, you CAN do it! So come on! What do you have to lose (besides your holiday calories and those flooby-flabs under your arms!) Bring your food for the food bank, and join the party!

If you would like more information, contact Cindy at zumbawithcindy@ihmail.com and you can check out the big Zumba picture at: www.zumba.com So c'mon, grab your water bottle, workout clothes, bring some non-perishables and help make the 2000 pound 2013 goal a reality, ditch the workout and join the Issaquah Highlands Blakley Hall Zumba Fitness® party!!

Cindy Klenk has lived in Wynhaven since 2006

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Google+ user: "I will be recommending Alice to all of my friends..." google.com

## COMMUNITY LANDSCAPE UPDATES

Community Landscape updates are provided by Russ Ayers, Landscape Manager.  
Russ can be reached at russ.a@ihcommunity.org.

### Street Tree Pruning Reaching New Heights

Davey Tree Company has been issued a contract to help prune back some of our taller, older street trees. This work has become necessary because some of the limbs are out of reach or they are too close to private residences. As our street trees continue to grow and spread their canopies, this will become a larger issue for the association to manage. Davey Tree Company is able to provide crews trained and equipped for all types of tree issues, including high-reaching equipment, managing the dropping of large branches near structures, and an accompanying chipper to make small work of these larger branches.

Davey Tree crews have already helped out with our large ash trees near The Cottages on Katsura Street and rogue alders at Crofton Springs. This month they are scheduled to come to 28th Avenue (Division 53), and Concord Commons to do some high work in pear and columnar hornbeam trees. Additionally, they will soon be working near the Starpoint retail shops and with some of our oldest street trees in the Ashland Park neighborhood. When you see the "No Parking" signs show up in these areas be sure to follow the time instructions so your car is safe from falling tree limbs.

### 2013 Mulching Campaign to Begin Soon

As our groundskeeping crew and contractors finish winter cleanup and pruning, the community association will be scheduling barkdust applications to selected areas. By scheduling this work for the wet months we save money and keep dust down, and shut out the blower truck noise with windows already closed. In return we also have to be a bit more flexible with the timing: inclement weather can impact the blower truck crews' schedules. We also try to schedule work in our neighborhoods for the drier days that come along throughout the winter. The benefits of this program and its timing really become apparent in spring when the mulching companies are busy and we have already finished our work here in Issaquah Highlands!

Mulch applications are usually intended to deliver about two inches of fine bark. The material is rather fluffy when it is applied so some settling is inevitable. Some of our neighborhoods are mulched in two halves over two

years to keep budgets constant. This means one half of the neighborhood is mulched one year and the other half is mulched next year. Most IHCA common areas are mulched in complete tracts as needed and according to a rotation (i.e., not every park is mulched every year). Mulch is constantly decaying from below and being raked up or washed away from above. While opinions vary concerning the aesthetics of bark mulch, its many benefits to our landscapes are well established. A proper depth of mulch, about three inches, insulates plant roots from wide swings of temperature, inhibits the growth of weed seedlings, reduces erosion and helps maintain constant soil moisture. When we take steps to improve plants' growth we usually benefit with healthier plants that require fewer outside inputs such as fertilizer, irrigation and pest control.

### You should keep off Frozen Ponds

Periodically our winter weather will freeze the surface of detention ponds in Issaquah Highlands. Residents are cautioned that this ice cannot support people or pets. As a reminder, please keep off the ponds and do not let your animals go out onto the icy surface of our ponds.



### Sidewalks – Know Your Responsibility

With the arrival of winter, the subject of sidewalk safety also arrives. Issaquah municipal code places responsibility for safe sidewalk use squarely on the adjacent property owner. An excerpt from the ordinance reads: "...12.08.030 Maintenance – Responsibility. It shall be the responsibility of the owner of property abutting upon a public sidewalk to maintain the sidewalk at all times in a safe condition free of any and all obstructions or defects including but not limited to ice and snow. (Ord. 823 § 2, 1964)." In most cases at Issaquah Highlands, the adjoining owner is responsible for clearing the sidewalk when we experience a snow event. Please be prepared to do your part to ensure the safety of your family and neighbors by keeping your sidewalk clear of snow and ice.

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# ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

Prepared by IHCA Staff and Board Members

## Rains and Drains: Is it time to Maintain?

Living in the Pacific Northwest, we get a copious amount of rain. As a homeowner, it is important to know how daily rain effects storm water runoff and the soils around your home. New development and construction brings with it an intricate maze of pipes, inlets, outlets, roof tops, driveways, patio spaces, lawns and gutters. Many of these water conduits are underground and since these items are out of sight, they also tend to be out of mind. Well, no longer!

By code, each lot developed may only have so much impervious surface (surfaces which water cannot penetrate such as patios, driveways and rooftops). These regulations are also the reason for so many open spaces within Issaquah Highlands. The remaining areas must remain permeable surfaces - open space, grass or landscape areas.

Have you ever wondered why in the winter months you see a puddle of water in your lawn? Often, permeable surfaces will reach a super-saturated state especially with prolonged periods of moisture. A super-saturated state is the point at which soils can no longer hold any additional moisture and the water will collect on the ground surface, follow crevasses in the soils or seep into foundations. When soils reach this super-saturated state it becomes viscous, like thick pudding, and unable to hold form. A heavy footprint on super-saturated soils will frequently fill with water. Yard drains will help disperse the water and it is typically the responsibility of the homeowner to keep these lines clear and free-flowing.

When rain hits impermeable surfaces, it must have somewhere to go. Rain water hits your rooftop and is directed to your gutter then into a storm drain system. Some homes, depending upon the soils where they are built, may have

more extensive drainage systems. Catch basins have the ability to collect larger volumes of water and provide for sediment and debris to settle out of the storm water for cleaner water flow through the drain lines. The unseen storm water infrastructure within Issaquah Highlands captures this storm water and redirects rather than allowing it to settle into the soils. Many neighborhoods actually drain into ponds as part of the storm water collection system.

Any blockages in the drain lines may cause the water to back up and saturate the surrounding soils. This will eventually cause erosion and ultimately mud slides and property damage. **It is optimum for homeowners to have their gutters and drain lines cleaned before the rainy season begins. Typically, this is late fall.** It is also a good practice to re-inspect the gutters and catch basins after the last of the autumn leaves have fallen to ensure clear passage ways for the water to flow.

So the next time it rains take a look around and see if your drains are free-flowing. If not, it may be time to 'Maintain the Drain'.



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YEAR IN REVIEW from page 1

April - June



**Easter Egg hunt produced by Highlands Council and Timberlake Church**

The Easter Bunny arrived via a 320ft Zip Line on April 8th and then joined hundreds of children on the hunt at Grand Ridge Elementary

Bellevue College hosts town hall to discuss future Issaquah Highlands campus



June - July



**Volunteer of the Year: Lynn Trowern**

You know her as the Highlands Day Bear, the Issy Witch for Green Halloween and for her festive home exterior during the holidays – just two doors down from Blakely Hall.

Pure8Yoga opens at the Shops at Village Green in May



**Grand Ridge Plaza breaks ground**



artEast teams with Highlands Council to host the first landing of the Heron Rookery exhibit in Blakely Hall



July - October

**Cub Scout Pack 680 awards Highlands Council with the Chartered Organization of the Year Award**

Jo Mockford, representative of the Boy Scouts of America Alpine District said, "Vicki's acceptance speech was inspirational and allowed the boys to see there are people who notice their hard work as well as people who support them, even if they don't see them."



**The goats return**  
400 four-legged mowers made quick work of rampant over-growth in our open spaces all summer long



**Highlands Council announces new Trustees:** Larry Norton (President), Linda Hall and Susan Terry



**2nd Annual Costume Swap**

A pre-Green Halloween Festival event, residents dropped off gently used costumes during the month of September and then came back to Blakley Hall on September 30th to pick out a new look for FREE

October - December



**Thriller rehearsals**

Zombies staggered and crawled into Blakely Hall every Sunday afternoon in September and October to rehearse the Thriller dance as part of a Guinness World Record event during the Green Halloween Festival



Green Halloween hosts zombies, ghouls, goblins and just mortal folks



**Regency Open House announces retailers**

Packed with residents, Regency publicly announced the retail line-up for Grand Ridge Plaza at Blakely Hall on October 10th



Green Halloween fun at the IHCA Carnival Booth



**Highlands Council welcomes Vyvian Luu as new intern**

Former intern Keith Luu moved from intern to part-time special event assistant at Highlands Council, making room for his already very involved sister, Vyvian. Vyvian was chosen from a group of many talented IH student applicants and is doing a great job!



Highlands Day celebrated the diversity of our community with a combined international and Americana-themed festival

**Sunset Walk townhome neighborhood opens on Park**

The Pulte Home Sunset Walk Sales Center and model homes opened in April with three of the 70 planned townhomes selling the first weekend!



T.K. Panni is awarded the Key to Issaquah Highlands for his lasting contributions to our community



**First "Bark for Life"**

The American Cancer Society took a bite out of cancer by hosting a fund-raising event at the Bark Park in June. Our own IHCA dog-loving staff was recognized for bringing in the most money!



**Vicki Stier retires**

Port Blakely Vice President and former executive director of both the IHCA and Highlands Council retired in June. Prior to her relocation to South Carolina Vicki was honored with the prestigious Vision Award and a permanent sculpture created by local artist Denny Croston was installed at Blakely Hall



**IHCA elects officers:**  
Jim Young (president),  
Stuart Johnson (Vice President),  
Karen Lund (Secretary) and  
David Ngai (Treasurer)



**Candidate Forum brings the election to IH**

Co-hosted by the Issaquah and Sammamish Chambers of Commerce this free event let residents hear in person what local candidates had to say about the issues



Giant Canorah Chanukah celebration at Blakely Hall



Eastside Fire & Rescue Reindeer Engine rides through the Highlands wishing everyone a safe and happy holiday season

Issaquah Police Department hosts its first town hall in Blakely Hall to discuss resident concerns and needs



## SCHOOL SPOTLIGHT

# Boundary Changes for Grand Ridge Students

By Leslie Warrick,  
Issaquah Highlands Resident

### Background & Issue

As one takes a stroll throughout the Issaquah Highlands, it's quite obvious that physical changes to the IH- scape are occurring on a daily basis. Growth and a prosperous community can be a positive thing! On the flipside, there can be some growing pains as a community changes and morphs into what Issaquah's land use codes define. As time passes, these codes continue to change and the sale of more land occurs, and as a result, our Issaquah School District Administration has been left with the difficult task of solving overcrowding at Grand Ridge Elementary and balancing enrollment between Grand Ridge and Clark Elementary. One outcome of the most recent expansion, which was difficult to predict during the down-turn of the economic recession, has been the increased number of school-aged children in the Highlands. Grand Ridge Elementary had been able to suffice as a "neighborhood school", but enrollment has reached well beyond the point of capacity. Grand Ridge's capacity is only 800. As our Issaquah School District's Chief Financial Officer, Jake Kuper stated, "Grand Ridge has outstripped our projections over the past three years." Our community has not "aged" as quickly as previously predicted; a boundary shift will need to be instigated by the next school year in order ensure an optimal learning environment for all students. If proactive steps are not taken, Grand Ridge Elementary enrollment is projected to exceed 1,000 students next Fall!

### History

Residents who have lived here for over 10 years can easily recall a time when two resident groups in the community worked together to advocate for the construction of Grand Ridge Elementary in the Highlands. These residents convinced the school Administration that a 9th grade only campus in the heart of the Highlands would not adequately fit the demographics of the student population. Obviously, the dire need for an elementary school in the Highlands has remained steadfast! In addition, a large number of residents can call to mind the previous boundary process in 2010 that encompassed the entire Issaquah School District. A formal Boundary Review Committee was established (comprised of parents and school Principal representatives from various demographic areas within the district), and they spent approximately six months creating boundary adjustments in the Issaquah School District for the Administration to consider. In regards to the Grand Ridge boundary, this group's recommendations mirrored the same boundary that was proposed by the internal Issaquah Highlands working group, known as Friends of Grand Ridge. The Administration and the Boundary Committee were mindful of keeping core neighborhoods together throughout the district when establishing boundary parameters. One deviation the Administration made from the original 2010 Boundary Committee recommendations for the Highlands entailed the integration of West Highlands, as the number of houses built at the time were minimal and the enrollment projections were still safely within capacity range. As stated earlier, since 2010, there has been a dramatic and unforeseen steady increase in construction development and live births in the Issaquah Highlands.

### Administration Recommendation

In response to the most recent projections, another boundary implementation is slated for the school year 2013-2014. It will be a single school-to-school shift, and therefore does not require a formal committee process. The boundary proposal that was presented to Grand Ridge families on the evening of November 20th was instilled by an administrative process.

In order to balance enrollment at Clark Elementary and Grand Ridge, outlying students will attend Clark. Furthermore, Kindergartners who reside in the outlying parameters will attend Clark Elementary as well, and the Kindergartners residing within the Grand Ridge boundary will need to be outsourced to Challenger and Endeavor. This decision will enable the Administration to open up more coveted full-day Kindergarten slots for Grand Ridge families. When one first considers this, it may not be ideal, but when able to see beyond the Kindergarten year, and grasp the long-term vision and viability of Grand Ridge and the Highlands, this is really the only solution.

### Transportation Considerations

Beyond the Issaquah School District Administration's decision to utilize the boundary parameters established in 2010, there are other contributing factors which cannot be ignored, including ensuring the most effective transportation patterns. From a financial aspect, a district strives to keep buildings at maximum operational efficiency, allow for impending growth in communities, and keep operational and environmental impacts at a minimum when utilizing busses. Our community has notoriously difficult commute situations when Park Drive becomes a quagmire

during school peak hours due to parents dropping off their children, hundreds of students at various pedestrian crossings, and busses attempting to navigate their way in and out of the Highlands. Grand Ridge is entirely unique in that it sits in the heart of a community with only a single lane route in and one way out, with the exception of a partial secondary route - NE College Drive located south of Park Drive. The additional congestion caused by the major retail development will have a negative traffic impact on Park Drive for school busses and commuters causing even more traffic delays. The Transportation Department strives to establish routes that facilitate the shortest and easiest access to main thoroughfares for busses. Most significantly, establishing Grand Ridge as a walking-only school is obviously the most prudent financial plan available.

### Save Your Books

As the New Year approaches, it's the perfect time to start purging your bookshelves and begin the New Year - 2013 with some fresh reading material. Grand Ridge Elementary PTSA will be hosting their popular Book Swap event for all students in the Grand Ridge Commons on March 6th, 2013 from 5:00 - 7:30pm. It's simple, set your gently used books aside and get ready to participate in the Grand Ridge Elementary Book Swap! Beginning in February, you will be able to leave your gently used book donations in the drop-boxes located at Grand Ridge, Blakely Hall, Ben & Jerry's, and Zeeks. More details about the event and the announcement of our exciting headliner show to come! For questions about how to get involved or about the event, you can contact Co-Chairs Leslie Warrick at jimandleslie@ihmail.com or Helen Yantus at helenyantus@gmail.com. Please note: The number of books you donate will not necessarily determine the number of books your student will receive during the Book Swap event; this is an entirely free event for all GR students regardless of ability to donate books!

### Transition Process for Families

Transitions for families can be a challenge. In light of this, our Issaquah School District Executive Director of Elementary Schools, Jodi Bongaard has ensured residents that the ISD will carefully and thoughtfully implement transition plans. These plans will promote strong communication between Grand Ridge and Clark staff, advising families to sign up for Clark's Enews in early Spring, encouraging parents to join Clark's PTSA, and inviting families to partake in tours of the facility. In addition, they will ensure a mindful placement process with the goal of providing students with at least one familiar face in their classroom. Often with this type of transition, the unique challenges and concerns of certain students will need to be appropriately addressed. Parents will have plenty of opportunity to engage in collaborative communication between staff at Clark and Grand Ridge about the unique needs of their child/children. Clark's Principal, Dr. Tod Wood, is very receptive and responsive to this new transition and is entirely open to provide opportunities for parents to start getting connected with the school and other parents this Spring. The transition process will be a partnership, and the Administration encourages the affected families to make it a positive experience, as the Issaquah School District works diligently to use "best practices" for the students in our community.

To view the Boundary Maps and the letter that was addressed to Grand Ridge families in November by our Issaquah School District Superintendent, Dr. Rasmussen, you can visit the following website: [www.issaquah.wednet.edu](http://www.issaquah.wednet.edu) **For further questions, please contact the Administration at (425) 837-7000**

# NEWS FROM PORT BLAKELY

## Construction Ramps up in the New Year

### Residential Land Sales Completed

Issaquah Highlands experienced a flurry of new construction in 2012 and the best is yet to come for 2013. Residents can look forward to the opening of Regal Cinema in June, with Safeway opening in the fall. Three new restaurants: Chinoise Café, Big Fish Grill, and RAM will open their doors in time for summer. Construction is also slated to begin on stores for retailers such as Zumiez and ULTA Beauty.

The community's three major residential projects will continue to welcome new residents in 2013. From Sunset Walk to Forest Ridge to Discovery Heights, construction continues as these new neighborhoods take shape.

In late 2012, the community reached a growth milestone when Port Blakely Communities completed the sale of two of the last remaining land parcels available for residential development. These sales mark the conclusion of major residential land sales in Issaquah Highlands. All large land parcels are now in the hands of builders.

- Grand Ridge Plaza: Construction begins on 280,113-square-foot retail center.
- Model homes at Sunset Walk and Forest Ridge open.
- Phase II of Discovery Heights breaks ground: Neighborhood features 360 units and 6,500-square-feet of retail space.
- Completion of 10 townhomes for hard-working families by Habitat for Humanity.
- Pedestrian bridge across Highlands Drive opens.



### What's coming in 2013?

- Regal Cinema and restaurants Chinoise Café, Big Fish Grill and RAM slated to open in June.
- Safeway grocery and Safeway Fuel Station slated for September opening.
- Bellevue College East will begin to take shape as officials focus on master plan. Campus design slated for 2013.
- Regency Centers will begin construction on buildings for retailers such as Marshall's, DICK'S Sporting Goods, Zumiez and ULTA Beauty.
- New neighborhoods by Steve Burnstead Construction and Ichijo USA will go vertical.
- Newly-announced Polygon Northwest townhomes to enter planning phase.



### Polygon Northwest purchases land for new town home neighborhood

In late November, Polygon Northwest – builder of the Forest Ridge neighborhood – purchased two blocks of land near Grand Ridge Plaza to build a new town home neighborhood. Located north of Discovery Heights Phase I, the total land represents 8.47 acres.



### Taylor Development Purchases Home Sites

In December, Bellevue-based Taylor Development purchased 18 home sites in the Grand Ridge Drive neighborhood. The sites, each more than two acres, were not previously available for sale. Taylor Development plans to work with custom homebuilders and individual homebuyers to complete the neighborhood.

**Port Blakely Communities extends its best wishes for a healthy and Happy New Year to all of Issaquah Highlands. Thank you to each and every resident for making Issaquah Highlands one of the region's most respected communities to live, work and play!**

### Breaking ground in 2013; Reflecting on 2012

In 2013, four new residential neighborhoods are slated to get underway. Activity for the new Mountain Bike Skills Park is projected to ramp up, while landscaping and infrastructure projects continue. By this time next year, expect to see all of Grand Ridge Plaza either open or under construction.

As we reflect back on 2012 and look forward to 2013, here is a sampling of highlights from construction activity across the community.

### Construction Highlights of 2012

- Issaquah Highlands shines as one of the region's economic bright spots, representing more than \$600 million construction investment and an estimated 1,500 construction jobs.
- Issaquah Highlands recognized by Yahoo! Real Estate as one of five standout sustainable green communities in the country.
- Construction on LEO House Issaquah Highlands adult family home is complete.



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# Eastside Baby Corner

Giving kids what they need to thrive

## Thank You Issaquah Highlands Residents

For most social service organizations, especially at Eastside Baby Corner (EBC), the holidays are a busy time of year when we strive to provide children and families what they need most: warm blankets for their newborn baby, formula and food for their young child, rain boots and school supplies for their school age children. But as a year-round organization, we aim to provide these basic essentials to kids 365 days a year. From pajamas to coats, books and diapers to car seats and cribs, at EBC, our mission is to help kids thrive by providing them with the basic essentials they need all throughout the year.

But our shelves don't fill themselves. Community members, schools, small businesses and corporations hold collection drives and events that enable us to ensure that all kids in our community are happy, healthy, safe and loved.

The Issaquah Highlands community is a major supporter of EBC. It is because of many of you that we are able to fulfill over 200 clothing bag orders every week. A clothing bag consists of a week's worth of wardrobe including:

- Pants
- Shoes
- Shirts
- Coats
- Socks
- Underwear
- Stuffed animal
- Toothbrush/Toothpaste
- Age appropriate books

We want to extend our heartfelt thanks to all of our amazing donors and volunteers that supported us this past year. It is because of your support we are able to serve over 500 children, every month.

Thank You to:

- Issaquah community members that held holiday themed donation drives for EBC
- Local small business owners that sponsored a holiday giving tree at their place of business
- Organizations and groups that held store-front drives to collect our high need items from busy shoppers
- Churches and schools that held on-site collection events
- The amazing hub volunteers that contribute over 1,100 hours volunteer hours every month, helping us sort, organize, and fill orders.

If you would like to learn more about what we do at Eastside Baby Corner, or ways you can donate or help, visit our website at [www.babycorner.org](http://www.babycorner.org). Did you know Issaquah Highlands resident and Director of Highlands Council, Christy Garrard, coordinates the volunteer groups that wish to serve at EBC? If you have a group of 8 people or more (neighbors, business associates, church group, school club, scouting group) that would like to volunteer email Christy at her EBC address: [christyg@babycorner.org](mailto:christyg@babycorner.org) and she will work with you to find a date that fits your groups availability.

For Your Convenience - Drop off your donations during regular business hours, 7 days a week, at Issaquah Highlands Self Storage (adjacent to the Issaquah Highlands Park & Ride)!



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# Volunteers of the Month Review 2012

Don't forget to vote at [ihwebsite.com](http://ihwebsite.com) - January 1<sup>st</sup> - 31<sup>st</sup>

*VOLUNTEER from page 1*

**You can vote for Volunteer of the Year by visiting [ihwebsite.com](http://ihwebsite.com) and casting your vote. Voting ends January 31st!**

**January – Matt Coyne**

The Coyne's moved to Issaquah Highlands in 2005 and Matt has been involved in many committees such as the Covenant Committee, Architecture Review Committee (ARC), and most recently as co-chair for the Covenants, Rules & ARC Review



Enforcement sub-committee for the IHCA transition. Matt and Laura are also very active in the greater community as well, from politics to fundraising for pediatric cancer research. Matt believes, "It is important to give back to the community and I look forward to future volunteer opportunities in the community!"

**February – Brian Daniels**

"The Wine Club was the first thing my wife and I got involved in when we moved to Issaquah Highlands in 2008," explains Brian, "It was a great way to meet people." Since then he has served on the Community Development Committee and as President of the IHCA Board of Directors. Brian wants you to understand that "volunteering is not just about meetings or policy setting. It is about people and getting to know the softer side of the community. Because people gravitate to what they enjoy doing, it makes volunteering a better experience."



**March – Ann Taylor**

Resident since 2006, Ann began volunteering on the Trails Committee. The Trails committee put in a lot of sweat equity in creating the



connector trail from South Pond to Grand Ridge Trail! Her children love to walk the trail and see landmarks from that volunteer work. For the last two years Ann has been involved on the Finance Committee for the IHCA. Ann describes her volunteer efforts as, "a rewarding experience to be part of the progress."

**April – Bob Bailey**

President of the Cottages Association, member of the Covenant Committee and Insurance subcommittee for the IHCA transition, Bob wants his neighbors to know, "Volunteering gives me the opportunity to bring my skill set and experiences to a team. It also gives me the opportunity to develop new skills, acquire new knowledge, and engage in new experiences."



**May – Sylvia Chin & Jin Liu**

Founders of the Chinese Heritage Club and leaders of the Asian New Year Celebration and Moon Cake Festival, Sylvia and Jin believe, "Issaquah Highlands is truly a unique place we proudly call home – a community that boosts vibrant cultural diversity as well as heart-warming volunteerism." SAVE THE DATE! These ladies are already busy planning the February 10th Year of the Snake Celebration at Grand Ridge Elementary! (see page 16 for details)



**June – Vince Ippolito**

Serving on committees that were instrumental in bringing such amenities as the Bark Park to our community and then leading the Community Development Committee, and most recently serving as President of the Highlands Council Board of Trustees; Vince recently moved out of Issaquah Highlands. Still his legacy remains. In parting Vince emotionally shared, "Thank you for this nomination and thank you to the many that have made it easy for me to contribute to the growth of this community."



**July – Cecily McDonald**

Cecily is a member of the IHCA Finance Committee and volunteers during special events in the community. Cecily explains, "I began volunteering in the Highlands as a way to meet new people and learn more about our community. I met many wonderful members of our community and am excited to explore more opportunities to volunteer."



**August – Yana Alentyeva**

Yana says, "I had such a nice time organizing the multicultural performances and coordinating the stage" at this summer's Highlands Day celebration of community diversity. Yana was instrumental in the festival's success!



**September – Cub Scout Pack 680**

What a great group of young men! Cub Scout Pack 680 is very active in the Issaquah Highlands; from helping neighbors with yard maintenance, collecting canned goods for the food bank, opening the Highlands Day Festival by leading the parade and performing the flag ceremony, and most recently assisting Highlands Council with the Green Halloween Costume Swap – these boys never say 'no' when called into community service.

**October – Jim Young**

Volunteer extraordinaire Jim Young has served on the IHCA Finance Committee (chair), the Search Committee for the new IHCA Executive Director and now serves as the President of the IHCA Board of Directors. Jim encourages all residents to "become involved on a committee, group or as a volunteer."



**November – Trevor**  
"I volunteer because it's fun!" says Trevor, an active YWCA Family Village volunteer. YWCA leaders call Trevor a "shining star in the community for his work with kids ages 6 – 12 and leadership in the Kids' Gardening Club."

**December – Johnna Hanson & her mom Lina Hanson**

Recognized for their 'what else can we help with?' attitude as Green Halloween Festival volunteers, Johnna shares, "I get so much joy teaching my kids about the importance of thinking and caring about other people and to be recognized for that is truly something special. Life is nothing if you can't give back and make a difference in the lives of others."





# To stay healthier, go to the hospital.

Swedish isn't just a place to go when you're sick. We also have plenty of ways to keep you healthy, including these classes and workshops. Many of them are free, so doesn't that make you feel better already?



## SWEDISH

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### CANCER EDUCATION

#### **The Anticancer Lifestyle**

Increase your resistance to cancer by eating healthy foods and avoiding environmental threats.

**Issaquah Library:** Tuesday, Jan. 22, 7-8:30 p.m.

#### **Weight Loss After Cancer Treatment**

A naturopathic physician will share tips on how to lose extra pounds after cancer treatment.

**Lake Hills Library:** Tuesday, Jan. 29, 7-9 p.m.

#### **Fighting Cancer With Naturopathic Nutrition**

Learn from a naturopathic doctor how food and nutrition can affect cancer.

**Lake Hills Library:** Tuesday, Feb. 12, 7-9 p.m. -or-  
**Swedish/Issaquah:** Wednesday, Feb. 27, 6:30-8:30 p.m.

### DIABETES

#### **Savory Substitutions**

Transform some of your favorite dishes into delicious diabetes-friendly meals. Fee: \$15.

**Swedish/Issaquah:** Tuesday, Feb. 19, 6-7:30 p.m.

### NUTRITION

#### **Nutrition for Young Athletes**

Give your young athlete a head start with healthy, game-winning meals and snacks.

**Swedish/Issaquah:** Wednesday, Feb. 20, 6:30-7:30 p.m.

### ORTHOPEDICS

#### **Joint Replacement: The Right Choice for You?**

Learn about the latest in knee and hip replacements, including MAKOplasty® robotic-assisted surgery for partial knee replacements.

**Swedish/Issaquah:** Wednesday, Jan. 16, 6-8 p.m. -or-  
Wednesday, Feb. 13, 6-8 p.m.

#### **Have Aches and Pains?**

Learn what causes back and neck pain, your best options for nonsurgical treatment, and how to minimize future episodes.

**Swedish/Issaquah:** Wednesday, Jan. 30, 6-8 p.m.

#### **Caring for Your Back: Surgical and Nonsurgical Options**

Learn about treatment options for spinal stenosis, scoliosis, slipped discs and other common spine problems.

**Swedish/Issaquah:** Thursday, Feb. 28, 6-8 p.m.

### PARENTING

#### **Hop to Signaroo®**

Learn sign language to communicate with your baby. Four sessions. Fee: \$128 plus \$19 for materials.

**Swedish/Issaquah:** Saturdays, Feb. 2-23, 10:30-11:30 a.m.

#### **All About Puberty: Parents and Boys Together**

Demystify the challenges of puberty with your 9- to 12-year-old son. Fee: \$30 per family (includes two adults and one child).

**Swedish/Issaquah:** Monday, Feb. 4, 6:30-9 p.m.

#### **All About Puberty: Parents and Girls Together**

Build a bridge between you and your 9- to 12-year-old daughter. Fee: \$30 per family (includes two adults and one child).

**Swedish/Issaquah:** Monday, Feb. 11, 6:30-9 p.m.

### PREGNANCY, CHILDBIRTH AND INFANT CARE

For a wide variety of classes to help prepare for the birth of your baby and care for a newborn, visit [swedish.org/babyclasses](http://swedish.org/babyclasses) or call 206-215-3338.

### SAFETY AND INJURY PREVENTION

#### **AARP Driver Safety Program**

Helpful tips for older drivers to improve their driving skills. Fee: \$12 for AARP members, \$14 for non-members.

**Swedish/Issaquah:** Saturday, Jan. 26, 9 a.m.-5 p.m. -or-  
Saturday, Feb. 23, 9 a.m.-5 p.m.

#### **Safe Sitter®**

Basic babysitting skills for 11- to 13-year-old boys and girls. Fee: \$40.

**Swedish/Issaquah:** Saturday, Feb. 9, 9 a.m.-4 p.m.

#### **Heartsaver CPR and AED**

Learn to save a life using proper automated external defibrillator (AED) and CPR techniques for adults, children and infants. Participant certifications are valid for two years. Fee: \$40.

**Swedish/Issaquah:** Wednesday, Feb. 13, 6-9 p.m.

Registration is required for all classes.

To register and see additional classes, visit [swedish.org/classes](http://swedish.org/classes) or call 206-386-2502.

*Unless noted, all classes are held at Swedish/Issaquah: 751 N.E. Blakely Dr., Off I-90 at Exit 18*

# Healing Holiday Aches and Pains

*Provided by Swedish Issaquah*

The holidays are a beautiful time, but as the New Year begins, the aftermath may be less than pleasant. With all the parties, traveling, eating, drinking and general merriment of the past few months, many of us may be dealing with a post-holiday headache. But what if your pain is more than just a passing ache? For those with chronic pain, especially in the back and neck, the added stress of the holidays can make it worse. Our minds and bodies play off each other so when one is stressed, the other one usually is, too. For instance, have you noticed how a little rest and relaxation can cut both the physical and mental pain of stress? Here a few tips to keep a post-holiday headache from getting the best of you:

- **Get enough sleep:** Most people need 7-9 hours per night. Make sure your bedroom is dark, quiet and cool. Try going to bed and waking up at the same time every day (even on the weekend!) to help your body get on a consistent sleep schedule. A tired brain feels more pain.
- **Schedule “me time”:** Whether you prefer a daily jog, quiet time with a book or a relaxing massage, make sure that you block out time every day to rest and rejuvenate your body and mind. A relaxed brain feels less pain.
- **Exercise and eat healthy:** This “broken record” message is vital. Exercising and getting your heart rate up for at least thirty minutes per day, plus eating a diet of lean protein (chicken, turkey), nutrient-rich vegetables (kale, spinach), and healthy fats (avocado, nuts, skim milk) can go a long way to keeping your body and your brain in top form.
- **Talk to a health-care provider:** Sometimes painful conditions need more TLC to feel better. Keep a diary to track when and where you feel pain and share it with your doctor. They may be able to suggest other ways to treat it.

Of course, these tips may not help everyone. With these tips and a little research, you can find a way to address your post-holiday aches and pains.

See Swedish Issaquah calendar of events on page 12.



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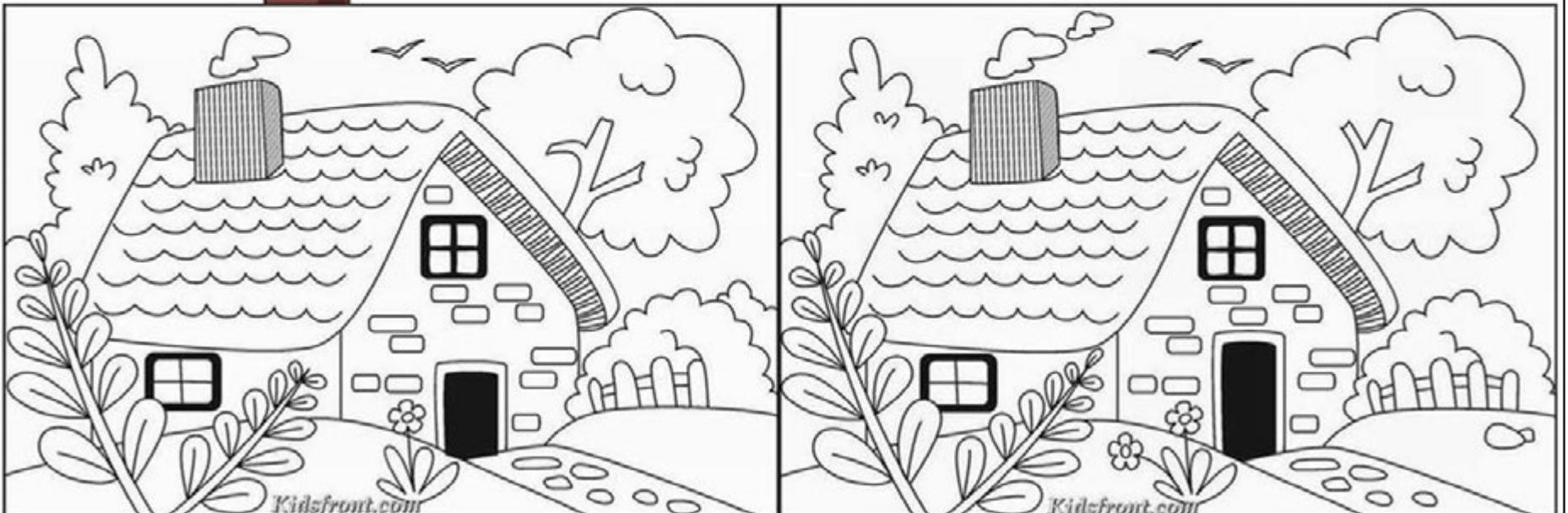
Look at the two side-by-side pictures for 10  
differences. When you find one, circle it.

Good Luck!



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Answers: 1. Leaves on tree 2. Clouds 3. Tree Branch 4. Plant Leaf 5. Flower 6. Door 7. Bush 8. Fence 9. Rock 10. Path

## FITNESS CORNER

# The Isensee Ski-Family

By Nathalie Isensee - Resident of The Cottages

It's that time of the year again when the cold weather and snow fill the Mountains of Snoqualmie Pass. A ski trip up to the mountains for the entire Isensee family is always a great way to be active together and build fun memories. After a week of work, Michael's favorite thing to do is pack up his wife, Nathalie, and three active kids, Jacqueline (11), Niclas (9), Christian (4) and Zeld, our golden retriever, and get away from city-life and refresh in the snow. We moved to the Issaquah Highlands in 2003 because it looked like a great place to raise a family. It was 30 minutes to drive to downtown Seattle and only 45 minutes to the next ski resort, The Summit at Snoqualmie.



When on the mountain, we truly enjoy the ability to have fun as a family, accommodating the different age groups and skill levels. Given the width of the slopes, it's just a lovely place to teach your children how to ski. Summit Central and Summit West are more suitable for beginners. At the same time, more advanced skiers can certainly have a great time at various slopes as well. Alpentel, in particular, is a great element of



There is something there for everyone, no matter if you are a skier, snowboarder, snow shoe-er, beginner or pro; there is even snow tubing at the Summit. For us, it's mostly skiing, but the youngster in the family loves to divert and use the snowboard just as much. Since access to the resort is so easy via I-90, we have enjoyed a season's pass for the last couple of years. To us, it was well worth it and it beats individual daily passes. Naturally, the pass allows you to bypass the ticket lines in the morning. We would be remiss to not mention the ski schools, of which there are plenty.

Snoqualmie for the more adventurous types. For the experts - or risk takers - backcountry and terrain parks offer plenty of ability to "get airborne". Night skiing is a rather unique part of the experience, especially during the week, when a quick trip to the mountain after work becomes viable. Also, there are plenty of restaurants and facilities spread around the mountain, making for an easy lunch and dinner stop. The hamburgers are a must for our boys.



All in all, when the rain drizzles on Issaquah in winter, we truly cherish the ability to get to the mountains, convert rain into snow, and have a great, outdoor day together.

# Flexibility for Skiing and Snowboarding

By Erick K. Harada, DPT - Highlands Physical Therapy

Ski/Snowboard season is upon us! I see many common snow sport injuries spanning from ankle and knee sprains, to pulled muscles and bruises. An important tip to remember this season is to make sure you warm up and stretch properly. Here are a few easy ways to keep limber this winter.

- 1. Hamstring stretches:** Place one foot on the bumper of your car (if too high, place inside door on floor of car). Fold forward at the hips and keep your back straight. Hold 3 seconds. Repeat 10 times per side.
- 2. Hip flexor stretches:** Keep foot on bumper, or just inside door, and bend your knee. Push hips forward towards the car. You should feel a stretch on the front of your back leg. Hold 3 seconds. Repeat times per side.
- 3. Lumbar stretches:** Stand with legs shoulder width apart, skis/snowboard behind low back. Gently rotate left and right 10 times per side.

With all stretches, make sure not to push through pain. If you are experiencing any pain with the above stretches or during your sport, you should get an injury screening. Come back next month for tips on lower extremity strengthening for skiing and snowboarding!



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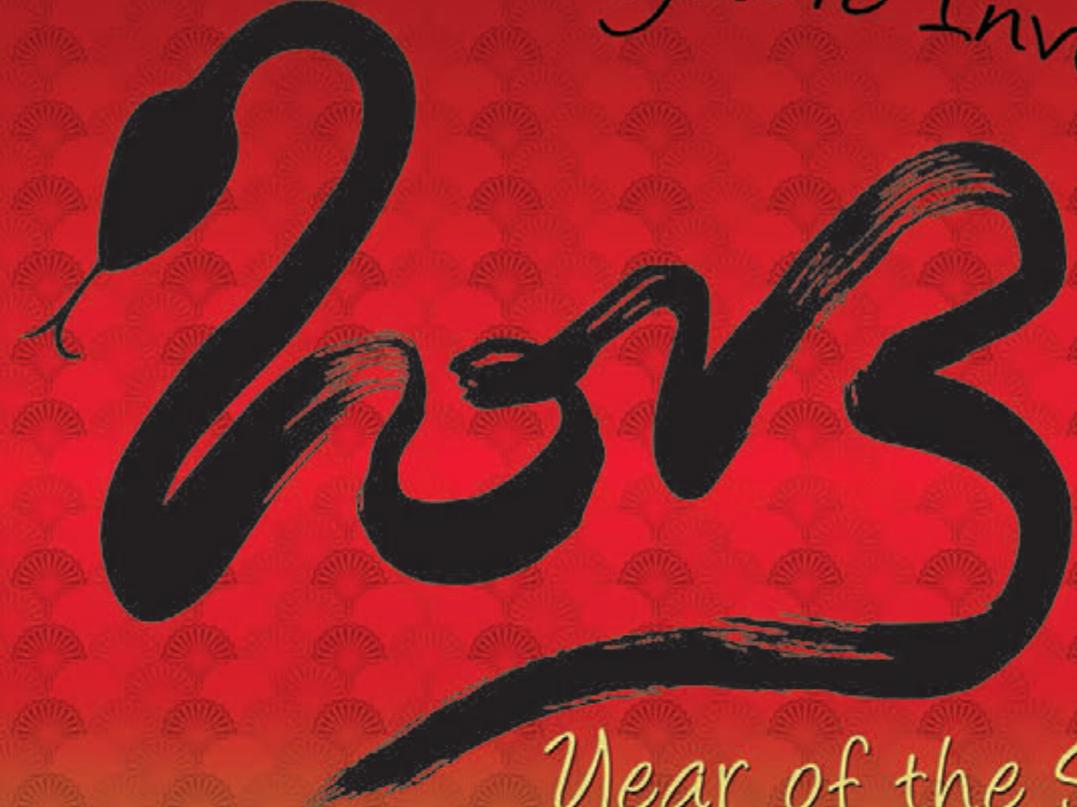
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## RESIDENT PROFILE: MARK MULLET

### Issaquah Highlands Resident Profile

Mark Mullet - Q & A By Nina Milligan

Mark Mullet is our district's new state Senator, having won the election to fill the seat vacated by Cheryl Pflug. Did you know he also opened and operates the Zeeks Pizza and Ben and Jerry's franchises in Issaquah Highlands? What else don't you know about Mark?

Mark grew up in Tukwila, attended college in California and Indiana, worked in Manhattan and returned home to the Pacific NW in 2006. Mark and his wife Sabath live in the Harrison Street neighborhood. They chose Issaquah Highlands because of the excellent public schools, beautiful natural surroundings and the promise of a walk-to urban center. Mark and Sabath have four daughters named Isabel (9), Eloise (7), Caroline (4), and Penelope (2). I recently queried Mark about a few less prominent details:



#### What was it like growing up in Tukwila?

It was a tough neighborhood. The funny thing is though, that when you grow up without any money you don't know anything different.

#### Would you say you grew up with modest means?

Oh, we were poor, there's no doubt about it. I won't mince words! Though there was a shortage of money, there was never a shortage of love. My parents are still married and live in that same house. I go back there all the time.

#### Where do you rank in the family birth order?

I am the middle of three brothers.

#### Are you like your typical Middle Child?

I don't think so! My childhood was weird. When I was 18 months old, I climbed up on the stove and poured a boiling pot of hot water on my chest. 'Spent three months at Children's Hospital. My Mom had a tougher time being hard on me because she saw all the stuff I went through with the burn.

#### What's it like to be surrounded by females (wife and four daughters)?

It's fun! I like having four girls. I wouldn't change it for the world.

#### Do you have a favorite day of the week?

Well, I don't work on Sunday, so that's a pretty easy pick! My family likes to do stuff outside. In the winter we get seasons passes for Snoqualmie Summit. We do a lot of short ski trips: Go up after breakfast, ski for a couple hours, have lunch and be back by early afternoon.

#### I understand you are fairly athletic. What's your current training regime?

I play tennis on Monday and Wednesday morning and I always take our dog for a run in the neighborhood on Saturday morning. There have been times when I have done more, but...

#### Seen any good movies lately?

I saw the new Bond movie. I am a James Bond nut. I gave it a thumbs-up! I don't watch a lot of TV, but I do like The Daily Show. Normally I leave Zeeks or Ben and Jerry's at about nine o'clock and then just like to sit on the couch, have a beer, veg-out, and watch the Daily Show, TiVo'd from the night before. Yeah.

#### Do you have any tricks for managing all the different roles you play: husband, dad, business owner, used to be City Councilman now State Senator?

I think the challenge is just to be present in whatever situation you are in for that given time. If you are with your kids, focus on your kids and what they are doing and not think about work issues. That is quality, productive time. Of course, that's easier said than done. That's my own personal challenge: to be present in the moment with the people I am with. If you can do that, make your mind focus on who you are with, I think you can do all sorts of things.

#### Where would you go if you could take a time machine to any other time?

You know, I probably wouldn't go that far back. If I could pick a time to live for a year, I would probably go back to the 60s. It was a good time; there was a lot of interesting stuff going on. Maybe the later 60s, when people were a little crazier.

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# WHAT'S HAPPENING IN ISSAQUAH HIGHLANDS

SUNDAY

MONDAY

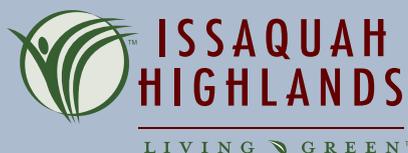
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



## January 2013

Please see complete descriptions on page 19

		HAPPY NEW YEAR BLAKELY HALL CLOSED IHCA OFFICES CLOSED				Zumba, 9:00AM Hindi Club 6:00PM Chinese Heritage Club 7:00PM
		1	2	3	4	5
	Totally Hip Young Speakers Club, 6:30PM	Zumba, 7:00PM Architectural Review Committee, 6:00PM	Toastmasters, 7:00AM Play Group, 10:00AM Wednesday Walk, 1:30PM HFN Advisory Board 7:00PM Crofton Springs Neighborhood Committee 5:00PM	Brighton on High Annual Meeting, 6:30PM Grand Ridge PTSA BOD 6:30PM	Wine Club, 7:00PM	Zumba, 9:00AM Hindi Club 6:00PM
6	7	8	9	10	11	12
	Totally Hip Young Speakers Club, 6:30PM	Finance Committee Meeting, 5:30PM Adult Computer Classes, 6:00PM Zumba, 7:00PM	Toastmasters, 7:00AM Play Group, 10:00AM Wednesday Walk, 1:30PM Craft Beer Club 7PM			Zumba, 9:00AM Hindi Club 6:00PM
13	14	15	16	17	18	19
	Totally Hip Young Speakers Club, 6:30PM  <b>Martin Luther King Day</b>	Zumba, 7:00PM	Toastmasters, 7:00AM Play Group, 10:00AM Wednesday Walk, 1:30PM IHCA Board of Directors 5:30PM	Resident Orientation 7:00PM		Zumba, 9:00AM Hindi Club 6:00PM
20	21	22	23	24	25	26
	Totally Hip Young Speakers Club, 6:30PM	Zumba, 7:00PM	Toastmasters, 7:00AM Play Group, 10:00AM Employment Workshop 12:00PM Wednesday Walk, 1:30PM	Poker Night, 7:00PM		
27	28	29	30	31		

### COMMUNITY MEETINGS

**Architectural Review Committee**  
Tuesday, 1/8, 6:00 pm, IHCA Office

**Crofton Springs Neighborhood Committee**  
Wednesday, 1/9, 5:00 pm, IHCA Office

**HFN Advisory Committee**  
Wednesday, 1/9, 7:00 pm, Blakely Hall

**Brighton on High Annual Meeting**  
Thursday, 1/10, 6:30 PM IHCA Office

**Finance Committee Meeting**  
Tuesday, 1/15, 5:30 PM IHCA Office

**IHCA Board of Directors Meeting**  
Wednesday, 1/23, 5:30 PM IHCA Office

Meetings are subject to change.  
Visit [www.ihwebsite.com](http://www.ihwebsite.com) for calendar updates or sign up for your weekly email bulletins at [ihwebsite.com](http://ihwebsite.com)

For City of Issaquah governance meetings, see [www.ci.issaquah.wa.us](http://www.ci.issaquah.wa.us)

# WHAT'S HAPPENING IN ISSAQUAH HIGHLANDS

## Zumba Class

**Tuesdays (7pm) & Saturdays (9am),  
Blakely Hall**

Get Ready - Get Fit - Go! Its time for the fitness party at Blakely Hall! - You may have seen it on T.V. or in magazines, you may have heard about it , but now its time for YOU to find out what everyone is talking about! Zumba Fitness - Its the Latin and world rhythm and dance-based fitness party that will change the way you think about working out! Grab your workout clothes, your water bottle, and c'mon! Its time to ditch the workout, and join the party! Bring a non-perishable food item to donate to the food bank! For additional information, email (Cindy) at zumbawithcindy@gmail.com

## Highlands Playgroup!

**Wednesdays, 10:00am - 11:00am Blakely Hall**  
Moms, dads, caregivers and their children (newborn-4yrs. old) are invited to come to the Issaquah Highlands playgroup for some fun, friendship, support and socializing. We talk, laugh, sing, play, read stories and blow bubbles! We hope to see you there! For more information or if you would like to help, please contact Alicia, alispinner@yahoo.com – [www.issaquahhighlandsplaygroup.blogspot.com](http://www.issaquahhighlandsplaygroup.blogspot.com)  
We are on Facebook! – [www.facebook.com/Issaquahhighlands.coopplaygroup](http://www.facebook.com/Issaquahhighlands.coopplaygroup)

## Hindi Language Classes

**Saturdays, 6:00PM - 7:30PM**

**Issaquah Highlands Fire Station 73**

Namaste! (Hello). Would you or your children like to learn a new language? Hindi is the national language of India. To help our children learn Hindi a group of parents are volunteering to teach basic Hindi. This class teaches conversational and written Hindi in a fun & relaxed environment with active participation of children & parents. The goal of this program is to have our children use Hindi in as many real-life situations as possible. Free for all Highlands children and parents,. Please contact Rinku at rashima14@hotmail.com to enroll in the class.

## Chinese Heritage Club

**Saturday, January 5th 7:00pm – Blakely Hall**

To promote and preserve unique Chinese cultural heritage awareness among next generation for many local families, this club welcomes everyone who is interested in a neighborhood celebration for many traditional Chinese/American festivals right at Issaquah Highland. Monthly activities include potluck, workshops at Blakely Hall and many outdoor events. Contact Sylvia Chin (sylvia.chin@hotmail.com) or Jin Liu (xiaojin@gmail.com) for details today.

## Free Yoga Classes

**Sundays 8:00-9:00am - Blakely Hall**

YogaBharati Seattle Chapter welcomes you to discover the treasures of yoga. With a sense of “Seva”-community service, we are offering Yoga for wellness series of Free Yoga classes. Classes are taught by a certified Yoga instructor. Bring a Yoga Mat and join us to energize, relax and rejuvenate with Yoga. No prior registration is required.

Contact Himabindu Tenneti: bindu\_tenneti@yahoo.com. Find us on Facebook: Yoga Bharati Seattle region.

## Totally Hip Young Speakers Club

**Mondays in January, 6:30-8:00pm**

**Family Village Lower Community Room (LCR)  
Ages 8–17yrs.**

Get started right with your New Year's Resolutions! Discover the right tools for personal empowerment

and confidence speaking in front of others. All activities are encouraging and fun. Come learn & practice with others your age. Contact: David Hall, Program Lead at YWCAYLP@gmail.com or 425.427.9682 or 425.427.8746

## Adult Activity and Social Hour

**Tuesdays: 1:30-2:30 PM**

**Family Village Lower Community Room (LCR)**

Join other adult residents in your community for games, crafts and socializing. A fun filled hour to meet your neighbors, make a new friend or two and have fun.

## Issaquah Highlands Toastmasters Club

**Wednesdays, 7:00-8:00am**

**Swedish Medical Center Conference Center  
(second Floor)**

Do you get nervous before a speech? Does your heart pound? Does your stomach turn to knots? Do you wonder how other speakers deliver speeches so effortlessly? Well help is along the way! To find out more visit the club website at <http://ihtm.freetoasthost.cc/> or contact George Barns at 425-516-3750.

## Wednesday Walking Group

**1:30-2:30pm, every Wednesday**

Meet at the Family Village Commons. Come enjoy a gentle walk (less than 2 miles), conversation and maybe even a stop at Café Ladro for your favorite hot beverage! This will be a great opportunity to enjoy the beautiful community you live in, watch the new businesses as they are being built and make some new friends!

## Highlands Wine Club

**Friday, January 11th, 7:00pm**

**Blakely Hall**

Come out and meet your fellow wine lovers in the Highlands! Are you a wine enthusiast, connoisseur, or just a fan? We usually get together the second Friday of each month to discuss and enjoy wine. If interested please send an email to Dianne at danielsondd@yahoo.com to receive detailed information.

## Free Adult Computer Classes hosted by the King County Library System

**Tuesday, January 15th 6:00 – 7:30pm**

**YWCA Family Village Computer Lab**

Class size is limited. Even if you have attended before we still need to know you will be attending this month. To sign up please contact: Sondi at 425.270.6807 or slind@ywcaworks.org

## Craft Beer Club

**Wednesday, January 16th, 7:00pm**

**Blakely Hall**

Do you love great beer? Are you a homebrewer? A beer geek? Want to learn more? Come meet your fellow beer enthusiasts to taste and discuss craft beers. We normally meet the third Thursday of every month in Blakely Hall. Email highlandsbeerclub@gmail.com for more information.

## Poker Night

**Thursday, January 31st 7:00pm**

**Blakely Hall**

Love watching the World Series of Poker on TV? Want to win a chance to go to Vegas and play on TV against the world's best players? Join us the last Thursday of each month for a \$20 buy-in, No-limit Texas Hold 'em

tournament! If you are a novice wanting to network or a salty vet looking for some steep competition you'll love our monthly club! More info [kyledeanreynolds@gmail.com](mailto:kyledeanreynolds@gmail.com).

## Book Club

**For meeting information, email  
lindsey8@gmail.com**

Do you enjoy reading AND sharing with friends? The book club is a great place to meet neighbors and explore a variety of books. We take turns hosting—all opinions are welcome! Please bring a snack to share. Dates sometimes change, so be sure to email [lindsey8@gmail.com](mailto:lindsey8@gmail.com) to get on the distribution list.

## Employment Workshop

Nervous about an upcoming interview? Need more practice for interviews? Come to the January workshop to learn valuable interview skills. We will go over the most common interview questions and you'll have an opportunity to do a mock interview and receive feedback. We will meet in the YWCA LCR on Wednesday January 30th from 12:00-1:30. Please rsvp with Sondi at 425.270.6807 or [slind@ywcaworks.org](mailto:slind@ywcaworks.org) by Friday January 25th

## Firehouse Fiddlers

**For meeting information,  
email [tami.curtis@gmail.com](mailto:tami.curtis@gmail.com)**

Our musical group is made up of primarily fiddle players of varying backgrounds and abilities, all working toward the goal of learning Irish and other Celtic tunes, along with occasional Old Timer and Quebecois tunes. Our format is quite informal - we share and learn a new tune every other week and then practice our old material in a jam session. Other welcome instruments for accompaniment are guitar (chords available for most tunes), drum, flute or whistle. We attempt to learn the new tunes by ear in a traditional manner, however, sheet music is usually also provided. Email [Tami.curtis@gmail.com](mailto:Tami.curtis@gmail.com) for questions.

## Issaquah Highlands Babysitter List

The current list of neighborhood babysitters is now available at [www.ihwebsite.com](http://www.ihwebsite.com). After registering and logging in, the list can be accessed under the Resource Center tab. If you have any trouble or have any questions, please feel free to contact Vyvian at [Vyvian.L@ihcouncil.org](mailto:Vyvian.L@ihcouncil.org).

## Issaquah Highlands Cub Scout Pack 680

**For meeting information, email [scoutpack680@gmail.com](mailto:scoutpack680@gmail.com)**

Come join Cub Scouts – A year round values-based program for boys grades 1-5 and is considered one of the premier organizations that help youth build character and prepares them for adulthood. Scouting is learning by discovery and discovery by doing. It's fun, friends, and family where skills are learned, confidence is built, and stories are born. For more information or if you would like to join Cub Scouts, please contact Pack 680 via email at [scoutpack680@gmail.com](mailto:scoutpack680@gmail.com) or join us at our next meeting.

[www.ihwebsite.com](http://www.ihwebsite.com)

Issaquah Highlands  
Community Website

## HIGHLANDS FIBER NETWORK

### How HFN Connects Highlands to the World

To provide high quality Internet service, Highlands Fiber Network participates in the three basic pieces of Internet architecture through its long-term business partner, Isomedia. Although alternative names of each piece have been suggested, the names below are generally accepted.

The Last Mile connects a customer to the local data center operated by their Internet Service Provider (ISP). HFN has two data centers in the Highlands, so most customer locations are actually less than a mile from their serving data center. HFN's connections are on fiber all the way into single family residences and fiber to the building for multifamily units. The wiring inside homes and buildings is structured to maintain the speed of bits over the fiber for the short distance from the fiber termination to the jacks in the residence. The "last mile" for telephone and cable TV networks can actually be many miles, and it may be on copper cable all the way or a combination of copper and fiber cable. Any deterioration in the copper cable opens the possibility of creating significant delay in delivering data. Based on extensive testing of consumer Internet service in 2011, the Federal Communication Commission concluded that using fiber in the last mile provided the best Internet service in terms actually providing advertised speeds and minimizing latency in the circuit. Latency is the time it takes for a packet of data to travel from one designated point to another in a network.

The Middle Mile refers to the connection between the ISP's local data center and a regional colocation center that is connected to the rest of the world via multiple carriers and multiple routes. The "middle mile" is usually several miles but can be hundreds of miles for some ISPs. HFN data centers in the Highlands are connected on high capacity fiber links to Isomedia's main data center located in the largest colocation center in Seattle. Isomedia has two routes for the HFN cable around Lake Washington in order to enhance reliability.

The Internet Backbone – A colocation center can house data centers for hundreds of ISPs along with the data centers of Internet backbone operators like Verizon and Level 3 Communications. The backbone refers to the worldwide network of fiber cables that connect colocation centers around the globe. The backbone puts the first "W" into "WWW". Isomedia's data center is connected to multiple routes going out from Seattle to ensure high reliability and enables their core routers to choose the quickest routes for the data they handle.

#### Putting it all together

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available for parties  
and events. Call for details.

Using fiber in the last mile, providing plenty of capacity in the middle mile, and connecting to the backbone through highly connected carriers enables HFN to provide higher bandwidth and lower latency than the competition.

Market researchers at Cisco Systems, the major provider of network hardware, recently concluded that "100 Mbps speeds and fiber to the home will still be a global rarity five years from now; only 3 percent of web users will have 100 Mbps connections." Presently, more than 840 residents are using HFN's 100 megabit per second service, so Highlands is way ahead of the world wide curve.

### What VOIP is – and what it isn't....

Thank You, Highlands Residents, for supporting our promotion to raise funds for the Issaquah Food Bank while raising awareness of the benefits of HFN's Quantum 100M Internet service! We will share the results with all of you in February's Connections!

Voice over Internet Protocol (VoIP) is becoming more popular as an inexpensive way to have a home phone line. Many new VoIP users expect the traditional landline experience and don't understand the differences between the two processes. Therein lies the answer to what VoIP is – and what VoIP isn't.

VoIP, including HFNvoice, is less expensive because it bypasses most of the expensive equipment and wiring used by the public switched telephone network (PSTN). VoIP systems use the cloud to transmit data to and from the destination phone. The ease of international data transfer from the cloud means that calling Timbuktu is almost as easy as calling Bellevue.

One VoIP conundrum is the longer lull between dialing and reaching the destination point than with landline phones. VoIP data is submitted to multiple carriers, if needed, while in the cloud in an effort to reach the destination. This takes time. On the other hand, the PSTN makes only one attempt. VoIP tries harder!

VoIP quality has more variables than landline service. Equipment must be configured and set up properly for good voice quality. Up-to-date equipment is needed to convert analog data to digital data. The wiring between the servers, home and switching stations must be adequate and intact. 56k of consistent, dedicated download and upload bandwidth is needed. The service on both ends of the call must be working properly. However, many broadband services provide minimal upload and inconsistent download. A loss of 10k badly degrades voice transmission and reception. Some phones and other equipment may not be compatible with a particular type of VoIP service. Inadequacies of the destination service can cause problems with voice quality.

For reliable and consistent VoIP service, HFNvoice uses dedicated access equipment with stringent QOS standards. HFN also has higher bandwidth and gives HFNvoice data priority over other Internet data. As an Internet product, VoIP can provide more features than landlines. HFNvoice's control panel allows you to customize the phone book, up to 30 speed dial numbers and music on hold; view call records online; and set up voicemail to email. Landline services don't allow that! Other features such as 3-way calling, call waiting and caller ID are provided free with HFNvoice while landline providers charge extra. VoIP can also be portable with proper configuration, while landlines are tied to one location.

To summarize, VoIP is an inexpensive phone service that uses an Internet-based mode of transmission and reception, relies heavily on a reliable and consistent Internet connection, has many great computer & Internet-based features and can be portable. VoIP requires programming and fine tuning for optimum quality. VoIP is not a direct, hard-wired connection to other phones with few features, no portability and a high cost!

If you have any questions about HFN services, please call 425-427-0999, email [hfnsupport@hfnservices.com](mailto:hfnsupport@hfnservices.com) or go to <http://hfnnet.us/connections>.



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w: erikmehr.com

# organic

When TK Panni moved to Issaquah Highlands in 2005, he quickly volunteered to organize P-Patches for residents. Currently there are 61 patches under the care of his neighbors, using only organic, pesticide-free gardening methods. TK's personal specialties are green beans, heirloom tomatoes, basil, grapes, marionberries and onions "the size of soft balls."



*TK Panni's passion for gardening was nurtured in Bangladesh beginning at age four.*

*Good things are happening at Issaquah Highlands.*

[www.issaquahhighlands.com](http://www.issaquahhighlands.com)

# LIVING GREEN™

## Going Green in Your Office

by Patrick Byers

My company, Outsource Marketing, has been recognized by King County as a Best Workplace for Waste Prevention and Recycling every year since the program kicked off six years ago. I'd love to tell you how hard we worked to pull this off, but the tired cliché is appropriate here: "It's easy being green."

Here are some quick and simple ways to create a more environmentally responsible business in 2013:

### Reduce

- There is no legitimate reason to have a fax machine—scan and email if you must work with paper, but move all forms online so information is entered once and archived digitally
- Go digital with all your contracts, and only accept digital signatures—your customers will love you for it, it's easier to stay organized, and you won't be using valuable office space for filing cabinets
- Send electronic invoices, estimates and work orders, and use online bill pay
- Use web conferencing instead of hopping in your car or on a plane, whenever possible - we regularly use Skype video conferencing with many of our clients
- Offer customers a glass of water, not bottled water

### Reuse

- Use durable dishes, glasses and utensils instead of single-use products
- Use reusable packaging whenever possible
- Buy used, refurbished, remanufactured or sustainable furniture and office equipment whenever possible
- Use two sided copies, and reuse the other side of copier paper for those that prefer paper for note taking
- Reuse boxes and bags for shipping

### Recycle

- Have a recycling container at every desk
- Save one-sided copies and place in a "recycled" tray in your printer.
- Shred confidential documents, but use a service that recycles shredded materials

### Getting employee buy-in

When we made the decision to commit to greening our business, we didn't dictate how we'd do it—we asked for a volunteer to become our "Green Czar" and lead an empowered committee to determine how we'd do it.

The Czar and her committee came up with a list of recommendations that would become our 'Green Pact.' This document contains all our green policies, and every member of our team is required to commit to them by signing the pact.

### You can do it.

Like you, we're seemingly always busy all the time, so I expected a tepid response when we got started. I was dead wrong. The Green Committee filled up briskly and then worked hard and fast to get the agreement written and the policies implemented. Other business owners have told me they had a similar response when they got started. Fact is, everyone wants to do the right thing. Let 'em.

If you are a smaller company or will need to do this on your own, use this article as a to-do list and bite off a little at a time. You'll get there. I promise.

If you are interested in receiving a copy of my company's "Green Pact" to jumpstart the process, contact me directly at [patrick@outsourcemarketing.com](mailto:patrick@outsourcemarketing.com).

## BOY SCOUT CHRISTMAS TREE CURBSIDE PICKUP & RECYCLING SATURDAY, JANUARY 5, 2013



**Place your tree and donation curbside by 8:00 am on Saturday, January 5th.**

Scouts will be coming through Sammamish and Issaquah Highlands Saturday to pickup and recycle your tree! Please note we cannot accept trees with tinsel or nails, or flocked trees.

**Attach your donation to the bottom of the tree with a rubber band.**

The suggested donation is **\$15-\$30** per tree. Please make your check payable to the Boy Scouts of America (no cash please). If raining, please place donation in a Ziploc bag to keep it dry.

**Your continued financial support is deeply appreciated!**

Your donations fund Boy Scout Troop activities right here on the plateau. Your support is a critical part of providing a quality Scouting program to local youth.

Thank you for 28 years of generosity!

**No tree but want to support Scouting in your neighborhood?**

See our website for a postal address and contact to mail in a donation check.

**Questions?** Visit [www.ScoutTreeDrive.org](http://www.ScoutTreeDrive.org) for more information.

Thank You!

## Be Green in 2013

by Haley Skavaril, Cleanscapes

As the New Year approaches we ask ourselves a very important question: What do I want to accomplish this coming year? New Year's resolutions help us set goals, try new things and wish for success. But it can be tough to find something new every year. Why not set a goal this year that can carry over from one year to the next?

Be green. This is a resolution that doesn't stop after just one day. And it is easy to do; you just have to take that first step. If you don't know where to start, here is a beginner's guide to being green in 2013:

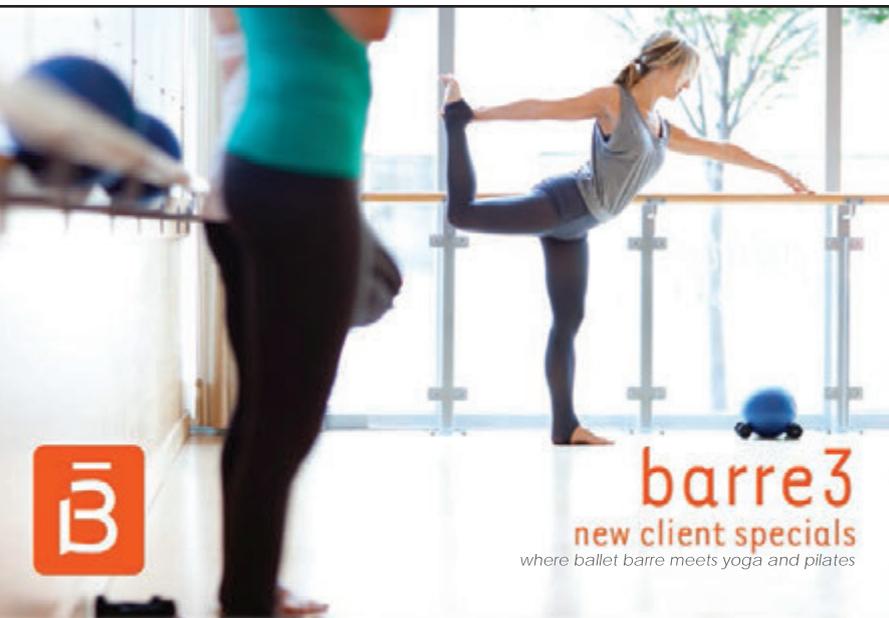
**Reduce first.** This is not only good for the environment, but for you as well. When you are at the store shopping, think of what you do and do not need. Are you going to eat all of the food you are buying, or is it going to sit in your cabinet and go bad? Buy from necessity rather than buying whatever sounds good in the moment. The same can work for clothes and electronics: do you need that new pair of jeans, or are you shopping just because you can? If you aren't buying new things you will use what you already have. That way, less goes into the trash. Did you know that each day 49 million diapers are thrown away and it is estimated that they take 500 years to decompose? Why not use a diaper system that is gentler to baby and mother earth?

**Reuse what you can.** You may think being green is just about recycling cans and old newspaper instead of throwing them in the trash, but it doesn't stop there. Take time to think before throwing things away. Old electronics sitting in your basement, and which no one uses, can be brought to a donation facility instead of being tossed to the curb. And the same goes for all of your old clothes and electronics. What is old to you will be new to someone else. Search online for drop off locations to take all of those perfectly good sweaters and DVD players that your family no longer needs. This is a great way to clear the clutter from your home as well as extend the life of the things you no longer want.

**BE GREEN from page 22**

Also, don't be afraid to reuse for yourself. That stack of newspapers and those tin cans make for great art projects. Get creative this New Year by using that cardboard macaroni box and helping your kids turn it into a car or a spaceship; the sky is the limit! And what about that broken dishwasher, dryer or toaster? Can it be fixed instead of recycled? Or those old clothes that are stained or worn out? Try making a toy for the felines and canines of the family. There isn't much cats and dogs love more than having a toy to play with, especially something that smells like home.

And Reuse again. Another part of reusing isn't about donating clothes and electronics, but it is important in daily life. Avoid those plastic water bottles and Ziploc bags at the grocery store. Use more sustainable (think durable, washable rather than disposable) goods in 2013. The average person uses 500 plastic bags a year and Americans buy enough plastic water bottles annually to circle the earth 4 times! That waste is definitely avoidable by using reusable bags and water bottles.



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There are plenty of options out there, and once you start looking you'll notice how easy it is to live a green lifestyle. What about the toys that have been shoved to the back of the closet? Support your local mom and kids consignment stores by taking these items in or donating to local charities or churches.

Then Recycle. When you can't find ways to reuse, recycling comes in handy. But don't forget, a lot more items than you think are recyclable. If you need help, search online. If that isn't helpful, visit your waste collection company's website.

CleanScapes has a store front in Gilman Village where you can visit and find answers to your recycling and waste reduction questions. They provide a drop-off location for hard to recycle items such as bicycles, small electronics, fluorescent bulbs, batteries and more. They recycle so many things, most don't even know all the ways to recycle. Cleanscapes also offers educational programs for kids as well as books with tips on reducing waste including "Celebrate Green" by Lynn Colwell and Corey Colwell-Lipson (Founders of Green Halloween), a great resource for putting a little more green in your home and holidays all year long. Is there a remodel in your future for 2013? The CleanScapes store has information on how to dispose of used carpet, appliances as well as books on green material selection.

While you are considering your resolution options for 2013, give "being green" a chance. It is easy to do and it helps everyone, including you. You will be surprised at how easy it is to live green. It just takes that first step and before you know it you will be telling your friends ways that they can do it, too! And soon we can all be a little bit greener in the New Year!

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## New to Issaquah Highlands? Plan to Attend Resident Orientation

### Who should attend?

The Issaquah Highlands Community Association and Highlands Council invite all residents to attend the next Orientation meeting to become familiarized with the governance and fun side of Issaquah Highlands. Even if you have lived here for awhile and just never quite found the right date to attend – you are welcome!

### Why should you leave your cozy home on a Thursday night in January to attend the Resident Orientation meeting?

Because you decided to move to Issaquah Highlands because it is a unique place to live, work and play. Because attending the orientation meeting will help you feel immediately more connected to the leaders and staff that manage this urban village. And because you have a lot of questions that deserve answers!

### Have you ever wondered what the approval process is for changing the paint color on your house or how to rent Blakely Hall for a party?

Who organizes our fun community events? How are the rules and our assessments determined? How can you practice green landscape techniques? How can you get more involved with the community?

### What to expect:

This 90 minute meeting will start promptly at 7:00pm at Blakely Hall. Representatives from the Issaquah Highlands Community Association (IHCA) will explain what it means to live in an urban village and review the staff structure and responsibilities of our homeowners association. Next, Highlands Council staff will briefly review the difference between the IHCA and the Council, share the multiple ways residents can get more socially connected to neighbors and the greater community and explain the various communication methods managed by this office. The last 30 minutes will be a time for questions and answers.

### Where is the Resident Orientation held?

This community meeting will be held at Blakely Hall (our community center) located on 2550 NE Park Drive, near Zeek's Pizza, next door to Highlands Dentistry. Come meet your community leaders, community staff members, and new neighbors! This is a great opportunity to discover what your community has to offer, answer your questions, and help you get involved in the community.

Welcome to Issaquah Highlands!

**Resident Orientations are a great way to learn more about your community, get your questions answered, and meet your neighbors.**

**The next orientation is:**

**Thursday, January 24th, 2013**

**7:00pm – 8:30 pm**

**Blakely Hall (2550 NE Park Drive)**

**RSVP: [christy.g@ihcouncil.org](mailto:christy.g@ihcouncil.org)**

Putting the “U” back in Community!

## THANK YOU TO OUR VOLUNTEER OF THE MONTH: DAVID NGAI



David and his family relocated from New Jersey about two years ago. The move was motivated in part to find a better place to raise their children. While looking for a home they visited many communities in the eastside but fell in love with the beauty and friendly community in the Highlands.

Instead of returning to the financial industry David decided to open an Allstate agency to serve the Highlands. “It allowed me to leverage my work experience, help the community and spend more time with my kids. Plus Allstate was a perfect fit for the Highlands demographic - educated, family oriented and risk adverse.”

David serves as Treasurer for the IHCA Board of Directors and is an active member of the Finance and Insurance committees. Still he finds time to participate at Highlands Day and Green Halloween. Jennifer his wife, and his daughter Madeleine, volunteer each year for Salmon Day.

“Being involved with the IHCA has been an eye opener. People do not realize the complexity of all the neighborhoods and it is to the credit of the volunteers and staff who work tirelessly to maintain the beauty and smooth operation here in the Highlands.”

It's not what you do. It's not what you get. It's what you get from what you do.

# ISSAQUAH HIGHLANDS RESIDENT ORIENTATION

- Familiarize yourself with the governance and fun side of Issaquah Highlands.
- Meet your community leaders, community staff members, and new neighbors!
- Great opportunity to discover what your community has to offer, answer your questions, and help you get involved in the community.

**Thursday, January 24, 7PM**  
**Blakely Hall, 2550 NE Park Drive**

**RSVP!**

*Christy at [Christy.g@ihcouncil.org](mailto:Christy.g@ihcouncil.org)*

*425-507-1107 x 1107*

## RESIDENT PROFILE: DAVID HALL



YWCA Family Village at Issaquah represents 15 years of planning, fore-thought and persistence on behalf of King County and the City of Issaquah to incorporate much-needed housing for Eastside working families. Home to 146 working families and individuals, people with disabilities and seniors, Family Village at Issaquah provides an affordable place to raise children and build fulfilling lives. Residents represent all walks of life, from health care technicians and hairstylists to teachers

and firefighters - people that contribute to this vital and thriving community.

"Far too many eastside families are but one medical emergency or one layoff away from being unable to pay rent, being evicted and becoming homeless, says Sue Sherbrooke, CEO of YWCA Seattle / King / Snohomish. Long time Issaquah resident David Hall found this true for himself when he was diagnosed with end stage renal failure. With surmounting medical bills and very little stamina to maintain working to earn an income, David was on the verge of losing everything, including his home. Even with family, friends, and community support, David's medical crisis would make it impossible for him to maintain his former home and way of life.

Concern regarding David's growing instability almost left him without the option for a kidney transplant. The stressors of possibly losing his home, not

having the finances to adequately support his life, and dealing with a major medical crisis all contributed to David's rapid deterioration. Despite his desperate situation, David's faith helped him hold on to life with every bit of determination and strength in him. In June 2009, David received the call letting him know a kidney had been found. "I always had faith that it would happen," says David.

Although on his way to recovery, David's medical team continued to share concern about his unstable living situation and the impact this could have on his recovery. A major factor to ensure a patient's successful recovery from an organ transplant is access to convenient, affordable housing. With the YWCA Family Village located less than one half mile from the Swedish Issaquah Medical Center campus, "the YWCA has been a refuge in my time of need," explains Hall. "Residing at the YWCA Family Village at Issaquah has not only made it convenient for me to continue receiving medical care, it has allowed me to stay connected to a community where I have spent the last 26 years of my life." David Hall has, "A new lease on life," as he proudly states. "I am blessed beyond measure."

Chartering the Pacific Northwest Chapter of TRIO (Transplant Recipients International Organization), Hall speaks frequently to civic groups, schools and churches serving as an educator and advocate for organ donation. "One donor can save eight people's lives," he said during an interview at his Issaquah YWCA Family Village home. "Don't take your organs to heaven; heaven knows we need them here."

The YWCA Family Village at Issaquah offers quality affordable living for Issaquah families and individuals. Some families may be able to endure major crisis in their lives. Many others will rely on community supports to help get them through. The YWCA offers signature community support services, tailored to meet the needs of the Issaquah Highlands community.

**A resident of Issaquah for 26 years David Hall has found a new home in YWCA Family Village. This allows him to stay connected to his community and has given him, "A new lease on life," as he proudly states. "I am blessed beyond measure."**



# SOUND BODY FITNESS

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Issaquah, WA

## Get Lean Method

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We Are Becoming One! Summer 2013

Prevail Credit Union is merging into Harborstone Credit Union to combine these two-strong financial institutions and provide the members of the credit unions with a larger resource base. These resources will provide for more products & services, more branch locations, and more possibilities for you and your family. The merger is scheduled to be completed by early summer, 2013. The on-going name will be, Harborstone Credit Union.

Despite the merger, it is business as usual here at Prevail.

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Connections is published by the Highlands Council.  
Our mission is to foster the development of  
a vibrant and caring community  
committed to service, diversity, and well-being.

### Connections Newsletter

Connections is printed and mailed every month to every Issaquah Highlands residence as well as local Issaquah residents and businesses. For article submissions and advertising sales, contact Nina Milligan at [nina.m@ihcouncil.org](mailto:nina.m@ihcouncil.org) or 425-507-1111

Size	BW	Color
Mini: 3" x 3"	\$40	
Rectangle Vert: 3" x 4.625"	\$66	\$126
Rectangle Horz: 4.625" x 3"	\$66	\$126
Square: 4.625" x 4.625"	\$92	\$186
Quarter Page: 4.625" x 6.25"	\$105	\$246
Half Page Vert: 4.625" x 13"	\$210	\$445
Half Page Horz: 9.625" x 6.25"	\$210	\$445
Full Page: 9.625" x 13"	\$495	\$874

Ads are due by the 7<sup>th</sup> of the month for the following month's publication.

Print ads must be submitted electronically in .eps, .tif or .pdf format with all fonts embedded. For best results with newspaper printing, please avoid small text in color or reversed out of color. Do not use a built black of CMYK combined. Instead, please setup all black as "K" only. All files must be in CMYK (not RGB). Resolution should be a minimum of 200 dpi. Please allow for 15-20% gain. Graphic design services are available.

### WEBSITE ADVERTISING AVAILABLE!

[www.ihwebsite.com](http://www.ihwebsite.com)

Content and advertising in Connections does not necessarily reflect the opinions/views of the Highlands Council or staff.

## Rental Facilities

### Blakely Hall

Award-winning Blakely Hall has a feeling and comfort of a lodge. It is a wonderful place for parties with 70 or more guests, fund raisers, galas, and any type of reception. Blakely Hall can accommodate up to 230 guests. In addition to the atmosphere Blakely Hall will give you, there is a patio with outdoor seating and BBQ grill that is available for rent.

### Blakely Hall Meeting Room

The Conference room is perfect for your meeting or seminar. It is private. It can accommodate up to 46 guests. A screen is provided as well as comfortable conference chairs and tables that can be configured to your liking. A projector is available for rent. There is a wash station, and a countertop to place your refreshments.

To inquire about booking facilities at Blakely Hall, please contact Blakely Hall at 425.507.1107 or email [christy.g@ihcouncil.org](mailto:christy.g@ihcouncil.org)

### Fire Station Meeting Room

The Fire Station 73 meeting room is great for community or group meetings. It comes with tables and chairs. It can accommodate up to 85 guests in a meeting setting or comfortably 30 guests. There are two whiteboards for writing down your ideas and agenda. There is also a television with a DVD player for your instructional videos. Because this is a city building they do not allow religious, partisan, or for-profit meetings to take place in this facility. To inquire about booking the Fire Station Meeting Room, please contact Fire Station #73 at 425.313.3373.

# DIRECTORY

## ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

**Responsible for:**

- Property Management
- Enforcement of CCRs, Rules, Regs
- Architectural Review
- Common Area Landscape

**Funded by:**

- Annual IHCA Assessments
- Neighborhood Assessments

### GOVERNING BODY

#### Issaquah Highlands Community Association

##### Board of Directors

Jim Young, President  
Stuart Johnson, Vice President  
Karen Lund, Secretary  
David Ngai, Treasurer  
Andrea Gregg, Member  
Weldon MacDougall, Member  
Tad Pease, Member

### STAFF

#### MAIN PHONE: 425-427-9257

1011 NE High Street Suite 210  
Monday-Friday 9:00AM to 5:00PM

**Sarah Phillips**, Executive Director  
[sarah.p@ihcommunity.org](mailto:sarah.p@ihcommunity.org), 425-507-1120

**Rachel Garrett**, Assistant General Manager  
[rachel.g@ihcommunity.org](mailto:rachel.g@ihcommunity.org), 425-507-1115

**Erika North**, Community Manager  
[erika.n@ihcommunity.org](mailto:erika.n@ihcommunity.org), 425-507-1121

**Jennifer Fink**, Community Manager  
[jennifer.f@ihcommunity.org](mailto:jennifer.f@ihcommunity.org), 425-507-1113

**Russ Ayers**, Landscape Manager  
[russ.a@ihcommunity.org](mailto:russ.a@ihcommunity.org), 425-507-1130

**Whitney Wengren**, Office Manager  
[whitney.w@ihcommunity.org](mailto:whitney.w@ihcommunity.org), 425-507-1135

**Beth Driscoll**, A/R Specialist  
[beth.d@ihcommunity.org](mailto:beth.d@ihcommunity.org), 425-507-1119



**Emergency: 9-1-1**

**Issaquah Police (non-emergency):** 425-837-3200

**WA Dept of Fish & Wildlife:** 425-775-1311

### Emergency Contact Number

For after-hours emergencies not involving police and fire response or gas or water main breaks, contact IHCA at 425-313-2209

## HIGHLANDS COUNCIL

**Responsible for:**

- Community Events
- Blakely Hall Community Center
- Facility Rentals
- Connections Newspaper
- [www.ihwebsite.com](http://www.ihwebsite.com)

**Funded by:**

- Sponsorships/Grants
- Advertising
- Enhancement Fees (¼ of 1% on sale of home)
- 12¢ per sq. ft. retail/commercial

### GOVERNING BODY

#### Highlands Council Board of Trustees

Larry Norton, President  
John Thompson, Vice President  
Tad Pease, Treasurer  
Chris Hysom, Secretary  
Linda Hall, Member  
Susan Terry, Member

### STAFF

#### MAIN PHONE: 425-507-1107

**Blakely Hall** 2550 NE Park Drive  
Monday-Friday 11:00AM to 4:00PM

**Christy Garrard**, Director/Special Event Planner  
[christy.g@ihcouncil.org](mailto:christy.g@ihcouncil.org), 425-507-1107

**Nini Milligan**, Communications Manager  
[nina.m@ihcouncil.org](mailto:nina.m@ihcouncil.org), 425-507-1111

**Michele McFarland**, Finance Manager  
[michele.m@ihcouncil.org](mailto:michele.m@ihcouncil.org), 425-507-1108

**Julie Clegg**, Creative Coordinator  
[julie.c@ihcouncil.org](mailto:julie.c@ihcouncil.org)

**Keith Luu**, Events/Administrative Assistant, [keith.l@ihcouncil.org](mailto:keith.l@ihcouncil.org)

**Vyvian Luu**, Intern  
[vyvian.l@ihcouncil.org](mailto:vyvian.l@ihcouncil.org)

### Community Services at Blakely Hall

- Fax Sending & Receiving
  - Fax sending, local \$.50 per page
  - Fax sending, long distance \$1.00 per page
  - Fax receiving, \$.50 per page
- Limited B/W Photocopying, \$.05 per page
- Lost and Found

**HIGHLANDS COUNCIL**  
BUILDING COMMUNITY AT ISSAQUAH HIGHLANDS

[www.facebook.com/highlands.council](http://www.facebook.com/highlands.council)

## PORT BLAKELY COMMUNITIES

Port Blakely Communities, the developer of Issaquah Highlands, continues to be involved as they have a vested interest in the community and in seeing their vision become reality.

**Jennifer Hagge**, Office Manager  
[jhagge@portblakely.com](mailto:jhagge@portblakely.com), 206-225-2316



**PORT BLAKELY**  
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### JUST LISTED

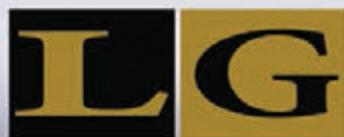
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