

CONNECTIONS

ISSAQUAH HIGHLANDS COMMUNITY NEWS

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October 2013

Green Halloween® Festival

Page 14 & 24

Fire Prevention Month

Page 4



Image designed by student intern Vyvian Lau.

Grand Ridge Plaza • Living Green • Art at Blakely Hall • Issaquah News • Ask Kari

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HIGHLANDS COUNCIL
BUILDING COMMUNITY AT ISSAQUAH HIGHLANDS
2550 NE Park Drive
Issaquah, WA 98029

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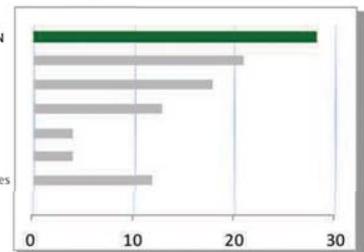
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MATT'S RECENTLY SOLD HOMES

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2447 NE Park Drive	\$369,000
1798 25th Walk NE	\$436,000
1999 NE Kensington Court	\$437,500
2419 NE Julep Street	\$439,900
1014 NE High Street	\$475,000
2542 Longmire Court	\$506,000
2773 NE Magnolia Street	\$525,000
2043 Larchmount Drive NE	\$545,000
2056 30th Lane NE	\$555,100
1771 14th Lane NE	\$561,000
1889 30th Ave NE	\$586,000
1515 NE Jonquil Lane	\$591,000
3143 NE Norton Lane	\$640,000
3434 NE Marion Lane	\$660,000
2918 NE Davis Loop	\$735,000
2629 30th Court NE	\$736,000
1636 28th Ave NE	\$825,000
1585 25th Ave NE	\$910,000
2473 NE Davis Loop	\$975,000

****I.H. Listing Market Share YTD 2013****

MATT JENSEN
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John L. Scott
CB Bain
Highlands RE
EMA Mehr
Other Brokerages



MATT JENSEN, CRS, ABR, CNE
Issaquah Highlands Branch Manager
Matt@MattJensenRE.com
www.MATTJENSENRE.COM
206-909-8200

Visit Matt's LOCAL office at: 2423 NE Park Drive!

FROM THE EDITOR



Who's your neighbor?

When Issaquah Highlands was first inhabited everyone knew each other. Residents easily met their neighbors and community life began. Now, the community is home to almost 10,000 people and you simply can't know everyone. But, can you know your closest neighbors? This urban village was designed so that you almost can't avoid the folks outside your front door or on your block.

And what about people with whom you share common interests? Well, you can begin identifying some of these neighbors by browsing these pages, or by attending the community programming at Blakely Hall. Browse the promotional events

and the summary in What's Happening. There is so much going on, surely there's something for you!

There are at least two reasons why you'll want to get better acquainted better with your neighbors. Safety is first. Each winter when rough weather hits and the power goes out, a neighbor is in need. One year my husband and I were glad to rescue a young couple with a newborn, so fragile that the low indoor temperatures worried them greatly. A previous year, a neighbor rescued us from the cold.

Second is Joy. Issaquah Highlands attracts delightful people from all around the world to live close together. They are all interesting because they are intelligent (we seem to have more than our fair share of brainy people, eh?), or funny or talented in some way. And the greatest joy is finding neighbors who truly care about you. My little courtyard includes all of these types. We feel truly blessed and happy to know that our little courtyard is not unique. You all have this, just look around, open your door and smile to a neighbor. Where the discussion goes is sometimes quite amazing.

Perhaps you would like the convenience of seeing all your neighbors together, something bigger? Well, October is your lucky month and I expect many will be at Green Halloween on Saturday October 26, at Grand Ridge Plaza. Not only will we celebrate Halloween, we will also celebrate our newest neighbors, the Grand Ridge Plaza merchants. Come down and spend the day! Rain or shine, from Safeway to the festival grounds at High Street, there will be fun and treats for everyone! See you there.

Yours Truly,
Nina Milligan, Crofton Springs
 Editor of Connections - Highlands Council Communications Manager

Highlands Council is the publisher of Connections, producer of community-wide events such as Highlands Day, owner and manager of Blakely Hall, liaison with the greater community.

Accent Insurance owner Ron Vanderschaaf and Safeway Manager Brett Dow help build community

COMMUNITY BUILDERS

GATHERING PLACE

There's a new place that's drawing people and buzz at Issaquah Highlands.

Grand Ridge Plaza's Regal Cinemas and a variety of new restaurants and shops are now open. And soon Safeway and even more stores and eateries will add to the convenience of finding everything you need right in the neighborhood, from groceries to holiday gifts.

Take in dinner and a movie. Get coffee or ice cream. Hang out with friends in the village at one of many plazas. Enjoy your neighbors and the surrounding scenic mountain views.

The growing retail district is a hub of activity where dozens of merchants and businesses are building community. Beyond the products and services they provide, they support the community, employ residents and positively impact the local economy. Thank you for building community at Issaquah Highlands.

Port Blakely Communities is celebrating those who've helped build community at Issaquah Highlands over the past 20 years. If you or someone you know was involved, please join in by signing your name and sharing your story at issaquahhighlands.com/story

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GRAND OPENING November 2013!

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AT ISSAQUAH HIGHLANDS

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 Issaquah, WA 98029

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FIRE PREVENTION MONTH

Eastside Fire & Rescue Fire Station 73

Provided by Eastside Fire & Rescue



Firefighters attend the renaming of the local park to Firehouse Park.

Station was the first LEED (Leadership in Energy and Environment Design) certified fire station in the U.S.

As an example, the Station utilizes solar panels on the rooftop generating electricity. The station also has a rainwater cistern that holds 8,900 gallons of water for use in washing clothes, flushing toilets, and cleaning fire trucks.

Fire Station 73 is a combination career firefighter and local volunteers who respond to emergency calls. The station is equipped with a ladder truck, water tender, aid car, and Medic 14, an advance life-support medic unit from the Bellevue Fire Department.

Captain Jack Greathouse is the lead officer for this station who works to keep his crew and other shifts well engaged with the public. From participation in local community events to holding community sponsored classes in the station meeting room, Fire Station 73 is a

Surrounded by single family homes and Brownstones that emphasize pedestrian connections, Eastside Fire & Rescue's Fire Station 73 was built with the same philosophy of interaction with the existing community it serves. The overall concept of this community is "Living Green" and Fire Station 73 was built with many features including that concept. The



Ladder 73 out of Fire Station 73 attends the annual "Beat The Heat" event at the Issaquah Community Center.



Local Issaquah Highlands ladies pose with B Shift crew members.

busy station. In June of this year, several off-duty firefighters who are part of the Eastside Firefighters Benevolent Fund participated in a community service project helping to prepare the community park for the renaming ceremony, of the Firehouse Park, located next to Fire Station 73. "Giving back to the community we serve is so important and a major focus for us," says Battalion Chief Dave McDaniel. Firefighters participate regularly with local schools, scouting groups, and other non-profit organizations. The Agency also coordinates educational presentations in fire safety and injury prevention, emergency preparedness, and CPR and first aid classes.

In 2012, Fire Station 73 responded to 735 emergency responses within the immediate area served. As part of a larger organization, Eastside Fire & Rescue Fire Station 73 was assigned a total of 1238 emergency calls in 2012 which includes mutual aid responses helping neighboring jurisdictions.

Much of our interaction with the community ends up on our Facebook pages so if you're interested in reading our posts and more information about the firefighters who work out of Fire Station 73, join us on Facebook: <https://www.facebook.com/pages/Eastside-Fire-Rescue/113241125365049>. For more information on emergency responses, and safety messages for the month, you can follow us on Twitter: <https://twitter.com/eastsidefire>

In Case of Emergency: Map Your Neighborhood Information Session

Blakely Hall • November 2, 2013 • 10:30am to 12:00pm

Know Your Neighbors and Prepare for a Disaster with Map Your Neighborhood Party!

Map Your Neighborhood (MYN) is a program offered through the Issaquah Citizen Corps Council and the City of Issaquah that helps Issaquah neighborhoods prepare for disasters.

Neighbors, usually about 15 to 25 households in your area get together for a neighborhood party where you:

- *Get to know your neighbors!*
- *Learn the nine steps to follow immediately following a disaster.*
- *Identify the skills and equipment each neighbor has that could be useful in a disaster response.*
- *Create a neighborhood map that shows the locations of each natural gas meter and propane tank, as well as households that may need extra help.*
- *Pick locations for a neighborhood gathering site and neighborhood care center.*

If you'd like to host a MYN in our neighborhood, attend the Map Your Neighborhood informational session at Blakely Hall, Saturday, Nov. 2nd from 10:30 to 12:00.

FIRE PREVENTION MONTH

October is Fire Prevention Month

from the Issaquah Highlands Community Association (IHCA)

Fire Safety for the Family

According to the U.S. Fire Administration (USFA), on average, there are over 3,000 fire-related deaths and more than 16,500 fire-related injuries per year in the U.S. This may not be that surprising, given how a small flame can turn into a huge blaze in less than 30 seconds. Even more devastating, an average-sized home can fill with black smoke and become engulfed in flames in only three minutes!

Does your family know how to prevent a fire in your home? Would you or your child know what to do in the event of a fire?

Fire Prevention Tips

Install smoke detectors – Place them on the ceilings of rooms on every level of your home, including the basement. Test the batteries once a month and replace them every 6 months (or when they “chirp”). Replace the entire detector every 10 years.

Keep fire extinguishers on hand – Place at least one fire extinguisher on each level of your home (the kitchen should have an all-purpose extinguisher for grease and electrical fires).

Cook smart – Never leave food that is cooking unsupervised. Avoid placing towels or oven mitts too close to stove burners. Turn off all appliances when you are finished using them, and turn pot handles on the stove inward, to avoid catching your clothing on them (or to avoid children’s curious hands.)

Use candles safely – Never leave a candle or lit cigarette unattended. Keep these items out of a child’s reach and far away from curtains or furniture. Always extinguish candles and smoking materials before going to bed (or even if you simply feel tired, as you could fall asleep as they are still lit!)

Celebrate cautiously – Water Christmas trees daily to avoid fires from the lights and dried needles. Inspect lights and cords every year for damage before using.

Warm up safely – Avoid using artificial logs in a fireplace and check your chimney and fireplace for damage often. Never leave your home or go to bed with a fire still burning.

Be cautious with electricity – Throw away appliances that spark, overheat or have frayed cords. Do not overload outlets or power strips with appliances. Do not place cords under rugs. Avoid placing lamps too close to drapes or bedding.

Hide matches and lighters – Purchase child-resistant lighters only and keep them out of your child’s reach. Explain the dangers of playing with these types of items.

Prepare for an emergency – Place your local emergency phone numbers in a prominent place in your home, such as on the fridge or next to the phone. Clearly mark your address outside of your home so emergency personnel can find it easily.

Plan Your Escape

In the event there is a fire in your home, you and your family need to be prepared with a pre-designed escape plan. As a family, go through each room and identify two feasible exits in case one is blocked by a fire. Also, place escape ladders outside of upper-story rooms. Once you have a plan, decide on a meeting place outside, such as the mailbox or fence post where everyone will gather once they are out. Make sure the location is far enough away from the home so that the fire cannot cause injury to you and your family. Then, practice your escape plan by setting off the smoke detector. Time your family to see how long it takes everyone to get out of the house from one of the pre-determined escape exits. Make sure you have family members designated as the pet rescuer or as the person who assists a small child out of the home. Hopefully you will never have to use this plan, but practice makes perfect in case you do!



Cooking Safety: Checklist



- **Stay in the kitchen** when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- **If you are simmering**, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you’re cooking.
- **Keep things that can catch fire** — potholders, oven mitts, paper or plastic bags, curtains — away from your stovetop.
- **Wear short, close-fitting** or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or electric burner.
- **Have a “kid-free zone”** of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- **If you have a stove fire** when in doubt, just get out and call the fire department.
- **Keep an oven mitt** and lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by sliding the lid over the pan. Turn off the burner. Do not move the pan. To keep the fire from restarting leave the lid on until the pan is completely cool.
- **In case of an oven fire** turn off the heat and keep the door closed to prevent flames from burning you or your clothing. After a fire, the oven should be checked and/or serviced before being used again.
- **Open microwaved food slowly** away from the face. Hot steam from a container of microwaved food or food itself can cause burns.
- **Never heat a baby bottle** in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.
- **Treat a burn right away** putting it in cool water. Cool the burn for three to five minutes. Cover with a clean, dry cloth. If the burn is bigger than our fist, or if you have any questions, get medical help right away.
- **Think Green!** Unplug small appliances when not in use.



In the Event of a Fire...

Should the worst occur, remember the following to escape injury-free:

- Cover your nose and mouth with a moistened shirt or towel to prevent fumes from entering your lungs.
- Crawl on the ground to the nearest escape exit.
- Feel all doors (not metal doorknobs) before opening them to make sure they are not hot. If they are, use an alternative exit.
- Do not gather personal belongings while trying to exit – these items can be replaced; YOU cannot!
- Once you have exited, stay outside and wait for emergency personnel.
- If your clothing catches on fire, remember to STOP, DROP and ROLL: Stop moving, drop to the floor, cover your face and roll on the ground.



Eastside Fire & Rescue Open House

Sunday, October 20th, 2013 • 10am to 2pm

Station 73 - 1280 NE Park Drive

SCHOOL SPOTLIGHT

Grand Ridge Elementary



Grand Ridge PTSA Book Swap: October 30th (Wednesday) 6:30-8:00pm: This year's popular free GR PTSA Book Swap will be held early this fall in the Grand Ridge Commons. This is the perfect event to start the school year by purging your summer reading material and acquiring a few new books, and

of course to catch up with friends and neighbors! Book Drop stations will be located at GR – make sure to check for updates and more details. The theme for this year - come dressed as your favorite book character! An exciting storyteller will be performing for the evening show! The Grand Ridge goal is to collect 1,500 books.

Clark Elementary



Clark Elementary BINGO and Barbecue Night: October 4th (Friday) 6:00 to 8:00pm: Hey Clark families - come join your school friends and their families in the Multi-Purpose Room for a Back-To- School BINGO Night! Affordable BBQ sandwiches, hotdogs, sides, and drinks will be available for purchase including popcorn at just 25cents/bag. BINGO cards cost \$1/card, and every cardholder will win a prize! This is an excellent time to catch up with your friends and socialize!

Scholastic Book Fair - 10/14 through 10/18: Please check the PTSA website for times and more details about the Book Fair. This is an excellent way to support your school and stock up on some new reading material. The holiday season is just around the corner...new books make a great gift!

Pacific Cascade Middle School



PCMS students are back in school with their backpacks stuffed and lockers full of supplies for this school year. Did you know there are students who are not able to acquire all of their necessary supplies? Some students are not even able to

obtain the correct calculators for math classes. Fortunately, Dana Bailey (PCMS Principal) and the PTSA have partnered together again to help provide some of the necessary things students need for school. The Student Assistance Program is run all year long. There are numerous ways you can help – donate items for struggling families such as clothing, school supplies, gas cards, haircuts, etc.... Please drop-off donations labeled for Student Outreach at the PCMS front office. You can find out more details about this critical program on the PCMS PTSA website.

Issaquah High School



It's football season, and October has exciting Homecoming events scheduled for IHS students. A football game



at the IHS Stadium is a wonderful family event that can be enjoyed by many age groups! Food, drinks, and IHS gear will be available for purchase at the stadium. Come support the Issaquah High School Eagles with your friends, family, and neighbors!

Issaquah Schools Foundation's VOICE Mentoring Program – Interview with an Issaquah Highlands VOICE Mentor

by Leslie Warrick



Do you have kids that have "aged" out of the early years in school? Do you miss working one-on-one with students? Do you have an hour to spare for a struggling student that really needs you? Have you considered being a VOICE (Volunteers of Issaquah Changing Education) Mentor, but just needed more information? Perfect timing! Issaquah Schools Foundation's VOICE Mentor Program is actively seeking VOICE Mentors for students in Issaquah. All levels of schools need VOICE Mentors. In fact, there are only 14 mentors for 19 students at Grand Ridge!

All it takes is one hour of your time each week. A team of teachers and counselors collaborate to match up a VOICE Mentor to a student; mentors focus on providing academic and emotional support for struggling students in the school setting. Training is provided, and mentors will receive supervision and support from program staff and counselors. VOICE Mentors do not need to have a child in the school district in order to volunteer. And you don't have to be an expert; the VOICE Mentor Program does a wonderful job matching the unique needs of students and talents of the mentors.

I had the pleasure of meeting with Warren Moskowitz, an Issaquah Highlands VOICE Warren Moskowitz and one of those unassuming jewels in the Issaquah Highlands who humbly donates his valuable time to struggling students. Warren resides in the Ashland Park neighborhood, and has been a VOICE Mentor for 9 years! Warren majored in Applied Mathematics, and has an extensive background in Economics. He has mentored up to four students at a time, and is drawn to the Middle School to High School aged students in particular. Here are a few topics that were discussed during the interview:

Q: What got you interested in becoming a VOICE Mentor?

A: After I retired, my wife saw an article about the program and thought it would be something I might like to do.

Q: Have you volunteered much before becoming a VOICE Mentor?

A: I didn't start volunteering for this program until after I retired in 2002. I had tried other volunteer activities, but this one just seemed to stick as the right fit.

Q: What's the longest you have been paired with a student?

A: Five years! I really like starting with students in their middle school years. You can develop a stronger relationship with him/her before other activities and priorities occur at the High School level Still, I would gladly begin with an IHS student if there is a need.

Q: Do you help your student with all areas of academics, or just in a specialized area?

A: I tend to be matched with those that struggle in mathematics – that is my area of expertise. However, I can assist a student in other academic areas if he/she needs it. The most important aspects students gain from mentors are support and increased self-esteem.

Q: What are some of your favorite experiences that you have had with your students?

A: Providing a means to boost a student's self-esteem, knowing I am really making a positive difference in a struggling student's life, and being able to work one-on-one with a student for as long as he/she needs help.

VOICE Mentors are needed right now for struggling students! If you would like to learn more about how to join this group of caring volunteers, and about their expanding (ELL, College Bound/Corps, and Summer School) programs – please visit the Issaquah School Foundation website: voicementorprogram.org or call 425-837-6801.

OCTOBER EVENTS

Grand Ridge Elementary

10/30 PTSA Book Swap 6:30-8:00pm
10/31 - 11/1 Vision and Hearing Testing

Clark Elementary

10/11 BINGO Night 6:00-8:00pm
10/14 - 10/18 Scholastic Book Fair

Pacific Cascade Middle School

10/8 Vision and Hearing Screening
10/28 Register for Winter Sports through Nov. 8th
10/31 Last Day for Fall Sports

Issaquah High School

10/11 IHS Football Homecoming Game: Issaquah -vs- Garfield
10/12 Homecoming Dance at IHS
10/25 Home Game: Issaquah -vs- Skyline

Grand Opening Celebration

Saturday October 26th * Noon to 4PM

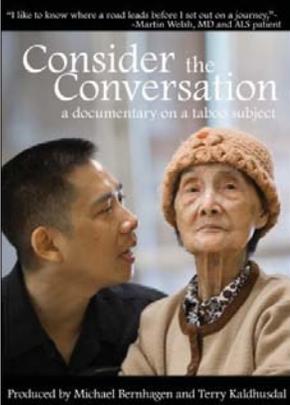
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-Martin Weith, MD and ALS patient*

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NATIONAL GHOSTUME SWAP DAY™



**September 29
3:00 - 5:00pm
Blakely Hall**
2550 NE Park Drive

Donate your child's old costumes at Blakely Hall September 9 through 29, between 8am - 5pm and receive an admission pass to the swap in exchange for your donated costume/s

Did you know?
Swapping half the costumes kids wear at Halloween would reduce annual landfill waste by 6,250 tons, equal to the weight of 2500 midsize cars!

Contact Christy at
Christy.g@ihcouncil.org
for more information

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HIGHLANDS COUNCIL
BUILDING COMMUNITY AT ISSAQUAH HIGHLANDS

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Sept. 8 - Oct. 20 5PM-6PM
@ Blakely Hall
2550 NE Park Drive

FREE AND OPEN TO EVERYONE!

Sat., October 26
Grand Ridge Plaza

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Why Issaquah Highlands is a Great Community

by Lux Miles (Age 10)

Issaquah Highlands is a great community. We have caring neighbors. We have fun traditions. We also have wonderful parks. All these things make our community marvelous.

We have caring neighbors. They plan fun activities. They make sure everyone follows the rules. They work to keep the community nice. Our caring neighbors make this a nice place to live.

We have lively traditions. Everyone loves to watch the goats the council rents each summer to eat the grass. Local businesses pitch in to make the Highlands Day carnival. Every October we have the Green Halloween festival. These are just a few wonderful traditions in the highlands.

We have many enjoyable parks. The city I used to live in only had one public park. Many of the parks have swings. There are different kinds of parks; such as the dog park, the tunnel park, the slide park and many more. We are fortunate to have so many great parks.

As you can see, Issaquah Highlands is a great place to live. We have neighbors who care. We have a variety of traditions. We also have excellent parks. We are blessed to live in such a great community as Issaquah Highlands.

** These stories will be printed throughout the months in a multi-part series highlighting all of the wonderful entries from the EMA (Erik Mehr & Associates Real Estate) Summer Essay Contest.*



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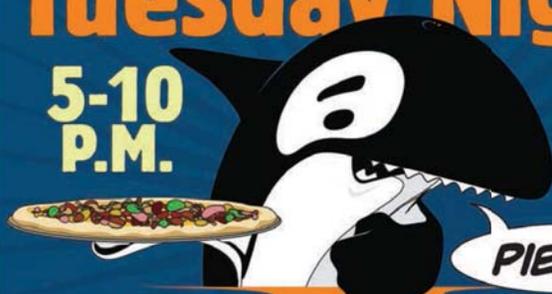
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LIVING GREEN

Planting Spring-Flowering Bulbs

by Shelly Hawkins, Crofton Springs, Community Garden Committee

In addition to a green thumb, successful gardening requires patience—the patience to wait until a seed turns into a tomato plant that bears ripe fruit and the patience to plant spring-flowering bulbs in the preceding autumn. October is the best time to plant spring-flowering bulbs in the Pacific Northwest. Our cool autumn weather prevents the bulbs from blooming prematurely and provides the bulbs with sufficient time to develop a healthy root system before the soil freezes in the winter.

Popular spring-flowering bulbs are anemone, camass, crocus, daffodil, grape hyacinth, iris, lily, snowdrop, and tulip (perhaps the most popular). Some varieties will only bloom for a single year, while others will return each spring for several years. Whichever variety you choose, make sure to plant your bulbs in an area that will receive some sun when the bulbs are in bloom.

If you can't plant your bulbs right away, make sure you store them in a cool, dry, and dark place until you're ready. Because most bulbs don't do well in soggy soil, it's a good idea to plant

your bulbs in well-draining soil and be careful not to overwater them when the weather gets warm.

Before planting, you'll need to amend the soil with a few tablespoons of bonemeal (preferably fish bone meal) per bulb. Follow the package directions for the planting depth of the bulb, making sure that the pointy end of the bulb is up. Then water. If rodents are a problem, you can lay chicken wire on top or just underneath the soil above the bulbs. If deer are a problem, you'll need to protect your plantings after bloom. If you use a commercial deer deterrent, make sure it's people-, pet-, and environment-friendly.



Early spring is the time to fertilize your bulbs with plant food specifically designed for bulbs. Be sure to follow the package directions. You'll also need to check the literature that comes with your bulb to see if your bulb will bloom for a single year or return for several years. You can dig up the "annual" bulbs when the blooms have wilted. Otherwise, cut off the stems as the blooms begin to wilt but not the leaves, and remember to water the bulbs throughout the dry months.

Community Garden Committee

*Meets on the third Mondays (October 21st)
Blakely Hall - 7:30-8:30pm*

The Community Garden Committee helps Highlands Council manage Issaquah Highlands P-Patches and provides a forum to support all gardeners in the community. You don't have to have a P-Patch to join! Container pots gardeners and yard landscapers welcome!
Contact Chantal at Garden.Committee@ihmail.com

Green Your Halloween

by Brenda DeVore, CleanScapes Retail Manager

Among our many joys of fall are the turning of the leaves, the crisp autumn nights and of course every kid's favorite holiday- Halloween. The big question is, what are you going to be this Halloween? With school and neighborhood parties, costumes and treats ahead, it's easy to be the consumer and end up with costly items that we will only use once along with trinkets and clutter. Here are a few tricks that will increase the fun and reduce the impact on the planet and your budget this Halloween.

- Remember the first rule of waste reduction- refuse. When they knock on the door this year, encourage your kids to take only what they really like and refuse plastic trinkets.
- Reduce your waste by handing out single candies instead of allowing the kids to take handfuls of candy at a time. To increase the fun for the goblin or princess at the door, let them choose their own treat.
- Consider candy wrapped in recyclable material such as junior mints, milk duds or anything in a cardboard box. All plastic candy wrappers are trash.
- Consider handing out these alternatives to candy:
 - Fruit leather
 - Boxes of raisins or other dried fruit
 - Taffy- the paper wrapper is compostable
 - Pencils or recyclable pens
 - Plant seeds
 - Soy or beeswax crayons
 - Coins
 - Jokes or word games
- Rally your neighbors and consider buying mixed candy in bulk!
- Stickers have become a popular candy replacement but keep in mind the sticker back is recyclable however the sticker itself is not.
- Leftover candy? Don't worry you can donate the extra treats to a shelter, soup kitchen, food bank or a store that offers candy to their customers. Or send it to the military through the Halloween Candy Program Operation Gratitude www.operationgratitude.com. Or you could donate your candy to a Halloween Candy Buy-Back www.halloweencandybuyback.com. At Buy-Back, local Dentists register their practice, "Buy" back Halloween candy from neighborhood kids, and then send it to the troops overseas!

Instead of buying costumes that are only worn once, consider doing a costume exchange with your community and participate in National Costume Swap Day™.

"Admittedly, swapping costumes is a shift in the way kids think; it has become the norm to decide what you 'want to be' and then head to the nearest box store and buy a new costume," said Dana Verhoff, co-Publisher/Editor of Macaroni Kid Snoqualmie Valley-Issaquah. "In contrast, a swap offers children the chance to make a decision with an open-mind and possibilities laid out before them! Dare I say, it may even be reminiscent of those times you raided your parent's closet to put together a costume ... you know, back in the day!" said Verhoff.

Other ideas for costumes:

- Create your own, homemade costumes gives your little one creative advantage and there are endless ideas on the internet.
- Look at second hand store such as Small Threads and Doubletake in Issaquah, Goodwill, Value Village and Salvation Army.
- Create or purchase natural face paints.
- Collect all your treats in a reusable bag instead of a plastic bag or consider decorating paper shopping bags for trick-or-treating.
- Steer clear of costumes and bags that are made of synthetic materials and may contain toxins that can rub off on hands and treats.
- Did you know that Halloween is the second biggest holiday for decorating after Christmas? Consumers have spent millions of dollars on everything from life size plastic mummies to strings of ghost lights; throw away plastic utensils, cups and plates. How can you "green" this part of Halloween?
- Set the frightful mood with a zero-cost decoration swap with friends. Combine craft supplies and create your own unique décor.
- Reduce the use of plastic and paper by investing in a set of inexpensive service ware or use compostables.
- Set a festive table with mason jars and colorful paper compostable straws.
- Place votive candles in deep jars and scatter them around the yard.
- Support local farmers and decorate with gourds, squash and pumpkins you pick yourself.
- Remember that all food soiled paper can be disposed of in your yard waste container.

A green Halloween doesn't mean giving up on your favorite activities! To ensure a memorable night for all those trick or treaters check out the website for GreenHalloween.org for dozens of suggestions and plan ahead so you are prepared for the delight of little monsters on their favorite night of the year! Happy Hallowgreen!

Resources:

Celebrate Green by Corey Colwell-Lipson & Lynn Colwell / Zero Waste Home by Bea Johnson

Macaroni Kid

National Costume Swap Day

*October 12, 2013, 8 – 10am
Small Threads*

Drop off your swap-able costumes at Small Threads for Kids or CleanScapes Store in Gilman Village during business hours between now and October 10th. In exchange for your costume(s) you will be given a Swap Ticket to be brought back for the event to pick up your "new" costume.

COMMUNITY LANDSCAPE UPDATES

Observations and Comments on Overplanting of Landscapes

by Cass Turnbull (Consultant to the IHCA), Founder of Plant Amnesty www.plantamnesty.org

It's not easy being green in the 'green industry'. Despite progress in the field, the majority of landscape designs, and most newly installed landscapes, remain startlingly unsustainable. Urban trees and landscapes suffer from a multitude of problems, most of them human-made—everything from lack of irrigation, pollution, heat stress to overzealous pruning. But the worst problem facing the urban landscape is created when impatient property owners meet up with inexperienced landscape architects. Together they design landscapes that look good now but which inevitably result in total landscape self-destruction in only a few years.

But total landscape removal will not take place before the hapless landscapers are required to prune for size control in a doomed effort to keep everything in bounds. Overplanting is the root cause of much of the mal-pruning commonly seen everywhere. Overplanting, which seems to have gotten worse in recent years, is often accompanied by mis-siting, the practice of placing the wrong plant in a given place. Neither of these practices can be considered sustainable. In fact, they are quite the opposite – highly wasteful.

Tale of Two Public Landscapes

Over the past few years, I have been called upon to consult at several relatively new landscape projects. The first one, a planned, mixed-use residential community, had quite a nice plant palette. It included a mix of sturdy groundcovers, deciduous and evergreen, drought tolerant shrubs, some natives, good trees, and a few not-too onerous ornamental grasses and perennials. Although the beds were roomy, the plants were all crowded next to the edges, where they would, and did, interfere with foot traffic, signage, parked cars and even landscape maintenance. This forced the landscape crew to shear the shrubs. My only explanation is that perhaps a well-meaning but short-sighted installation crew mis-sited the shrubs in an attempt to make it look finished now. The same plants and numbers of plants, if correctly spaced and sited, would last for thirty years, as all good landscapes should. I wound up telling the crew that they would have to dig up and rearrange almost all the existing plants in the fall and winter.

The landscaping at a second housing development where I consulted had a similarly nice plant selection but was massively overplanted with four-to-six times the number of plants required to make a successful landscape. The mix of tall and lower-story shrubs was good, but the spacing was simply insane. In the space that one Philadelphus (mock orange) might survive uncut, there were three! They were already being pruned back by the grounds crew struggling to employ selective pruning techniques. When I pointed out to the group that the size they like to be is eight feet by five feet, all eyes turned to the grounds crew in condemnation, rather than to the long-gone and culpable designer/builder. There were unending blocks of equally overplanted landscapes. Furthermore the crew had been instructed to continue to overplant by an utterly unqualified and insistent property manager whose mantra was "no bare earth." That person was absent as well.

Here again, in order to keep the landscape from self-destructing in just three years, the crew would need to rearrange existing plantings and eliminate two thirds of the shrubs that had just been paid for and installed. And the work would have to be done within the year to keep horticultural havoc from erupting. This mind-boggling waste of money and plant material

is not just annoying—it's absurd! An inevitable rule of nature is that plants will reach their genetically programmed sizes. The harder plants are pruned, the faster they grow. Then, after several years of mal-pruning, the entire landscape will have to be removed. In fact, the new catch phrase spouted by some landscape architects justifying this waste is that "landscapes are only expected to last eleven years(1)" This despite the fact the best landscapes in England and elsewhere are decades, even centuries old and are sublime in appearance (and epitomize sustainability). A good design will last decades or more with a renovation (partial removal and rearrangement) in fifteen years and will otherwise require almost no pruning. This equals low maintenance costs and maximum user satisfaction.

Great design, like good maintenance, is almost invisible and is measured by the lack of annoyance and mal-pruning. Proper pruning is often invisible to the untrained eye – instead, the landscape or plants simply "look as they should." And the success of a landscape, including its design and maintenance, should be measured over the span of decades, not "now" or over a couple short seasons. Impatience does not serve us well in the garden.

Meet Your Team | Daniel Adams

I grew up in Shoreline, WA where I loved driving and working on my 1975 Mustang. I enjoyed racing at the high school drags and did quite well, which inspired me to replace the 302 engine with a 351 Windsor!

Lucky for me I met my wife Ingrid on a blind date, and have been in love with her ever since. Not so lucky for me, I was diagnosed with a very benign, but very persistent brain tumor near my pituitary just three years after I was married.

After five surgeries and radiation over several years, I was finally cured. Due to the tumor putting pressure on my optic nerve, I became legally blind. And, as you can imagine, this drastically altered my life and put an end to my driving, not to mention racing. I have since redirected my interest in driving cars to collecting die cast cars and auto magazines.

Ingrid and I moved to Issaquah Highlands in 2000, where her whole family resides. I started working for Issaquah Highlands a few years ago and I love the job. I am thankful for my job every day.

My blindness adds humor to our lives. One of my funniest experiences was during a family vacation when I was leaving the Sunriver Lodge bar in central Oregon and forgot about - or didn't see - the six stairs when exiting. I somersaulted down the staircase and ended up on my feet at the bottom. My wife and others looked at me and couldn't believe what they just saw. I guess I wasn't the only one that flipped out that night.



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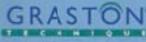
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ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

Finance Committee Volunteer Opportunities

The Board of Directors is accepting applications for the Issaquah Highlands Finance Committee. Volunteer applications may be obtained on the community website; www.ihwebsite.com. See Resource/Document Center page to find "Committee & Board Member Application". Preferred qualifications include budgeting knowledge and an interest in the judiciary obligations to the community for responsible financial reporting and management. Applications are due by October 18, 2013 and should be returned to joon.c@ihcommunity.org. For questions, please contact Sarah Phillips, Executive Director at sarah.p@ihcommunity.org or 425-507-1120.

Finance Committee Charter

Purpose:

The Finance Committee serves at the pleasure of the IHCA Board of Directors to develop to IHCA operating budget per Article VIII of the IHCA CCRs 8.1 for Board approval and other fiscal projects as assigned.

Members:

Finance Committee members will be appointed by the IHCA BOD. Each committee member shall be a member in good standing of the Association. A member in good standing is defined as a member current on assessments and otherwise in compliance with the governing documents of the IHCA.

Budget Requirements:

1. Fiscal Year operating budget shall reflect sources and estimated amount of funds to cover expenses, which may include any surplus to be applied from prior years.
2. Use the reserve study as a guide to project needed reserves per Section 8.3. Propose plan for effective & adequate funding of the capital reserves.
3. Ensure adequate contingency fund reserves for unanticipated expenses and decline in scheduled revenue.
4. Formalize procedure for each budget line item review.
5. Annual budget should break down into monthly projections on a cash basis.

Monthly Financial Analysis and Reporting:

1. Review monthly actual vs. accrued income/expense to compare with budget projections.
2. Monthly report to BOD of any significant variances to budget.
3. Work with IHCA Senior Accountant to develop monthly reporting process to be included in the IHCA BOD packet.
4. Adopt procedure for recommending adjustments to the budget for any significant variances that occur during the fiscal year for the IHCA BOD approval.

Other:

1. In conjunction with the IHCA staff, provide research and recommendations to improve operation efficiencies and reduce costs.
2. Other projects as assigned by the BOD.

Meetings:

Meeting schedule to be determined annually at the first calendar year meeting. The Finance Committee will have the flexibility to increase or decrease meeting frequency based on peak periods to meet the requirements of the CC&Rs timelines. Finance Committee members may be required to attend IHCA BOD as needed. All Committee members will receive a minimum two week notification prior to meeting dates.

Also see Fire Prevention & Safety Tips on Page 5.



MAINTAINING COMMUNITY

Safe Keeping

According to the National Fire Protection Association (NFPA), in the United States in 2010 there was:

- One home structure fire was reported every 85 seconds,
- One civilian fire injury was reported every 30 minutes.
- One civilian fire death occurred every 2 hours and 49 minutes.
- Sixty-five percent of home fire deaths happening in homes with no smoke alarms at all or no smoke alarms that work.

The Issaquah Highlands Community Association would like to share with you information about how you may minimize your risk. These safety items should be implemented throughout your home and the information shared with all of your family members to keep everyone safe.

Carbon Monoxide Detectors

Problem

Carbon Monoxide is known as the silent killer as it is tasteless, odorless and colorless. It robs the body of essential oxygen and can cause flu like symptoms, unconsciousness and even death. Sources of carbon monoxide within a home are: heaters and water heaters, idling automobiles within a closed garage, gas or charcoal barbeques, gas appliances (stoves/ovens and dryers) and fireplaces.

Solution

Install Carbon dioxide (CO) detectors on every level within your home and outside each separate sleeping area and test their functionality monthly. Do not operate barbeques or automobiles inside the home or garage. Annually inspect water heaters, gas appliances (stoves/ovens and dryers) and fireplaces. More information can be found by visiting www.nfpa.org.

Smoke Detectors

Problem

The number of all residential fire deaths in 2006 exceeded the number of deaths attributed to all of the natural disasters in the United States during the same time. A study completed by the University of Washington and the Injury Prevention Research Center shows that 1 in 5 homes in the United States do not have a working smoke alarm and that 73% of smoke alarm failures are the result of dead or missing batteries.

Solution

Install hard-wired smoke alarms with a battery backup on every level of your home, in each bedroom and located at least 10' from cooking appliances. Larger homes may require more alarms. Change the batteries in your carbon monoxide and smoke detectors at Daylight Savings Time (twice per year). Never disable your smoke alarms or remove the batteries and be sure to replace smoke alarms after 10 years of service. Install both ionization and photoelectric smoke alarms or a combination of both. Ionization alarms are best at detecting flaming fires while photoelectric alarms are best at detecting slow burning smoky fires.

Do all the members of your family know where the fire extinguishers are and how to use them? It is important to have a plan and engage all of your family members in the process. Make a point of revisiting the topic of safety at least once a month with your family. You can assign the task of testing the alarms monthly to one family member, have another check that the emergency flashlights are in working order, and be sure to practice your emergency evacuation plan at least twice a year.

Together we can keep Issaquah Highlands, our homes, families, pets, neighbors, property and community safe.

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HIGHLANDS COUNCIL

It's October. It's Pre-Green Halloween®. So Much to Do!

by Christy Garrard, Director, Highlands Council and Dahlia Park resident

You may be reading this having just returned from the September 29th *Costume Swap*. This is our 3rd year of sharing as a community last year's ghoulish and fancy looks with each other. We look forward to seeing the parade of frightful fashions at the Green Halloween® Festival and on Halloween night!

Thriller Flash Mob rehearsals are in full zombie-swing on Sunday's from 5pm – 6pm at Blakely Hall. If you haven't attended yet, the zombies are very friendly and welcome all abilities and all ages. We have elementary age zombies and senior citizen zombies – so join them! We promise you will leave with your brainzzz.

Highlands Council is thrilled to support the **Green Halloween® Highlands 5K!** Our first, fully-sanctioned, chip-timed, road race through the Issaquah Highlands (8am start in Central Park)! Organized and produced by resident Dave Preston (meet Dave in the Resident Profile). There will be individual and team categories. Entry fee includes a t-shirt. Winners will be recognized at the Green Halloween® Festival later that afternoon. Register today at highlands5K.com and start training so the zombies won't catch you!

But wait, there's more!

Highlands Council and area industry experts are proud to present **Consider the Conversation**; a 55 minute documentary on the importance of having your end-of-life choices known to your loved ones via advanced directive documentation. This event is FREE and open to everyone. It will take place on **Wednesday, October 2nd** at Blakely Hall beginning at 6pm. There will be time after the film for Q&A and information provided to take home as you consider the conversation.

Highlands Council is sponsoring the **October 5th Community Blood Drive** at Fire Station #73. The blood drive is organized by resident Kirsten Wisdom (thank you!) and managed by the Puget Sound Blood Center. Donate and help save a life! Pre-register at kwiz@ihmail.com.

13th Annual Green Halloween® Festival at Grand Ridge Plaza

Saturday, October 26th, Noon – 4PM

brought to you by Highlands Council, Safeway, Highlands Dentistry, MySpine, and Timberlake Church

What is a Green Halloween® Festival? "In its 13th year in Issaquah Highlands we are told we are the second largest outdoor street festival in the Green Halloween® movement," says Christy Garrard, Director of Highlands Council. Green Halloween® was founded by local resident Corey Hope Colwell as a way to make the holiday healthier for kids and more sustainable for the planet. GreenHalloween.org is now nationally managed by *Veritey.com* which focuses on all aspects of eco-friendly living.

Where is the Festival this year? Located in the heart of Issaquah Highland's NEW *Grand Ridge Plaza!*

When? Saturday, October 26th from noon until 4:00pm

Keeping with tradition there will be carnival rides and games, pony rides, inflatables, great food and music, and lots of giveaways such as yummy free samples of alternative treats from *LARABAR, Plum Organics, Surf Sweets, and Wholesome Sweeteners.*

NEW this year a **FREE Trolley** sponsored by **SAFEWAY** will transport residents to and from the festival from various stops along Park Drive. Also **NEW** this year: **LASER TAG!**

Tickets will be \$1.00 each or purchase a \$20 bracelet and enjoy 4 hours of unlimited festivity (food not included). Canned food donations can be substituted for cash in exchange for tickets: 1 canned food item equal one ticket. Canned food donations will support the Issaquah Food Bank. Visa and Mastercard will be also accepted.

Why call it GREEN Halloween? Garrard goes on to explain, "Highlands Council believes the Green Halloween® Festival fits well with the values of the Issaquah Highlands mantra of "Living Green." The festival has become a fall Issaquah tradition that mixes kid-friendly carnival and midway fun with local business.

On Wednesday evenings, beginning **October 9th** Timberlake Church brings two valuable series-seminars to Blakely Hall: **Parenting the Love & Logic Way** and **Financial Peace University**. There are material fees and childcare is provided. For more information on these programs and to register visit timberlakechurch.com.

Thursday, **October 17th** kicks off what we hope will be an ongoing series of **author talks** at Blakely Hall with Bea Johnson, author of *The Zero Waste Home*. This author talk is a special-event collaboration with CleanScapes and the City of Issaquah. Johnson will make two appearances on this day: 1pm and 7pm. The talk will also include Q&A and book signing time.

How do I keep up with all these events?

Sign up for the weekly e-letter
at ihwebsite.com for
Thursday afternoon reminders

LIKE the Highlands Council Facebook page
for DAILY updates on community happenings

Art classes continue at Blakely Hall with *Dia de los Muertos Sugar Skull Prints*, taught by renowned artist Leslie Nan Moon. There are two sessions to choose from: Bring the family on Sunday, **October 20th** from 2pm – 5pm or plan a moms-morning-out and attend the 11am – 2pm class on Monday, **October 21st**. Cost per person is \$50 and includes all supplies. Learn more and pre-register at artEAST.org. While your painting dries (Sunday) stay for the 5pm Thriller rehearsal! Family fun for everyone!

If all of these fun activities have not made you totally Halloween-weary then jump on the Park Drive Trolley **Saturday, October 26th** and enjoy the **13th Annual Green Halloween® Festival** from noon – 4pm at Grand Ridge Plaza.

All of these special events are in ADDITION to the recurring weekly and monthly fun activities that happen at Blakely Hall year-round. See What's Happening for a complete list of events and programming in Issaquah Highlands.

The mission of Highlands Council is to build community. It is evident by the many partnerships with our neighbors, local business, and greater community organizations that we are doing just that!

Best Witches for a Happy Halloween, Neighbors!

How is the Festival Produced and Funded? Highlands Council produces the Green Halloween® Festival with the generous financial support of local business and organization sponsors such as: *Safeway, Highlands Dentistry, MySpine, Timberlake Church*, and a host of others (SEE Poster on PAGE 24 for listing). Production costs are also off set by the purchase of vendor booth space and ticket sales for the various rides and activities.

(Note: The IHCA/HOA dues do not fund this or any other festival.)

Who Can Help with the Festival? Don't miss the opening flash mob performance of Thrill the World! Resident zombies of all ages perform Michael Jackson's Thriller dance at noon and at 4pm. YOU can be a zombie too! Learn the dance every Sunday in October from 5pm – 6pm at Blakely Hall. Ghoulunteers are needed to help manage this spooktacular afternoon. Sign up, wear your costume (not too scary), and volunteer. Volunteers must be age 14 or older. Three-hour shifts are available. Lunch is provided to all volunteers. This is a great way to earn community service hours for school!

How Do I Get There? Residents are encouraged to walk or Trolley to the festival. 10th Avenue NE between Park Drive and High Street as well as the interior parking lot (next to Agave & Sip), and the top deck of the new parking garage adjacent to the Regal Theater will be closed on the festival day from 7:00am until 6:00pm.

"The festival is purposely planned from noon – 4pm to support the new merchants and restaurants," says Garrard, "Come early and grab lunch or arrive later and

stay for dinner, there are so many delicious options!"

Don't be scared! Join the fun! Plan to come in costume and bring a trick or treat bag for all the giveaway goodies!

For more information or to get involved contact Christy Garrard at christy.g@ihcouncil.org or 425-507-1110



BLAKELY HALL ART GALLERY

Blakely Hall as Art Gallery – Julia Christensen Rackley



In October and November, Blakely Hall hosts Julia Christensen Rackley's Italian Dreams series. Italy, one of Rackley's favorite places, inspired the series, denoted on each canvas with a number that represents her desire to quantify the unquantifiable, to give it permanence in the imagination, and to celebrate life's journey. Rackley emphasizes

the beauty of the Italian countryside and the magnificence of its buildings, monuments, and churches to visually juxtapose the divine and the sublime. Pattern pieces are metaphors for life's intentions and plans versus real outcomes. Fantasy dream figures and animals emphasize the dissonance between imagination and reality.

"My art is a graphic depiction of the mind's dreamscapes," Rackley explains. "Painted with acrylic on canvas, notice the contrast between hand painted focal points and collage elements and textures; this juxtaposition reinforces the nature of the designed object. The painting's smaller elements include transfers of my photos, sketches and drawings. In true multi-media style, and in addition to the painted elements, I use permanent inks, pens, ink pencils, papers, and stitching."



The artist will be giving a talk at Blakely Hall: *Examining Symbolism in the Visual Artist's Work* at Wine Club Friday, November 8th. Blakely Hall - Cost: Free
 Potluck - contact Dianne at danielsondd@yahoo.com

Blakely Hall as Art Gallery – Dia de los Muertos, Sugar Skull Print Art Class



Highlands Council and artEAST welcome Leslie Nan Moon for two art classes for Dia de los Muertos, Day of the Dead. In Mexican art, legends and religion, death is not mysterious and frightful, but rather a realistic, recognizable character as much a part of life as life itself. Day of the Dead is not a time to mourn but a lively celebration where death is not frightening or strange. It is a time of celebration and remembrance. In this workshop we create sugar skull block prints in the spirit of those who have died. This class is suitable for the absolute beginner as well as the more experienced printmaker.



Dia de los Muertos, Sugar Skull Print Art Class

Sunday, October 20th, 2pm – 5pm
 Blakely Hall

Cost \$50 per person, all supplies included

Register at:
<http://arteast.org/2013/08/pr3-sugar-skull-prints/>

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WHAT'S HAPPENING IN THE HIGHLANDS - SEPTEMBER

Advance Directives: Consider the Conversation A

Wednesday, October 2nd, 6 – 8pm
Blakely Hall

At this free event, learn about Advance Directives, the formal papers written before a serious illness or accident occurs stating your health care choices and naming someone to make those choices for you if you become unable to speak for yourself. Watch the award winning documentary film "Consider the Conversation" to help begin the process of making your choices known to those around you. Sponsored by Highlands Council, Swedish Hospital, Issaquah Highlands Counseling Group, Law Office of Michelle S. Chan, PLLC and Edward Jones Financial Services.

artEAST Art Class F

**"Dia de los Muertos" Sugar Skull Prints
with Leslie Nan Moon**

Sunday, October 20th, 2pm - 5pm
Blakely Hall

Sponsored by artEAST and Highlands Council
Cost \$50 per person; all supplies included.

Details and registration at:

<http://arteast.org/2013/08/pr3-sugar-skull-prints/>

This class is suitable for the absolute beginner as well as the more experienced printmaker.

Blood Drive A

Saturday, October 5th, 9am-3pm
Fire Station #73 on Park Drive

Don't let Vampires have all the fun this month! Donate a pint of blood to Puget Sound Blood Center at our community blood drive on Saturday, Oct 5th, 9:00 am – 3:00 pm at Fire Station #73 on Park Drive. Your generous blood donation will help save lives! Please contact Kirsten at kwiz@ihmail.com to schedule an appointment. Morning appointments are available every 15 minutes, 9:00 a.m. through 10:45 a.m.; afternoon appointments are available every 15 minutes, 12:00 p.m. through 2:45 p.m.

Book Club A

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 to get on the distribution list.

Chinese Heritage Club A T F

Saturday, October 12th, 12 - 7:30pm
Blakely Hall

Contact Hailain (lian_1hl@hotmail.com) or
425-633-0242

This club promotes and preserves Chinese cultural heritage awareness among the next generation for many local families. We welcome everyone interested in a neighborhood celebration for many traditional Chinese/American festivals right at Issaquah Highlands.

Community Garden Committee A

Monday, October 21st, 7:30-8:30pm
Blakely Hall

The Community Garden Committee meets on the third Mondays and helps Highlands Council manage Issaquah Highlands community gardens. Members provide a forum to support all gardeners in the community. You don't have to have a plot in the community garden to join! Container pots gardeners and yard landscapers welcome! Contact Chantal at Garden.Committee@ihmail.com

Computer Classes A

Classes will be offered again at the Family Village. All classes are free. Please contact Sondi at slind@ywcaworks.org or 425-270-6907 for class schedule

Cub Scout Issaquah Highlands Pack 680 F

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 or join us at our next meeting.

ESL Classes A

English as a Second Language - FREE

Renton Technical College ESL classes resume at The YWCA Family Village. Classes are offered by certified ESL Instructors. Please contact Andi Wolff at awolff@rtc.edu (425) 235-2352 (ext. 2117) to register. You may also contact Jodi Novotny, RTC Dean of Basic Studies, at jnovotny@rtc.edu, for more information.

Financial Peace University A

Wednesday evenings starting October 9th
6:30 - 8:30pm

Sponsored by Timberlake Church

Nine week series begins October 9

MATERIALS FEE: \$99

To register, visit www.timberlakechurch.com/fpu

Financial Planning through biblical, practical steps learned by video teaching by Dave Ramsey (author of Total Money Makeover), class discussions and interactive small group activities.

Green Halloween® Festival F

Saturday, October 26th, 12 - 4pm
Grand Ridge Plaza

Highlands 5K at Green Halloween F

Saturday, October 26th. Race begins at 8am sharp
College Drive near Grand Ridge Elementary School
\$25 individual racers; teams are also welcome
(fee includes quality T-Shirt, etc.)

Information and to register: <http://www.highlands5k.com/>

Highlands Running Club A T

The Highlands Running Group is a community for Runners who share in the passion of group runs! Weather permitting, we will typically meet up in front of the tennis courts at Central Park on Saturdays at 7:30 am. If you are interested in joining us or have questions, please contact Joey, jbc224@cornell.edu, so he can add you to the distribution list.

Love and Logic Way® Parenting Class A F

Wednesday evenings starting October 9th
6:30 - 8:30pm

Bringing the fun back into parenting for 40 years
Sponsored by Timberlake Church
Course fee: \$60/family for the six week series includes childcare and one handbook
For parents of kids ages 5-18

To register, visit www.timberlakechurch.com/parenting

MONEY SMART CLASSES - Free A

Wednesdays, 6 - 8pm

Family Village

Wednesdays 6:00-8:00pm October 9 – November 13
(Limited Class Size) Sign up by contacting Mathew Lane at 425.250.3003 or mlane@hope-link.org

Mothers of Preschoolers (MOPS) F

Twice monthly on Monday Mornings 9:30 - 11:30am
Blakely Hall

We'd love for you to join in the fun. We meet twice monthly on Monday mornings beginning September 16th through June at Blakely Hall, 9:30am – 11:30am, and include quality, positive programming just for moms. We have professional speakers, fun events, and opportunities to connect with friends and meet new people. We make sure your little ones have an amazing time as well with dedicated, age-specific programming for your kids.

PROGRAM COST: \$150 for the 2013-2014 school year, including childcare and membership to MOPS International. Sponsored by Timberlake Church. To register, visit www.timberlakechurch.com/mops

Mountain Bike Club A T F

The Issaquah Highlands Mountain Bike Club is a free club, open to all skill levels and welcomes Issaquah Highlands residents to improve mountain bike skills, fitness, and to have some fun! We'll schedule rides with descriptions of the places we ride, difficulty level, and approximate mileage. See you out on the trails! Contact Marc for more information: 425-837-8367 or msteins@msn.com or Find "Issaquah Highlands Mountain Bike Club" on Facebook

Open Mic Night A T

First Friday, October 4th, 7:30 – 9:30pm
Blakely Hall

Open to all Acoustic instruments, singer-songwriters, acapella vocalists, pianists, poets, and Stand-up comedians – This is your chance to have fun, shine, and meet other artists. Sign-up at 7pm for a slot. First come, first served. Set lengths are limited to 15 minutes or three songs. For more information contact Cindy at zumbawithcindy@gmail.com

COMMUNITY MEETINGS

IHCA Architectural Review Committee
Tuesday, 10/1, 6:00 pm IHCA Office

HFN Advisory Group
Wednesday, 10/9, 7:00 pm IHCA Office

IHCA Finance Committee Meeting
Tuesday, 10/15, 5:30 pm IHCA Office

Highlands Council Board of Trustees
Tuesday, 10/8, 6:00pm Swedish

IHCA Board of Directors Meeting
Wednesday, 10/23, 5:30 pm IHCA Office

Meetings are subject to change.
Visit www.ihwebsite.com for calendar updates
or sign up for your weekly email bulletins at
ihwebsite.com

For City of Issaquah governance meetings, see
www.ci.issaquah.wa.us

Want to Start a Club?

Contact:
Christy Garrard, Director/Special Event Planner
christy.g@ihcouncil.org, 425-507-1107

volunteer

Green Halloween® and a variety of seasonal events!

Double your fun by volunteering!

Contact Christy.G@IHCouncil.org
425-507-1107

Are you getting the Community E-Letter on Thursdays?

Sign up at ihwebsite.com

WHAT'S HAPPENING IN THE HIGHLANDS - SEPTEMBER

Photography Club A T

Saturday, October 19th 10:30 - 11:30am
Blakely Hall

Enjoy monthly meetings with guest speakers, share and discuss your work with others, and participate in an online community throughout the month. Open to everyone, even if you don't live in the Issaquah Highlands. IHPC will focus on creating opportunities for members to display their work. See the Flickr Group (<http://www.flickr.com/groups/ihphotoclub/>) and contact the group's coordinators to join the club. Scott Moffat and Ravi Naqvi at ihpc@outlook.com

Playgroup F

Wednesdays, 10:00 - 11:00am, Blakely Hall
Moms, dads, caregivers and their children (newborn - 4 years old) are invited to come to the Issaquah Highlands Playgroup for fun, friendship, support and socializing. We talk, laugh, sing, play, read stories and blow bubbles! We hope to see you there! Information, contact Alicia alispinner@yahoo.com and see www.issaquahhighlandsgroup.blogspot.com. We are also on Facebook! www.facebook.com/IssaquahHighlands.coopplaygroup

Playgroup: Little Dragons F

Sundays 10:00am - Noon, Blakely Hall
The Little Dragon Club welcomes moms, dads and their loved little ones (infant to pre-toddler) to meet up on Sunday 10:00am - Noon at Blakely Hall. We have a mix of stay-at-home parents and part-time/full-time working parents, and encourage our fellow working parents, who have only after work and weekends to do fun things with your little ones, to join our weekend play date. We offer a wonderful opportunity to make lasting friendships for ourselves and our children. Let's play together, laugh together and learn together! For more information, please contact Wen at sjsswlh@163.com

Poker Night A

Thursday, October 10th, 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.

Programming is appropriate for the following groups.

- A Adults
- T Teenagers
- P Parents/Guardians
- F Fun for the whole family

The Rovin' Fiddlers A

Every Other Tuesday, 7:00 - 9:00pm
Issaquah Highlands Fire Station

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. 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.
Interested? Email Ken at ken_w_neville@yahoo.com

Russian Highlanders A T F

Meets montly (See Facebook page for updates)
Russian Highlanders is a club for those who live here, just moved in or planning to move to our beautiful community. Meet other Russian-speakers in your community for friendship! Gather with others who share the same goals and interests as you. Join Russian Highlanders Facebook page to see what activities are planned -- dining out, movies, kid play dates or just go out to have a fun. The possibilities are endless... <http://www.facebook.com/groups/rusishigh/> Please follow the FB page for schedule changes or location of meetings.

Speaking Club F

Ages 8 and older at the Issaquah Family Village
Let your voices be strong and mighty! Join other youth, adults and profession mentors and learn the importance of developing solid communication skills. Drop ins are welcome or register ahead with David Hall, Program Lead at YWCA YLP@gmail.com or 425.427.9682

Thriller Flash Mob Rehearsals F

Sundays, 5:00 - 6:00pm, Blakely Hall
Weekly rehearsals for the 3rd annual Michael Jackson THRILLER FLASH MOB last through Sunday, October 20th. Rehearsals are FREE and open to all ages and abilities! Invite your friends and learn the dance. Flash Mob performances will open the 13th Annual Issaquah Highlands Green Halloween Festival on Saturday, October 26th at NOON and then again at 4pm.

Toastmasters Club A

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://ihm.freetoasthost.cc/> or contact George Barns at 425-516-3750.

Wine Club A

Friday, October 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 RSVP. Meeting is potluck. This month the Wine Club welcomes Julia Christensen Rackley to talk about her art show at Blakely Hall, Italian Dreams.

The Zero Waste Home, Author Talk and Book Signing A

Thursday, October 17th, two sessions: 1pm & 7pm
Blakely Hall

Best selling and internationally renowned author Bea Johnson of the book: Zero Waste Home will lead community talks, including Q&A and book signing. Sponsored by CleanScapes, Highlands Council, and the City of Issaquah. Suggested donation: \$10 per person, proceeds benefit the new Issaquah Sustainability Fund. <http://www.brownpapertickets.com/event/437383>

Zumba Class A T

Tuesdays (7:00pm) & Saturdays (9:00am)
Blakely Hall

Get Ready - Get Fit - Go! Ditch the workout and join the fitness party at Blakely Hall! Zumba Fitness is 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 join the party! Free class but please bring a non-perishable food item to donate to the food bank! For additional information, email (Cindy) at zumbawithcindy@gmail.com



YWCA Family Village

YWCA Family Village has meeting & event space. Contact Sondi at slind@ywcaworks.org or 425-270-6807

Issaquah Highlands Babysitter List

The current list of neighborhood babysitters is available at www.ihwebsite.com. The list can be found under the Resource/Document Center tab. If you have any questions, contact Vyvian at Vyvian.L@ihcouncil.org.

CALENDAR

SAVE THE DATES

Map Your Neighborhood
Saturday, November 2

Jerry Kaufman, Author Talk
Thursday, November 7

Julie Rackely Artist Talk
Friday, November 8

Thanksgiving
Thursday, November 28

Chanukah Celebration
Saturday, November 30

HOLIDAYS

Feast of St Francis of Assisi
Friday, October 4

Oktoberfest
Sunday, October 6

Child Health Day
Monday, October 7

Leif Erikson Day
Wednesday, October 9

Fire Prevention Day
Wednesday, October 9

Columbus Day
Monday, October 14

Eid-al-Adha
Tuesday, October 15

White Cane Safety Day
Tuesday, October 15

Boss's Day
Wednesday, October 16

National Frankenstein Day
Tuesday, October 29

Halloween
Thursday, October 31

VOLUNTEER OF THE MONTH: ANDREA GREGG

Andrea Gregg Volunteer of the Month – October 2013

Though it was very flattering to receive the email announcing that I had been selected as the October volunteer of the month, I have to say I am embarrassed to accept the accolade. Serving as an Issaquah Highlands Community Association Board member and a board liaison to the Architectural Review Committee is a privilege and one of the least demanding volunteer activities I have ever engaged in. But maybe it feels that way because we have such a talented staff managing the business of running Issaquah Highlands.

Serving on the IHCA Board gives me the opportunity to see behind the curtain and participate in the decision making that is keeping our community vital and growing. When Bob and I bought our home in Magnolia Park in 2005 we did so for the view, the ease of access to the I-90 corridor, and the aesthetics of Issaquah Highlands in general. We didn't realize that we would be involved in a lifestyle of close neighborhood camaraderie, wonderful cultural diversity, and the establishment of a multi-faceted "township". It is a great place to live!

I am not new to volunteering. All my adult life I have been active as a community volunteer; Junior League, PTSA, the arts, fundraising, government affairs, and political campaigns. As a founding member of Assistance League of the Eastside (1997) I have worked to build an all-volunteer nonprofit organization that puts caring and commitment into action through

community-based philanthropic programs to make a positive difference in the lives of children and adults touched by hardship or violence. Currently I am employed by a nonprofit providing training to the 40,000 Home Care Aids in Washington. The training prepares them to take the Department of Health Certification Exam, and maintain that certification.

My best new role is being Memees to my beautiful granddaughters!

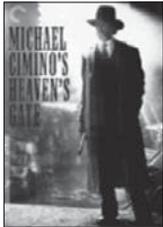
Thank you to the voters in District #6 for giving me the opportunity to represent you on the IHCA Board.



MOVIE REVIEW: PAUL SLATER

Heaven's Gate

by Paul Slater, Crofton Springs



Heaven's Gate was a terrible movie. I knew it was, because I read all about it. I read about how the director – Michael Cimino, fresh from his Oscar winning triumph "The Deer Hunter", had wasted \$40 million (a massive sum at the time) of his studio's money on an overlong, confusing "anti-western". I read about how his folly had nearly bankrupted United Artists, and how the film was so terrible that it was pulled from circulation after only one week and cut by more than an hour in the hope that some people would go and see it out of curiosity. I knew all that, and yes, I was one of those that did buy a ticket. And you know what? It was awful. Even in its shorter form it felt long and rambling, confusing and even dull, despite

deeply shocking violence. For all of the money he spent, Cimino seemed to forget to spend a dime on a coherent plot. I yawned a lot that afternoon, and remembered Alfred Hitchcock's wise remark that "the length of a film should be directly related to the endurance of the human bladder."

In the years that passed since, I found myself wondering about Heaven's Gate. I should stress that this wasn't just the routine bad film, but the one that is famous for being bad. The rap on this type of film starts long before release. It begins with a well-known director demanding close to total control, supposed trouble on the set, delays, and an eye-popping budget. By the time the film is released, it has a couple of days to be classified as either a disaster that

threatens the entire movie industry (Heaven's Gate, Ishtar) or an against all odds financial and critical triumph (Titanic). With these types of film, there is nothing in between. The stakes are just too high.

Now, some 33 years later, Heaven's Gate is back on limited release in cinemas, and with a concurrent DVD release as part of the Criterion Collection. Those of you too young to endure the pain the first time around, now have a chance to see the film that nearly ended Hollywood. And here's the surprising thing. It's NOT terrible. It's not even bad. In fact in a strange sort of way, it's almost marvelous.

History does that to some movies. Our taste for certain narrative structures change. Our acceptance of what a genre should feel like alters. Some movies get much worse, and some unexpectedly improve. These movies are ahead of us, and we need to grow up to appreciate them. Heaven's Gate is like that.

The film looks like a Western in the first half – with Cimino rivaling John Ford in his taste for sweeping shots of horses galloping across desert terrain, with mountains looming ominously in the background. But there are no Native Americans to fight, and no outlaws to head off at the pass. We are in Wyoming in the 1890s. Europeans are trying to settle, and the rich,

established American land owners want none of it. A list of 125 names is produced, with a bounty for each man or woman killed. The Sheriff (Kris Kristofferson) is a Harvard graduate who is on the side of the immigrants. He loves one of the immigrants whose name is on the list, and his rival for her affections is one the bounty hunters (Christopher Walken).

By the second half of the film, against the same backdrop, we are as far away from traditional Western as you can get, and in the build up for the reality of war, as the immigrants rise up, initially uncoordinated, and then in a final battle every bit as shocking as the opening scenes of Saving Private Ryan.

Heaven's Gate is, visually, a captivating film – a strange combination of obsessive attention to historical accuracy (every costume was based on actual photographs from the 1890s) and a cavalier approach to it (the Harvard shots were filmed in Oxford, and Idaho substitutes for Wyoming). The movie always was visually striking, particularly in the battle scenes, but the real surprise is the story. The 149 minute version I saw back in the 1980s has been restored and reedited to 216 minutes, in work supervised and authorized by Cimino. Confusion has been replaced by nuance. And with it, film history has been rewritten.

Note: If you buy or rent the DVD of Heaven's Gate, please ensure that you get the Criterion Collection version (cover shown). Multiple different edits of this film exist, and any other will most certainly disappoint you.



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Lisa Callan
 for Issaquah School Board

Endorsed by:

- former Rep. Marcie Maxwell
- former Issaquah School Board Directors Connie Fletcher and Jan Woldseth Colbrese
- WA State PTA Leader and Bellevue City Council Member John Stokes

facebook.com/LisaCallanforISB
 elect.lisacallan@gmail.com
 www.lisacallan.org



The Faces of Grand Ridge Plaza, A Series

Compiled and edited by Nina Milligan, Crofton Springs and Editor of this paper

As new stores open in Grand Ridge Plaza our community welcomes its newest members. We've all been watching the building, the signs and the move-in. But who is inside running the show? Over the next few months we will introduce you to the faces of Grand Ridge Plaza. We will give you a peek at their personal side and their work motivations. Even the pioneer shop keepers from what many of us call Block 8 are part of Grand Ridge Plaza, so they will be found here, too. Come with me to meet our new neighbors!



Agave Cocina & Tequilas

Federico Ramos just celebrated Agave's 4th anniversary as its owner and manager. He is originally from a small town in Jalisco, Mexico. He has lived in Washington for over 14 years. Federico's favorite part of his job is meeting new people and talking about tequilas and Mexico. Favorite day off is playing golf in the morning and going out with the family experiencing new places and restaurants!!



Sorella Salon & Spa

Jessie, Peggy, Jacquelyn & Jamie Reasy, three sisters and Mom are natives to the Sammamish Plateau since 1986. Their favorite part of Sorella is working together and growing a strong team, as well as seeing loyal clients everyday! A favorite day off includes going to church on Sunday with our whole family and then going to brunch afterwards. Our favorite place to vacation is Disneyland with all of our kids!

Caffe Ladro

Liz Follansbee is the manager of Caffe Ladro, where she has worked for over four years. One of the things she loves most about her job is getting to see all their awesome customers every day. When she's not working she enjoys exploring new hiking trails, going on walks with her dog and reading a good book.



The RAM Restaurant and Brewery

Jay Feinberg grew up on Long Island, graduated from college and moved to Denver. There he took a restaurant job while considering his next step. He grew to cherish the restaurant business and all the wonderful people he met. The RAM brought Jay to Seattle in 2007 and he's been working for them ever since. He plays golf in the summer, snowboards in the winter and enjoys everything Seattle the surrounding areas have to offer.



Civilized Nature Holistic Pet Supplies

D'Arcy Dent owns and runs Civilized Nature. Originally a theater major from California, D'Arcy changed paths about 23 years ago when she found a passion for animal nutrition and the forests of the Northwest. The favorite part of her job is building community through the shared love of animals. A day away from business means more time for hugging her Great Dane and puttering around in the "Reptile Room" at home.



Zumiez

Ryan Butler is glad to open Zumiez here and to be a part of the Issaquah Highlands community. With a background in theater, dance and cheer it isn't uncommon to catch him bursting into song or busting a move. When away from the store, you can find him in the park, mountains, trails or streets riding sideways on all types of boards!

Opal Boutiques

Shannen (pictured with the Issaquah Highlands store staff, third from the right) is a wife, a mother of two, and the owner of Opal. She is a former Seahawks cheerleader with a passion for fashion, and she loves meeting new people. In her free time she enjoys spending time with her family, pets, playing tennis, and making jewelry.



Sip Restaurant

Lane Scelzi, co-founder and owner Sip Restaurant, has been serving the community for over seven years. He also lives in Issaquah Highlands, which deepens his business relationships and brings them to a more personal level. Favorite part of the job? Having a restaurant where "people enter as guests and leave as friends". In his spare time Lane likes to spend time with his wife Jamie and their boys, play golf, travel and experience different cuisines.



Regal Cinemas

Daniel Alleman is the General Manager at the Regal Entertainment Group movie theatre. He has been in the industry for 11+ years. His wife Kellie just recently gave birth to their first child, a little girl. Outside of the theatre, Daniel's idea of a good time is to watch the Seahawks and Mariners, play golf, and go out on the lake.

**Grand Ridge Plaza
Planned Openings in October**

**Wells Fargo • Great Clips
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NEWS FROM THE CITY OF ISSAQUAH

Talk to Us: We're Planning a New Skatepark



CITY OF
ISSAQUAH
WASHINGTON

Skateboarders could soon practice grinds, kickflips and ollies at a new skatepark.

Reflecting a long-held community desire to offer skaters a better place to ride,

the Issaquah City Council has agreed to include \$350,000 in the 2014 City budget to start developing a new skatepark at a more visible location.

The existing skatepark, behind the Issaquah Community Center, is aging and is not widely used due to concerns about the secluded location.

As we start to plan for a new skatepark and discuss the 2014 City budget, we want to hear from you. Use #isskate to share your ideas and thoughts for a new skatepark.

With our planned skatepark, we want to provide the most fun — and safest — experience possible for our skaters, and include amenities for skaters of all skill levels. Learn more about the ongoing effort at <http://issaquahwa.gov/>.



Park Bond: Voters to Decide in November

This November, Issaquah voters will decide on a park bond measure to protect open space and wildlife habitat, improve neighborhood parks, and make repairs to Julius Boehm Pool.

Voters will decide on the \$10 million park bond measure as part of the Nov. 5, 2013, general election ballot.

If approved, the projects would include the following:

- Make repairs to Julius Boehm Pool
- Acquire open space and creekside land to enhance Issaquah's "green necklace" of open space, parks, and trails

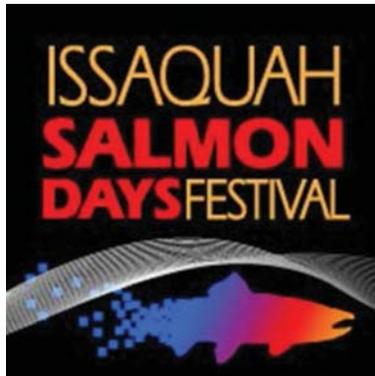
- Install all-weather/artificial turf and lighting at Central Park
- Further enhance Confluence Park
- Improve drainage at Tibbetts Valley Park and the Community Center Green
- Replace playground equipment at Gibson Park
- Replace playground equipment at Meerwood Park
- Pay for the issuance and selling of bonds, and associated fees

If the bond measure is approved, the City estimates that additional property taxes on a home assessed at \$420,000 would not exceed \$46.20 per year.

For more information, go to issaquahwa.gov/parkbond.

Issaquah Salmon Days Festival October 5th - 6th

Issaquah's family oriented festival celebrating the return of the spawning salmon to our lakes, creeks and historic downtown hatchery. Rain or shine, enjoy Foods of the World, hundreds of arts and crafts vendors, inflatables, pony rides, an extreme air show demonstration, human hamster balls, and lots of live music. Last year, we went back to our Western roots with Thrills & Gills, in 2013 we're looking to the future with Streaming Live.



The Salmon Days Festival is an internationally recognized and award winning event which draws more than 150,000 people annually to our great town.

Do you need help moving your life forward?

Kari O'Neill, MSW, LICSW



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PORT BLAKELY CONSTRUCTION UPDATE

Current Phase of Residential Construction Progresses

Issaquah Highlands is a vibrant community that is among the region's most desirable to live, work and play. The community's mix of neighborhoods with diverse architectural styles is home to multiple generations of residents. This mix is expected to grow and expand as five new residential projects – representing the latest phase of residential development at Issaquah Highlands – get fully underway this fall. Combined, these neighborhoods will introduce 342 new homes to the community. Residents can expect to see this phase of construction progressing over the next two to three years, with most projects wrapping up by 2016.

Polygon Northwest completes groundwork at View Ridge; plans for The Brownstones
Polygon Northwest – the builder of the Forest Ridge neighborhood – is increasing its investment in Issaquah Highlands with two new home neighborhoods: View Ridge and The Brownstones.

The Brownstones represents Polygon's largest project at Issaquah Highlands to date. Located south of Grand Ridge Plaza and neighboring Discovery Heights, The Brownstones will feature 176 townhomes built on 8.48 acres. Townhomes will range in size from 1,467-square-foot to 2,244-square feet and will feature three and four bedroom floor plans. Parking for each townhome will be provided in an attached garage. Potentially, up to 25 percent of the units will also feature a live/work space on the ground/basement level. Construction is expected to begin in 2014.

This summer, Polygon completed groundwork and roads for View Ridge, its new home neighborhood of 38 attached single-family residences located north of Black Nugget Park. Construction is expected to begin later this year with pre-sales planned for 2014. (Pictured here is an artist rendering of the vision for the View Ridge homes.)



Ichijo USA advances two new projects

Homebuilder Ichijo USA will break ground on 12 new townhomes located across from Regal Cinemas this fall. Designed by Ichijo USA's in-house team of architects, each townhome will feature approximately 2,400-square-feet of living space, as well as a two-car garage. The site is currently fenced off in anticipation of groundwork construction.

Ichijo USA is also advancing plans for a neighborhood of 36 custom-built homes on a 4.28-acre site. The site is located south of Forest Ridge and is not yet accessible by roads. Groundwork is slated to begin by the end of the year and Ichijo USA plans to showcase many green technologies in each individual home design.

Ichijo USA recently completed its first custom-built home at Issaquah Highlands on Harrison Court. The home was designed by architect firm Coates Design, Inc. and features green technologies such as superior insulation (33 percent more than code requires), a 10 KW PV solar panel system, central HRV (heat recovery ventilation) system, an in-floor radiant heating system and a rainwater catchment system for toilets and some irrigation. Tours are currently available of this unique view home. Visit ichijousa.com to learn more.

September opening slated for Discovery Heights Phase II



Currently under construction, the final building of Discovery Heights Phase II is expected to be move-in ready by late September. The building features 8,260-square-feet of retail/office space on the ground floor with apartment homes above. Previously announced retail tenants include Discovery Dental, the dental practice of Dr. Madhuri Vanama, and Fissette Financial, a financial services company with offices in Issaquah and Chelan.

DevCo, the developer of Discovery Heights, is also

exploring opportunities to increase its investment in Issaquah Highlands. The company is currently under contract with Port Blakely Communities to purchase three additional blocks of land with the vision to build 200 apartment homes. The proposed expansion is under review and has not yet been approved. DevCo's investment in the community to date is \$60 million.

Commercial construction continues. Bellevue College completes initial plan

Summer at Issaquah Highlands was marked by the openings of several new merchants at Grand Ridge Plaza. Late fall will likely see the final series of grand openings at the shopping and entertainment center, which is expected to be fully occupied by the end of the year – if not sooner. In addition, plans for the 20-acre Bellevue College campus at Issaquah Highlands are progressing. The initial phase of development, which was delayed due to the recession and the search for a new College President, is moving forward with planning and permitting.

Grand openings continue; new tenants announced for Grand Ridge Plaza

In August, Opal Boutique and Pacific Dental Services became the newest merchants announced for Grand Ridge Plaza. Opal, which owns boutiques in Seattle, Redmond and Mill Creek, features contemporary women's apparel and accessories.

As Connections went to press, several new merchants had already opened at Grand Ridge Plaza, including Starbucks, The UPS Store, Civilized Nature and clothing retailer Zumiez. Several merchants anticipate opening in September and October, including Safeway. Restaurants such as Big Fish Grill, Chinoise Café, The RAM and Bai Tong Thai each plan to open in stages, with official grand opening celebrations expected in October and November.

Swedish/Issaquah views expansion of healthcare campus

Earlier this year, Swedish signed a purchase and sale agreement with Port Blakely Communities to acquire an additional 10.4 acres immediately north of its existing healthcare campus at Issaquah Highlands. Swedish is currently working with the City of Issaquah to facilitate its expansion plans and, in that process, has indicated an immediate need for a new medical office building. Swedish opened its 538,000-square-foot medical campus in 2011 and reports the hospital's growth activity is greater than anticipated. If approved, the campus will expand from the current 17.85 acres to 28.26 acres.

Bellevue College completes project narrative for campus

In August, Bellevue College moved forward with plans for an Issaquah Highlands campus when it completed a project narrative explaining potential site designs. The narrative will serve as the basis for a detailed master plan and the eventual issuance of a site development permit. A public review of the proposal is expected in the coming year.

The proposed 20-acre Issaquah Highlands campus will be built in graduated phases. For planning purposes, the estimated rate of build-out could be one new building (70,000-square-foot) every two years, although complete build-out is likely to take 20 to 30 years.

During site analysis studies conducted prior to the purchase of the land from the City of Issaquah in 2011, it was determined that the site provides adequate space to accommodate approximately 427,000-square-feet of classroom, meeting rooms, office and accessory space, as well as 1,650 parking spaces, and a potential outdoor teaching laboratory. By 2040, Bellevue College is forecasted to serve more than 4,000 full-time students from the Issaquah area alone.

Port Blakely Communities continues infrastructure projects

Construction crews under the direction of Port Blakely Communities are midway into several infrastructure projects. The most visible project to date is the flight of stairs on the steep hillside above Discovery Heights and Grand Ridge Plaza. When complete, the stairs will offer pedestrian access to Grand Ridge Plaza from several new home neighborhoods currently in the planning and permitting stages. Concrete posts in the hillside are visible and Port Blakely Communities anticipates the project will near completion in October.

HIGHLANDS FIBER NETWORK

HFN Recognized By National Fiber Organization

by ISOMEDIA, HFN Service Provider



Did you know that the Highlands Fiber Network was recently chosen to appear in a monthly publication recognized as the source for Fiber-To-The-Home technologies and fiber innovation? Broadband Communities, the leading source of information on digital and broadband technologies for buildings and communities chose Highlands Fiber Network to be in their Fiber-To-The-Home Top 100 July publication. As part of the four-page article, Highlands Fiber Network was asked to share its history, innovations, and how it overcame the challenges of being a pioneer of Fiber-To-The-Home services.

From the article:

The idea of adding a fiber optic network to Issaquah Highlands arose when some early, tech-savvy residents requested it upon moving into their new homes. A dedicated fiber network seemed like a perfect addition to the community, and the Highlands Fiber Network is one of the oldest fiber-to-the-home networks in the United States. HFN chose fiber to "future proof" itself and avoid relying on cable companies or telcos.

Residents have enjoyed fiber-to-the-home services since 1998. The maximum speed initially was 1.5 Mbps – considered high speed at the time – and increased over the years to 55 Mbps. On December

1, 2011, HFN increased the maximum network speed to a gigabit. The Issaquah Highlands community was very excited about this new upgrade, which gives homeowners the fastest Internet service in any residential community in the United States. Port Blakely Communities, the developer of Issaquah Highlands and current owner of HFN, instituted a covenant obligation to fund the network upgrades throughout the community and agreed to build out the system and operate it until the initial construction and operating costs are repaid. Then the Highlands Council, a nonprofit that helps run the community, will have the option of acquiring full ownership.

The fact that HFN is a community network makes staying current with technology easier. Almost every home in the Issaquah Highlands is already wired and ready to take advantage of the community network. Most homes contain a network panel that includes all the hardware needed to connect to the Internet or access television or phone service.

Both the Highlands Fiber Network Advisory Council, which is made up of community residents, and the owner of HFN, Port Blakely Communities, supported the network upgrades wholeheartedly. They understand that people need fast, powerful Internet service today.

For more of the article go to <http://hfn.us/bbpmag> and read "Fiber to the Home in a Planned Community" from their July Issue.

CLUB PROFILE: YWCA YOUNG SPEAKERS TOASTMASTERS

Young Speakers Club, Toastmasters

by Cata Raggi, Club President, Sophomore, STEM High School
 Meets Every Saturday at the YWCA Family Village, 9:30-11:00am



Public speaking is, statistically, the number one fear. Unfortunately, it's also a skill that is essential at school, work, and any other event that includes large groups. Have no fear, Toastmasters is here! Toastmasters International was founded in 1924 to hone public speaking skills and create strong leaders who contribute to society. Our members range in age all the way from elementary to high school students, but we have currently separated our club's younger and older members into two groups to help customize the feedback. However, both groups work together closely so we can better ourselves and help each other grow.

meeting to meeting. The kids volunteer for these roles, which are intended to help ease people into a position of leadership, and are fun ways to gain confidence in front of an audience.

Joining our club is simple. Simply attend a few meetings and see if this group feels right for you. Each club has its own feel, and one might fit you better than another. If you think this club is right for you, fill out the appropriate papers and you will then be given the Toastmasters Booklet, which keeps track of the speeches you have done and roles you have undertaken.

For anyone interested in attending a club meeting for the first time, don't stress too much. All you need to do is prepare a few sentences introducing yourself. Your name, age, interest or hobby are all great things to share. Everyone grows at their own pace, and no one will be made to speak until they are ready. Feel free to simply show up and have fun watching other members. We're a tight-knit group that loves to meet new people, and everyone enjoys our meetings! It's a fun and inviting environment for everyone!

The group was created by Mr. David Hall of the YWCA and focuses primarily on the work of the kids. The meetings are run by our members. There are several roles in the group that alternate from

To contact Mr. Hall or the club officers, email davidlloydhall@live.com, catrag101@hotmail.com, gargamol2000@live.com or chiragdart@gmail.com.

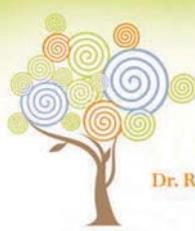
YWCA: Paying it Forward in our Community...

Most people don't know that the services provided by the YWCA Family Village Issaquah are available to the entire community. We not only want to be there to help with life emergencies but also to address the last minute emergencies that we all face from time to time. We ask that you donate to YWCA Issaquah Family Village Issaquah to ensure that we are in a position to help local families who have run out of food before their next paycheck. We want to be there to assist people in need of a ride to the grocery store, badly needed car maintenance, or emergency childcare. The YWCA is people helping people...One community, working together to address the unexpected. We want to be there, but for us to help, we need your help.

Here are some of the items you can donate to the YWCA Issaquah to help members of your community:

- Pre-paid Orca card
- Safeway (or other grocery store) gift card
- Safeway gas (or other gas station) gift card
- Child Care Emergency Scholarship
- Errand Helper
- Car Maintenance Gift Card
- Oil Change Gift Card

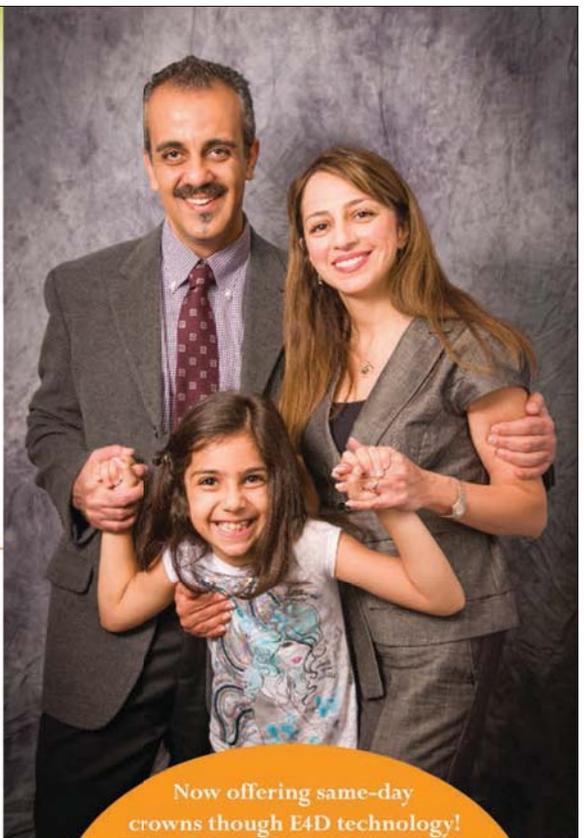
- Employment Fashion Consultants
- Hair Care gift card
- English Conversation
- Family Meal
- After School Youth Activities
- On Call Child Care



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FITNESS & HEALTH

Make Fitness a Family Affair

by Staci Scott ARNP, CPNP, MSN, Resident Two Tunnel Park

In a technology-driven world it can be difficult to exercise, let alone teach our children the importance of exercising. But making activity a part of family life can be fun and enjoyable for the whole family. For kids, exercise is playing at the park, going for a walk or running around the house playing hide and seek. Taking a family hike or bike ride or going for a nature walk are great ways to take advantage of the great fall weather while it lasts. For older children joining a team sport can help them stay active and teach them the importance of teamwork. Here are three fitness activities you can do with your family.

1. Enjoy an easy hike and read a story book on Swamp Monster Trail off of I-90 and exit 20. This is a fairly flat hike with many opportunities to easily see wildlife and explore nature.
2. Turn a neighborhood parks into an obstacle course by making up a fun routine of walking and balancing along a curb, jumping rope or sprinting back and forth on a grassy expanse.
3. Go for an ABC walk as a family. Find things in the great outdoors that start with each letter of the alphabet. This brings excitement and keen observation skills to outdoor activity.

There are many wonderful family fitness activities that you can participate in to help achieve wellness, but the important part is making it a regular part of your busy life and doing it together. Childhood obesity, type 2 diabetes and high cholesterol are affecting more and younger children so it is important that we support our kids by being good role models, encouraging them to exercise and make it a family affair. This will make a positive impact on their health now and in the future.

Getting Ready for Highlands 5K

by Erick K. Harada, DPT, Highlands Physical Therapy

Fall is here and trail running is in full swing, which means the Highlands Green Halloween 5k Run/Walk on October 26th is just around the corner! With the falling leaves and cooler weather moving in, the trails can be a bit daunting to the weak ankle and hip. This month, I have included some balance, stretching and strength exercises to prevent lower body injuries while cruising the Highlands.

Single Leg Balance

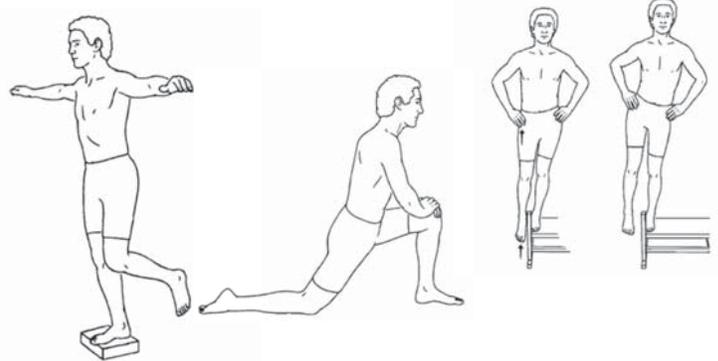
1. Eyes open, balance with right leg on dense foam or small pillow.
2. Hold 30 seconds each leg.
3. Repeat 3 times per side, 1-2x/per day.

Hip Flexor Stretch

1. Kneeling on right knee, slowly push pelvis forward and down while keeping torso straight until stretch is felt on front of right hip.
2. Hold 30 seconds each leg.
3. Repeat 3 times per side, 3x/day.

Hip Hike

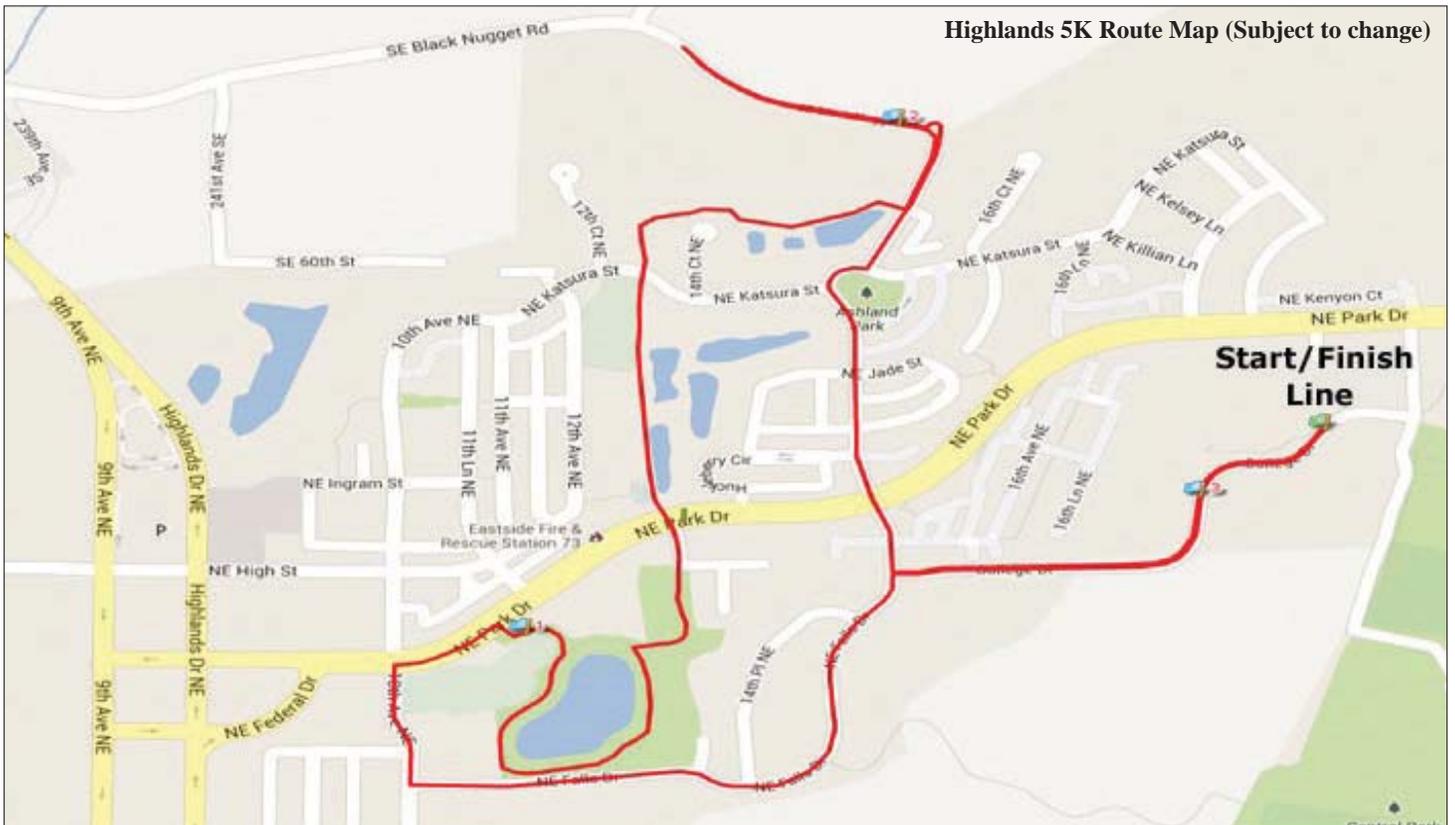
1. Stand on step, right leg off step, knee straight. Raise unsupported hip, keeping knee straight.
2. Repeat 10 times per leg, 2 sets.
3. Repeat 3 times per side, 3x/day.



Perform these exercises from now until race day and you should avoid injury to your lower body. If at any point these exercises cause discomfort, take a break. If the pain persists longer than 24 hours or you have questions, contact your local physical therapist. Enjoy the trail!



Highlands 5K Route Map (Subject to change)





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Saturday, October 26th
12:00-4:00pm - Grand Ridge Plaza

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Image designed by student intern Vyvian Luu

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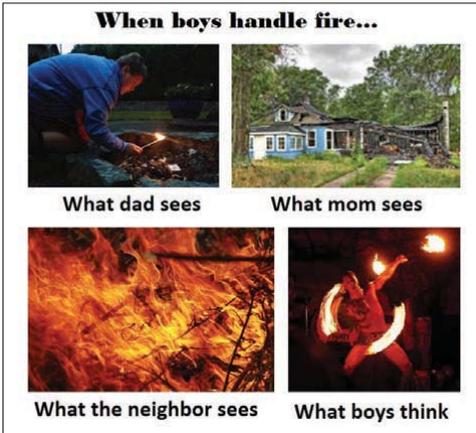


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WIT & TIDBITS

Curtis Boys on Fire

by Tami Curtis, Summit (or Two Slides) Park



My relationship with fire could be characterized as skittishly awestruck. I grew up in a home with an electric stove, my parents didn't smoke, my dad usually lit the fireplace, and my older sister trumped me when it came to lighting the holiday candles. The fire-starting opportunities presented to me were few and far between. Even while camping I preferred gathering wood and kindling over mastering the lighting of the camp stove. It seemed explosive and unpredictable to me. Was my tentative approach to fire due to my gender?

Are boys naturally more compelled to look fire in the eye as equals? Since the Curtis house is 75% male I don't have a balanced poll, but I'm inclined to rely on my observations and say that when it comes to fire, boys are like fishermen caught by a mermaid's charm. I'm going to go out on a limb and make a general claim that the lure of flames is irresistible and wonderful in the eyes of men worldwide. My limb is flammable, though, and could be used as kindling to fuel a great debate.



I believe regardless of my gender I was to be raised with an attitude of extreme caution toward fire due to my mother's horrific experiences, both in her childhood and again when I was a teenager. My mother was the third youngest of thirteen children, and the Wisconsin farmhouse she grew up in burned down, tragically killing her little sister who was five years old at the time. Decades later when I was a teen, a Southern California wildfire threatened our home, forcing my mother to face the nightmare all over again. While my sister and I were secured at a school shelter, my mother spent a vigilant and frightening night drenching every inch of our property with the garden hose. The firefighters were spread thin throughout the Ojai Valley, and even though they demanded the evacuation of all residents, they were not able to offer services to every neighborhood that bordered the foothills. Thankfully, history did not repeat itself, and our home

(and mother) remained out of reach of the destructive flames. Let's just say, however, that the powerfully destructive force of fire was burned into me from a young age.

While raising my boys it's become obvious to me that we look upon the elemental force of fire with...um...different perspectives. When I have a match in hand ready to light the BBQ - dinner on my mind -- the boys come running, their sixth-sense firing on all cylinders.

"Light it!" they demand, obviously under the spell of Pele, Vulcan, and Hephaestus. When I open a bag of marshmallows, I see dessert. They see fire. When I set the table with candles for a special occasion, I see ambiance. The boys ask, their eyes ablaze, "Can we light them?" When the gas stove refuses to light despite the puffs of air I provide, the boys whip out the matches, ready to ignite the clicking gas. Let's just say that if my family were suddenly thrown back into pioneer days equipped with a couple of lighters, we'd be quite warm and would not be eating raw meat. If I were thrown back in time by myself, however, the scene might resemble Jack London's "To Build a Fire". Bleak, desperate, cold.

The motivation that yanks me out of any fire-starting inadequacies is when I stumble upon those mind-numbing disclaimers on commercial products that warn the general public of various fire hazards. Some warning labels I understand, such as hairspray. I remember the high school tête-à-tête I orchestrated between my aerosol can and the fragrant bathroom candle. I had to buy mom a new hand towel after I discarded the charred remains of the hanging floral one. This week I rolled out of my chair in disbelief when Highlands resident Karl Leigh shared a photo of the warning label he took of the back of a fire-log he purchased - as in, the kind that ignites quickly without lighter fluid or kindling. On the log package, in bold red letters, the following sage advice was offered: "CAUTION - RISK OF FIRE". Yeah, I would sure hope so!

With chin up and long matches in hand, I locate a HIGHLY FLAMMABLE fire-log, and march it out to the backyard fire pit where I confidently and adeptly light it on fire. Take that, gender roles and skittish fears! I can light fires too!

A two-slide park resident (Summit Park), Tami Curtis is mother of two middle school boys and can be seen running all over the Highlands with Lacey Leigh. Her very supportive husband, Glenn, is a great fan and sounding board of her Celtic band, The Fire Inside.



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ASK KARI

Dear Kari,
 My sister is in a controlling relationship with her boyfriend. He won't even let her go out with me to the mall without her having to check in with him every hour. He emails and texts her constantly. Our father was overbearing like this with our mother. Now she says that she loves him and wants to get married. I worry that she will end up in an abusive marriage. How can I make her see that he is no good for her before it's too late?
 - *A Sister's Love*

Dear A Sister's Love,
 It is troubling that you and your sister grew up in a home where your mother was dominated and controlled by your father, and now your sister has a similar relationship with her current boyfriend. Unfortunately, bad family patterns and choices get carried on from one generation to the next, often without people even recognizing it is happening. This seems to be the case with your sister. Because your sister has recently expressed a desire to marry her boyfriend, I suggest that you pick a peaceful and private time to express your true feelings and concerns to her. Your sister will then have to decide what she does with that information. Whatever she decides, continue to love and support her. Your sister needs someone who accepts and respects her while she figures out what a good relationship is.
 - Kari

Dear Kari,
 My best friend is always bragging about her three children to me and anyone else that will listen. But, she doesn't know that all three of her kids are actually smoking pot and skipping school. Should I tell her the truth?
 - *BFF*

Dear BFF,
 What is your goal in telling your friend "the truth"? Is it to help her accept the truth about her children? Or is it to knock down her vision of her children? A good approach is to tell your friend that you heard stories about her children and are concerned about what you heard. Then, delicately repeat what you were told and by whom. What your friend does next is her choice. Either she will follow up with her children, get to the bottom of the stories, and, if needed deal appropriately with her children. Or your friend will keep what she heard to herself in an effort to protect her image of her perfect family. Whatever choice she makes, you serve your friendship best by handling the situation with care.
 - Kari

Dear Kari,
 My old boyfriend from high school found me on Facebook recently and contacted me. I was so thrilled to hear from him, as sometimes I have thought about him and I have wondered what we missed out on had we remained together. I am married now with kids, but keep wondering if maybe he is actually the love of my life. What should I do?
 - *Smitten*

Dear Smitten,
 You did not state how long you have been married or how many children you have. I assume you have put your family's feelings on the back burner in regards to this situation. Facebook is a great way to re-connect with old friends and family, but I suggest you practice caution when considering changing your and your family's life based on some old feelings toward a high school boyfriend. Day in and day out living in a marriage takes work; so does putting your children's needs before your own. Mature people base their choices on deeply felt emotions, not on an email from an old flame. If your marriage is not something you want to remain in, you need to make that choice prior to connecting with your old high school boyfriend. It's unwise into expect that an imaginary relationship with old love will go smoothly in reality.
 - Kari



Kari O'Neill, MSW, LICSW, is a licensed independent clinical social worker and a resident of Issaquah Highlands.

This column is for entertainment purposes only. If you are in crisis and in need of support please contact the Crisis Clinic at 866-427-4747.

Please email Kari questions at askkarioneill@gmail.com. All email user personal information will remain confidential and not be published.

ARTS & ENTERTAINMENT

Unique Locations Serving Up a Tasty Lineup of Musical Treats Down the Road

by Molly and Marty Fisher, Ashland Park

The best musical sounds always have been attached to the most unique places. A dive bar, a cool jazz club, a smoky blues club (now without the smoke!), a sweaty rock club – we all have our favorites. Each has its own distinctive look, sound, and hometown flavor that makes local music scenes fun and notable.

Issaquah may be better known for salmon than for music, but over the past seven years it has developed its own eclectic musical personality. And now that the glorious Northwest summer has moved us indoors, you won't have to go far to find great sounds in a Wine Bar, an Italian Restaurant, and even in a Northwest restaurant featuring Croatian flatbread.

Vino Bella, Trattoria Amante, and Pogacha are three unique venues that are well worth checking out for local musical entertainment, fun, food and beverages.

Vino Bella, an intimate wine bar with exposed brick walls, comfortable leather chairs and a cozy fireplace, has the most classic club feel of the three Issaquah music venues. Located at 99 Front Street, owner Claude Blumenzweig opened with a simple, clear vision that he still follows today – he wanted to bring people together through music.

"We started out having music from Day 1 and it's been a big part of our success ever since," said Blumenzweig, who celebrates his 7th anniversary at Vino Bella on October 6. "We helped put Issaquah on the map for local music. I never had been in the restaurant or entertainment business before I opened Vino Bella, but over the years we've adjusted to make good things happen."

Vino Bella offers the most diverse local entertainment with live music three nights week on Thursdays, Fridays, and Saturdays, from 7:30-11:30pm. Thursdays features piano and guitar soloists for a mellower vibe and both the tempo and the volume get kicked up a few notches on Friday and Saturday nights with pop and rock tribute bands like Ventura Highway and Nowhere Men.

Comedy takes the spotlight at Vino Bella on the third Wednesday of every month, featuring top performers from Comedy Central and around the Northwest. There's even a regular "Corks and Canvas" event on the last Monday of every month in which patrons get a blank canvas, a glass of wine and instruction from a professional artist.

"People come to Vino Bella for a drink and leave as friends," said Blumenzweig. "If I didn't own it, I'd be hanging out here anyway because it's so much fun."

Trattoria Amante, located just down the street at 131 Front Street North, covers a lot of interesting musical ground, transforming from an old school family Italian restaurant to an impressively rocking

music bistro on Friday and Saturday nights. On any given Friday or Saturday night, the restaurant is packed with both music and Italian food aficionados, singing along to the band in the unique storefront window.

Tuesday nights bring a talented lineup of rock tribute bands for Tribute Tuesdays and on other nights you might even be treated to a violin performance by its owner, himself a classically-trained musician. Since the stage is in the window at the front of the restaurant, this is the largest live music venue in Issaquah. Kevork Baklaian



Kevork Baklaian, owner of Trattoria Amante

"My husband [Kevork] is a musician," said Trattoria Amante co-owner Monika Baklaian. "He had the vision to offer live music three years ago and we're just trying to have fun and support local musicians. We're really careful who we book to play here. If you close your eyes, it's easy to forget that you're listening to a tribute band instead of the original artist."

Pogacha, located at 120 Gilman Blvd. in Issaquah, has the longest-running music lineup in Issaquah. Eleven years ago, for the restaurant's 5th anniversary, co-owner Steve King decided to add live music in the bar to build business on Saturday nights and things took off from there. Pogacha now offers live jazz, pop, and rock on both Friday and Saturday nights. Nationally-known favorites like Darren Motamedy and Northwest picks like Heather Sullivan and Seatown Rhythm and Blues Players regularly pack the intimate 70-seat bar.

"It's a little bit of a battle among the local places in Issaquah with who's got the good bands," said King. "Our goal is to have more unique acts. In the past, we had more jazz, but now we're focusing on bring in more rock, funk, and blues. People want to listen, dance, and just have a good time on the weekend and we're doing everything we can to make that happen."

Special sounds in local places – a fabulous musical combination we're lucky enough to find just down the road.

Is it a hospital or a school? Yes.



Truth is, Swedish/Issaquah is a hospital — although it's a rather uncommon one. This hospital is designed to keep you well, not just care for you when you're sick. And one way we do that is by offering classes on a variety of health and wellness subjects. See for yourself. Then, hopefully, we'll see you at school.

CANCER EDUCATION

Getting Back to the Real You after Cancer Treatment

Join naturopathic physician Lisa Price for a class focused on natural ways to help your body heal and repair after cancer treatment.

Sammamish Library: Wednesday, Oct. 2, 7-8:30 p.m.

The Angelina Effect: Am I at Risk for Breast Cancer?

Learn about factors in your personal and family histories that may make you at increased risk for breast cancer and learn about ways to reduce your personal risk.

Swedish/Issaquah: Wednesday, Oct. 9, 6-8 p.m.

Swedish/Redmond: Wednesday, Oct. 23, 6-8 p.m.

The Anticancer Lifestyle

Learn how to create an anticancer lifestyle by eating beneficial foods, protecting yourself from environmental threats and enhancing your physical and emotional wellbeing.

Issaquah Library: Wednesday, Oct. 9, 7-8:30 p.m.

HEALTH AND WELL BEING

End of Life Care: "Consider the Conversation"

Join us to view the award-winning documentary on end-of-life care, "Consider the Conversation," and talk with Swedish social workers.

Blakely Hall: Wednesday, Oct. 2, 6-8 p.m.

Turn Back the Clock: Nonsurgical Options to Rejuvenate Your Face

Hear from Swedish facial plastic surgeon Dr. Angie Song who will discuss the effects of aging on your skin and face and how you can help turn back the clock.

Swedish/Issaquah: Thursday, Oct. 10, 5:30-7 p.m.

Can You Hear Me Now?

This interactive discussion will turn up the volume on frequently asked questions about hearing loss, hearing aids and strategies to communicate with hearing-impaired friends and family members.

Swedish/Redmond: Thursday, Oct. 17, 6-7 p.m.

Swedish/Issaquah: Wednesday, Oct. 23, 6-7 p.m.

Hot Flashes and Related Symptom Management

Learn ways to manage hot flashes without the use of hormone therapy.

Lake Hills Library: Tuesday, Oct. 29, 7-8:30 p.m.

ORTHOPEDICS

Joint Replacement: The Right Choice for You?

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

Swedish/Issaquah: Thursdays, Oct. 3 and 24, 6-8 p.m.

Swedish/Redmond: Wednesday, Nov. 6, 6-8 p.m.

Swedish/Ballard: Wednesday, Oct. 2, 6-8 p.m.

Swedish/Mill Creek: Thursday, Oct. 3, 6-8 p.m.

Swedish/First Hill: Thursday, Oct. 17, 6-8 p.m.

Relief for Your Shoulder Pain

This class will present an overview of shoulder anatomy, common injuries to the shoulder, how to prevent injury and surgical/nonsurgical solutions to common injuries.

Swedish/Redmond: Thursday, Oct. 24, 6-8 p.m.

Swedish/First Hill: Thursday, Nov. 7, 6-8 p.m.

PARENTING

Story Time at Swedish

Join us for Children's Story Time and Book Fair. Visit with a health-care provider at our "Ask a Doctor" table. No registration required. For questions, call 425-313-7020.

Swedish/Issaquah: Wednesday, Oct. 23, 9 a.m. and 11 a.m.

All About Puberty: Parents and Boys Together

Build a bridge with your 9- to 12-year-old to demystify the challenges of puberty. Fee: \$35 per family.

Swedish/Redmond: Monday, Oct. 7, 6:30-9 p.m.

All About Puberty: Parents and Girls Together

Build a bridge with your 9- to 12-year-old to demystify the challenges of puberty. Fee: \$35 per family.

Swedish/Redmond: Monday, Oct. 21, 6:30-9 p.m.

PREGNANCY, CHILDBIRTH AND INFANT CARE

Infant Safety and CPR

Recommended for anyone who cares for infants up to 1 year old. Fee: \$50 (covers two people).

Swedish/Issaquah: Sunday, Oct. 20, 9 a.m.-noon or 1-4 p.m.

Childbirth Preparation – Refresher

Expectant parents will revisit their past birth experience, review labor and birth, and practice labor coping skills. Fee: \$65 (covers two people).

Swedish/Issaquah: Friday, Oct. 4, 5-9 p.m.

Childbirth Preparation – All Day Seminar

Help feel confident and prepared for the birth of your baby. Fee: \$115 (covers two people).

Swedish/Issaquah: Saturdays, Oct. 12 or 19, 9 a.m.-5 p.m.

Childbirth Preparation – Six-Week Series

Help feel confident and prepared for the birth of your baby. Fee: \$210 (covers two people).

Swedish/Issaquah: Monday, Oct. 7, 6:30-9 p.m.

Hop to Signaroo® Baby Sign Language

Learn sign language to communicate with your baby as young as 5 months old. Four sessions. Fee: \$128 plus \$19 materials.

Swedish/Issaquah: Saturday, Oct. 19, 10:30-11:30 a.m.

Newborn Preparation

Helpful information on newborn care and breastfeeding. Fee: \$95.

Swedish/Issaquah: Friday, Oct. 11, 3-9 p.m. or Sunday, Oct. 13, 9 a.m.-3 p.m.

Sibling Preparation

Help big brothers and sisters ages 3-10 prepare for the new baby. Fee: \$20 per sibling.

Swedish/Issaquah: Saturday, Oct. 12, 9-10:30 a.m.

Coping with Confidence

A variety of labor coping skills are reviewed. Fee: \$40.

Swedish/Issaquah: Saturday, Oct. 12, 11 a.m.-1 p.m.

Baby Your Body Pregnancy Exercise Education

The two-week class is designed to help you stay comfortable and experience less pain during pregnancy. Fee: \$45.

Swedish/Issaquah: Wednesday, Oct. 16, 5:30-7:30 p.m.

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, Oct. 26, 9 a.m.-5 p.m.

WEIGHT LOSS

Weight Loss Surgery Seminar

Learn more about different types of weight-loss surgery from a Swedish bariatric surgeon.

Swedish/Issaquah: Tuesday, Oct. 1, 8 or 29

A NIGHT OUT AT SWEDISH: FALL ARTS SHOWCASE

Swedish/Issaquah invites you to a free community event featuring a concert by the Sammamish Symphony, docent-led and self-guided art tours of the hospital's art collection and a shopping event at The Shops at Swedish.
Swedish/Issaquah: Thursday, Nov. 7, 6-8 p.m.



SWEDISH

Issaquah

A nonprofit organization

Registration is required for all classes. To register and see additional classes, visit 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



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What impact will Grand Ridge Plaza have on your life?

From our Facebook page.
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I am looking forward to the emergence of more of a village, where townspeople mingle, relax, and converse, and one that's close to home. It's not fun when everyone drives away for the day then comes home, closes their garage door and you never see their faces. - ROBERT

I will use my car less; walk more. Lose weight? Hope so! - NINA

If I play it right, I could save 30 minutes of driving time, not having to drive down into the valley for groceries, gas and movies. I could save 45 minutes not having to go to Bellevue for cosmetics and discount designer items. What to do with all that extra time? Maybe write another blog post!! - TAMI

After more than 10 years waiting we look forward for our boys walking to the movie theater and "hanging" with friends. So much retail and services close to home! Bonus: when it snows hard and we are all "stuck", how nice will it be to take a long walk, meet up with friends at Starbucks over a hot latte? Highlands is all about community and the Grand Ridge Plaza will help facilitate building community in what is already a fabulous place to live!! - RENEE

Most definitely Safeway will have the biggest impact...and the Safeway gas I can swing by literally on my way home from anywhere without having to take a trip into Issaquah. Also, having Civilized Nature on my doorstep is a huge plus for my dogs' needs. - LYNNE

Drink more margaritas. - FEDERICO



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RESIDENT PROFILE: DAVID PRESTON



Have you ever wanted to ride your bike from Canada to Mexico? How about doing it on a mountain bike, traversing Continental Divide? Well, that's what Issaquah Highlands resident Dave Preston did, along with many other endurance events, including the Ride Across America (RAAM) three years in a row. Where did Dave catch this ultimate endurance athlete bug? Let's find out about this guy who likes to sprint a bike across continents at full speed.

Dave and his family moved in to Forest Ridge last year and are already involved with the community, notably for producing the fun run/race for Green Halloween on October 26, the short but hilly Highlands5k.

Where did you grow up?

I grew up in Utah and migrated to Seattle by way of a baseball scholarship at Lewis Clark State, then grad school at WSU. My first job after graduation was in Seattle. I've been in the northwest now for over 13 years.

Tell me about your family.

My wife, Ulrike and I have three children between us: ten, seven, and five years old (boy, girl, boy).

What do you like about Forest Ridge?

I happen to love movies, so being in walking distance of a Regal Cinema is definitely not a bad thing. I was averaging a movie a week for a while there right after Regal opened up.

What do you think is special about Issaquah Highlands?

The proximity to lots of options for the family: hiking, biking, running/walking trails, parks, restaurants, theatres, shops - it is certainly hard to be bored for very long here! It's also easy to meet like-minded friends and neighbors.

What is your profession?

VP of business and product development for a small wireless company - Cintex Wireless.

Your avocation?

Endurance racing - cycling, running and triathlons - large and small. I like anything from a 5K or sprint triathlon to an Ironman or Race Across America (RAAM). For the shorter races, it's mostly about improvement and doing better than the last time. For the longer races, it's more about the challenge itself, finding out what actually is possible, and learning about myself through all the trials and triumphs that these races inevitably present.

What is the RAAM like?

It's crazy. The clock does not stop. If you don't keep the bike rolling, you risk missing time cut-offs. Two man teams like mine have only nine days to ride 3,000 miles across the country. That's over 300 miles a day. It's not 'just' a ride; it is truly a race.

What is the single hardest thing about the RAAM?

Sleep deprivation and the desert. Sleep deprivation really got to me this year. We alternate riding 60-90 minute shifts. I only slept about 12-15 hours total in the 8 day 14 hour crossing. Unfortunately my teammate became ill with 500 miles and the Appalachians remaining. I decided to finish alone, which I had to do within 48 hours to make the cut-off. We were dead last, but I walked away feeling like it was a one of the greatest finishes ever.

The desert: In 2011, I was hospitalized for heat stroke and dehydration riding through the 115 plus degree Arizona desert. I learned some valuable lessons. I now pack 15 pounds of ice around my core when riding through a desert.

How do you train?

It's hard to balance family with this kind of hobby, so I end up riding a lot on a stationary trainer in the garage while everybody is sleeping. Plus long rides, high-intensity interval training and teaching spin classes.

Are your kids athletic?

The kids are all very athletic! All three are in soccer now and they are all very competitive - watch out! And the oldest recently took up running. You will see how fast he runs at the 5K on October 26th.

What motivated you to create the Highlands 5K?

I've always enjoyed running in events like these and I have seen good and bad quality events. I thought it would be fun to try and produce a fun, entertaining and high quality running event. When I moved into the highlands, it seemed like the perfect place. Also the domain name www.highlands5k.com was available, so it seemed inevitable. I think we are going to have a lot of fun with this.

What does the future hold?

Small races in 2014. I plan to ride the Paris-Brest-Paris in 2015 (my wife plans to shop in Paris while I am riding. Win/win right?). I also hope to solo the Race Across the West someday. I would like to solo RAAM as well.

Your favorite IH day-off scenario?

Wake up around 8, go for a jog or bike ride, come home, eat, go to lunch and an afternoon movie with my wife. Hang with the kids in the evening and BBQ on the Traeger grill for dinner.

Seen any good movies lately? Books?

I am not zombie person, but I am married to one (one who likes the zombie culture), so I went to see World War Z with her, and was surprised when I actually liked it.



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

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 or 425-507-1111**

Size	BW	Color
Mini (text only): 3" x 3"	\$50	
Rectangle Vert: 3" x 4.625"	\$75	\$150
Rectangle Horz: 4.625" x 3"	\$75	\$150
Square: 4.625" x 4.625"	\$125	\$195
Quarter Page: 4.625" x 6.25"	\$150	\$275
Half Page Vert: 4.625" x 13"	\$275	\$495
Half Page Horz: 9.625" x 6.25"	\$275	\$495
Full Page: 9.625" x 13"	\$595	\$950

Ads are due by the first Friday 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.

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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 Brianna at 425.507.1107 or email brianna.e@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

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- David Ngai, Treasurer
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MAIN PHONE: 425-427-9257

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Monday-Friday 9:00AM to 5:00PM

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Whitney Wengren, Office Manager
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Joon Chang, Accounting Manager
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Homeowner Account Inquiries
payments@ihcommunity.org, 425-507-1119

Escrow Payoffs
accounting@ihcommunity.org, 425-507-1123



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

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Monday-Friday 8:00AM to 5:00PM

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Keith Luu, Events/Administrative Assistant,
keith.l@ihcouncil.org

Vyvian Luu, Intern
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
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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.

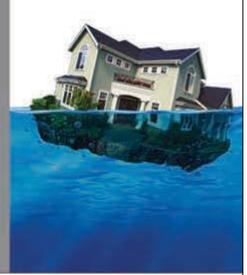


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Issaquah Highlands Real Estate Report August/Sept Sold Properties

Address	Bed	Bath	SqFt	Year	Date	\$/SqFt	Days on Market	Orig Price	List Price	Sold Price	SP%LP
1384 Huckleberry Cir	2	2.00	955	2002	08/29/13	\$216.75	25	\$ 175,000	\$ 175,000	\$ 207,000	118.29
1981 24th Ave NE #2	2	2.00	945	2005	08/20/13	\$232.80	87	\$ 230,000	\$ 230,000	\$ 220,000	95.65
2352 NE Park Dr	3	2.50	1,400	2005	09/13/13	\$230.64	24	\$ 335,000	\$ 327,900	\$ 322,900	98.48
1157 NE Hickory (62)	3	2.50	1,585	2013	08/23/13	\$243.93	8	\$ 375,990	\$ 382,990	\$ 386,630	100.95
1163 NE Hickory Lane	2	2.25	1,460	2013	08/26/13	\$272.65	15	\$ 349,990	\$ 398,070	\$ 398,070	100.00
2542 NE Kirkwood Place	3	2.50	1,464	2005	09/04/13	\$277.32	10	\$ 360,000	\$ 360,000	\$ 406,000	112.78
857 4th Ave NE	3	2.25	1,707	2011	09/12/13	\$240.19	20	\$ 425,000	\$ 418,990	\$ 410,000	97.85
1175 NE Hickory Lane	3	2.50	1,585	2013	08/28/13	\$267.56	52	\$ 423,990	\$ 424,085	\$ 424,085	100.00
1143 NE Hickory (61)	3	2.50	1,637	2013	08/22/13	\$260.23	8	\$ 426,990	\$ 426,990	\$ 426,000	99.77
1999 NE Kensington Ct	3	2.50	1,510	2006	08/26/13	\$289.74	9	\$ 425,000	\$ 425,000	\$ 437,500	102.94
2011 NE Kenilworth Lane	3	2.50	1,940	2001	09/03/13	\$278.35	2	\$ 515,000	\$ 515,000	\$ 540,000	104.85
1567 NE Iris St	3	2.50	2,000	1999	09/06/13	\$273.50	9	\$ 514,800	\$ 514,800	\$ 547,000	106.25
1889 30TH Ave NE	3	2.50	2,170	2004	08/29/13	\$270.05	5	\$ 550,000	\$ 550,000	\$ 586,000	106.55
1699 NE Falls Dr	3	2.50	1,868	2013	09/06/13	\$323.02	64	\$ 657,990	\$ 599,990	\$ 603,404	100.57
3143 NE Norton Lane	5	2.50	2,660	2004	09/09/13	\$240.60	7	\$ 625,000	\$ 625,000	\$ 640,000	102.40
1557 14th Place NE	4	3.25	2,800	2013	08/27/13	\$250.00	31	\$ 699,990	\$ 699,990	\$ 699,990	100.00
1669 14th Place NE	4	3.25	2,800	2013	08/30/13	\$257.14	22	\$ 719,990	\$ 719,990	\$ 719,990	100.00
2049 NE Nelson Lane	4	3.50	3,081	2007	08/26/13	\$243.43	4	\$ 750,000	\$ 750,000	\$ 750,000	100.00
1636 28th Ave NE	4	3.50	3,380	2006	09/10/13	\$244.08	3	\$ 852,000	\$ 825,000	\$ 825,000	100.00
2591 NE Davis Lp	4	2.50	3,877	2008	09/05/13	\$224.40	72	\$ 900,000	\$ 870,000	\$ 870,000	99.43

erik mehr
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LEMA real estate



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