

CONNECTIONS

ISSAQUAH HIGHLANDS COMMUNITY NEWS

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September 2013



Back to School

Page 4

Photo by: Julie Clegg / baileyandbanjo.com

Movie Review • Living Green • Art at Blakely Hall • Issaquah News • Ask Kari

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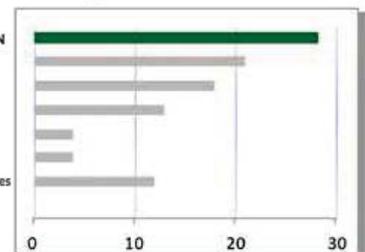
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MATT'S RECENTLY SOLD HOMES

1957 23rd Place NE #301	\$250,000
1840 25th Ave NE #5413	\$318,000
1371 Huckleberry Circle	\$320,000
2447 NE Park Drive	\$369,000
1936 17th Ave NE	\$373,000
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
1906 14th Court NE	\$536,000
2043 Larchmount Drive NE	\$545,000
2056 30th Lane NE	\$555,100
3450 NE Madison Way	\$575,000
1889 30th Ave NE	\$586,000
3462 NE Marion Way	\$595,000
3483 NE Meadow Way	\$600,000
3434 NE Marion Lane	\$660,000
1714 28th Ave NE	\$706,000
2918 NE Davis Loop	\$735,000

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FROM THE EDITOR



Not everyone gets to go “Back to School” this fall. But for many of us, the spirit of those school days has never left us. Here at Highlands Council, we are dedicated to supporting your Lifelong Learning efforts, including providing a stimulating and interesting publication in Connections, and in producing and supporting educational community programming.

This issue of Connections is dedicated to learning and learners. It showcases our public schools with letters from each Principal. Also see how the spirit of school crept into our regular features: Wit and Tidbit’s Tami Curtis sharing her unique take on the theme; Marty and Molly bringing to you a story about the Village Theatre’s Kidstage; Fitness and Health authors educating us on issues arriving with the school year; Ask Kari joining in with a school-age issue; and our Resident Profile featuring Issaquah High School’s

Dean of Students and Activities, Tim Baynes.

I don’t even know where to begin to describe the bounty of educational opportunities in Highlands Council’s community programming – there is so much! Please review the What’s Happening section (now in the centerfold) for listings about new clubs and community events, not the least of which pertains to a subject none of us really wants to learn about, however it’s best we did: end-of-life decisions and Advance Directives. But there is fun stuff, too: Learn to perform in public as Open Mic Night at Blakely Hall returns on September 6th!

But really, isn’t all content about learning? If you are reading (resident)Senator Mullet’s legislative session summary or (IH business owner)Ms. Dent’s lessons of the leash (dog leash, that is), the Community Garden report or the Movie Review, you are learning something valuable. Enjoy your own little “Back to School” with this issue of Connections!

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.

Life Enrichment Options (LEO) Board President Nancy Whitaker, LEO House founder Rose Finnegan and care provider Evelyn Galassi at Issaquah Highland’s adult family home, LEO House, which serves adults with developmental disabilities.

COMMUNITY BUILDERS DIVERSITY

Issaquah Highlands is a reflection of the people who call it home. It’s where many cultures celebrate together. It’s where a variety of housing options foster diversity and opportunity. It’s where residents live in an array of neighborhoods, each with their own architectural style and charm. And, it’s where recreation and social programs, as well as award-winning schools, benefit the entire community.

Behind the scenes are the Community Builders—leading clubs, volunteering in classrooms, digging in the community garden, organizing cultural celebrations, and helping others through neighborhood services like LEO House. The diversity of people, architecture, landscape and amenities in Issaquah Highlands is the result of caring creativity of scores of Community Builders. Thanks to each of you for making Issaquah Highlands a special place to live, work and play.

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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WELCOME BACK TO SCHOOL

So Many Options, So Little Time

by Vyvian Luu, Sunset Walk, Senior of Issaquah High School

As an incoming senior at Issaquah High School, my experience has been an amazing one. I learned a lot of things. A lot! Therefore, I want to reach out to the underclassmen to share the lessons of the pitfalls and achievements of my high school years.

First of all, my tip for every teen is: start each year with something new. Go to a school activity, football game, debate club, etc. There are so many options to choose from! But to make it easier, find what interests you and narrow down your favorite afterschool activities. But stick to your choices. This makes it less confusing because you have less on your plate. Juggling multiple sports and clubs drains the energy you need to study for school.

During my freshmen and sophomore years I was indecisive about what activities I should participate in, and suffered for it. I realize now that I did not have the time to do all of it. Eventually, I narrowed down the things that interested me most. In the end, I decided to pick two afterschool activities: a sport and a club. I realized I had more time to relax and socialize, and I was able to study all my core subjects. Now, as a senior, I have to narrow down my choices again. I decided to have two part-time jobs, sign up as a Running Start student and join one afterschool club. It was a hard decision, but this is the only way to make sure I have balance in my life.

Participating in school-wide activities usually makes a student much happier, more involved and more active in school. I know I have been. I have made more friends, my self-esteem soared and I was able to be myself.

But you may ask, how do I remember everything that I have committed to do? How do I keep up with school work, after-school activities and other future plans? My number one advice to every teen is to own a planner. Your planner will become your very best friend. There are many types of planners that you can use: your iPhone, Microsoft Outlook, a calendar on

your computer, etc. What I recommend for everyone is to use a planner that is specifically made for school; I can check off on the margin that I finish my math homework, afterschool activities, highlight my homework due date and projects, etc. I usually buy the planner that the school provides or a planner from Target, Fred Meyer or Staples. I also use my iPhone Reminder app to remind me that I have an appointment soon, sport meets, errands and homework due dates. Furthermore, I use my iPhone calendar a lot to schedule afterschool activities to make sure I don't have a conflict with my two jobs. But really, it's my planner that helps me manage my school work, my jobs, and family, down-time and social activities. It taught me how to manage time, make arrangements, and everything else in-between. It also helped me improve my grades because I was able to stay on top of my homework!



All in all, I advise to every high school teenager (or to any teen out there!) to join activities that the school provides, narrow down what interests you and finally balance it all with your planner. High school is a great experience to learn about yourself and the world around you and not only that, the tips I give to you will also apply after high school. Good luck and make sure you have time to have fun, too!



Tiger Mountain Community High School:
This small, public school combines a family atmosphere with an ideal learning environment for students seeking alternatives to traditional high schools. Rigor, real-world applications and graduation preparation are emphasized. Teachers provide strong, skill-based programs and personalized instruction for students with different learning styles.

Photo credit: Issaquah Highlands Photo Club

WELCOME BACK TO SCHOOL - LETTERS FROM THE PRINCIPALS

Issaquah High School

Dear Highlands Community,

Issaquah High School welcomes you to our beautiful campus at the foot of the spectacular Cascade Mountain range in the heart of Issaquah. We are proud to continue a 100-year tradition of excellence in academic and co-curricular programs. Students, parents, and staff share an active partnership in the educational mission of IHS. Our school community is characterized by enthusiasm, spirit, passion, and humanity.

Our mission at IHS is to inspire all students to embrace lifelong learning and realize their potential. By creating an environment of academic excellence, IHS prepares students to successfully meet the challenges of our ever-changing, global community.

Issaquah High School supports, provides, and values:

- Rigorous curriculum in traditional core areas as well as in Advanced Placement programs in Math, Science, Social Studies, Language Arts, Computer Science and World Languages. We are proud to have been listed among US News top high schools.
- Technical and vocational courses—graphic design, commercial art, web authoring, computer science, sales and marketing, DECA, material science, sports medicine, foods, child psychology, and woods.
- Fine Arts as reflected in our instrumental and choral music programs as well as visual arts and theatre arts. IHS students consistently rank among the state's best musical groups. We also offer a strong visual arts program with drawing, painting, photography, and ceramics. Our theater arts program puts on four fabulous, major productions each year.
- Science Technology Engineering and Math programs continue to grow and provide opportunities for students and mentors to meet and extend their learning. Robotics is a great example. This is a program where students have six weeks to design, build, and program a robot to compete against other high school teams.

In addition to the academic components, we also field competitive athletics teams throughout the school year in which over 1,000 student athletes participate. These include: football, golf, cross country, volleyball, tennis, soccer, swim and dive, gymnastics, wrestling, basketball, track, baseball, softball, cheer, dance and drill.

We also offer a vast selection of activities for students to get involved in and connect with school outside the classroom. Some include: Student magazine, Yearbook, DECA, Honor society, Students Opposing Suicide, Gay/Straight Alliance, Junior Statesman of America, Amnesty International, FCCLA, Global Citizens Corp, Hi-Tones, In-Harmony, Math Olympiad, Robotics, Chess, Spanish, French, Bible, Anime, Clay & Sculpture, Photography, Political, Rock & Roll, Random Acts of Kindness, Spirit, Drama, Knitting, Multi-cultural, Japanese, Interact, Henna, Ping-pong, Literary, Creative Media, Art Appreciation, Break Dancing, Guitar, and Roots and Shoots.

We continue to grow in size and welcome new families to the Issaquah High School family. As the new principal, I hope to maintain a strong culture with unwavering Eagle pride.

Can't wait to kick off the 2013-14 school year with all of you,

Andrea McCormick

Pacific Cascade Middle School

Dear Pacific Cascade Families,

Pacific Cascade is excited to start another school year and welcome returning and new families! We've been busy over the summer hosting the IMPACT summer camp, cleaning the school and hiring new teachers. Our "business" days in August have been a great chance to reconnect with friends, take care of some school business and the all-important yearbook picture.

Two days after school starts, we welcome you to attend the Family BBQ Night on September 6th. This is your chance to have a great picnic dinner and get Mr. Miller in the dunk tank. All of the important details are available on our website, or contact the front office for specific questions.

Our school has a student support system that is ready to take care of student needs such as school supplies, PE shoes, class fees, etc. We have a family assistance program that includes school pictures, emergency grocery and gas money and other things. If you are in need of assistance, please contact Dana Bailey @ baileyd@issaquah.wednet.edu. If you are able to offer assistance, we will have the Google doc up soon. In the meantime, please drop me a note at the same email. Gas cards, school shoes and coats and a new outfit for picture day seemed to be the greatest need last fall.

Our school and school community are AWESOME! GO LYNX!

Warmly,
Dana Bailey

Grand Ridge Elementary

Dear Grand Ridge Families,

My favorite time of year – getting ready for a new beginning. I am hopeful you were able to enjoy family-time this summer and find some time to relax. I am excited as we venture together into another year of learning. We are so fortunate to be a part of a community that values learning along with social and emotional growth for every individual.

Literacy will continue to be a primary focus as we enter the new school year. Thanks to you and a VERY supportive community, we are able to have a new writing curriculum that supports the Common Core State Standards (CCSS). We will all work hard this year towards strong implementation and collaboration with both reading and writing. In addition, we are realigning our current math curriculum to meet the CCSS for math.

Communication is a key component to developing a strong partnership. Plan on receiving the Grizzly E-news on the 2nd and 4th Thursday of every month. In the E-news we will include critical information about the building, programs, and any updates that I may have. I will be hosting coffees throughout the year sponsored by PTSA. I look forward to focused conversations during that time. Please feel free to contact me when needed, I am here to create a safe, welcoming, learning environment with an incredible staff to support all students.

I have spent a great deal of the summer hiring new staff. I am VERY excited to have these folks join our Grand Ridge family. This is the most current staffing information, but please know there is always the possibility of change.

- Dean of Students: Kathy Keegan
- 1st Grade: Samara Jones, Amanda Gifford, Robin Pritchett
- 2nd Grade: Christine Wright, Jennifer Houghton, Megan Reiser
- 4th Grade: Linnea Rye, Angela Erlitz
- 5th Grade: TBD
- SAGE: Wendy Heider
- Overload Music: Marty Peterson
- LRC 1: Michelle Torres
- Reading Club: Laura Plude

As information changes, I will do my best to keep you informed.

I am grateful to be part of such a supportive and energetic community. I look forward to a year of "Reaching Far and Being Grand" in every way possible.

Sincerely,
Christy Odley

Clark Elementary

Greetings, Clark Families!

I am thrilled to be welcoming you to a brand new school year! I look forward to meeting each of you and your children as we officially begin our adventure together. I know that change can be a scary thing, and with so many of our new families facing change during this transition into our Clark community, we are committed to doing all we can to answer questions and provide information that might help to shine a bit of light as you take these next steps in your child's educational journey.

I am glad that many of you were able to take advantage of a parent tour last spring, are already becoming familiar with Clark, and have had the opportunity to see our wonderful staff in action! This summer, we hired additional teachers at every grade level, and have been able to make some spectacular additions to our team in preparation for the year ahead. We are excited that our average classroom size continues to remain low at all grade levels, and anticipate that we will be able to continue to provide our families with the feel of a small school community, even as our overall numbers are increasing during this time of transition.

Our teachers are already meeting together and investing many of their summer hours planning instruction and preparing their classrooms in order to assure that they have the best possible environment in place and are ready for your children from the moment that they first step through our doors! As the school year begins, I would encourage you to stop by, introduce yourself, and take a bit of time to get acquainted with your child's teacher. Our teachers are committed to providing the very best for each and every student, and the more you can share with your teacher, the better we can prepare to differentiate our work for the specific needs of your child.

You are all invited to join us on Tuesday, September 3, for our annual Meet the Teacher event. Meet the Teacher will begin at 11:30, with an opportunity to visit classrooms, drop off supplies, and say, "Hi", followed by an opportunity to visit with other parents and meet leaders from Clark's PTA, while your child enjoys a small treat and some playtime on the playground at 12:30.

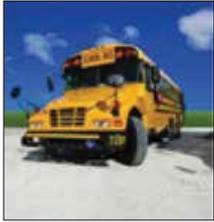
I am also very excited to share that during the first days of school, our student's will be exploring Clark's first ever Shark Week! During Shark Week, we will be focusing on team building activities, introductions to staff, tours of various parts of our building (including explanations of student expectations and uses for those locations), lessons on kindness and friendship, daily classroom challenges, and much, much, more! It is our hope that Shark Week will help to provide a community-wide foundation for our richest learning environment ever! I feel very positive about this new start to our school year, and hope that it proves to be a true blessing for every one of our students!

Looking forward to serving you and your family!
Dr. Ted Wood

SCHOOL SPOTLIGHT

The School Buses are Coming!

by Leslie Warrick, Ashland Park



The infamous yellow buses will be back in our community starting September 4th. I'm guilty of telling my kids, "I hear the bus coming..." They need some major mental stimulation; I'm just not capable of grasping and divulging a summer's worth of "teachable moments" by the time August hits. This fact alone is a shining testament to just how much in awe I am of teachers and what they get accomplished during the school year! I haven't been able to even start attacking the myriad of back to school agenda items which need to be completed soon, but at least a couple of things are automatic and require no hesitation each Fall.

Our family donates to ISF, and of course to the PTSA. Why? Well to start, all of our Issaquah School District students take advantage of: Books in the library, benefit from resources provided through teacher grants, attend science and cultural fairs, partake in social events with their peers outside of the classroom, enjoy participating in the music programs, enjoy art in their schools, benefit from new knowledge parents garner during Parent Education courses, are very fortunate to learn from a new stellar hands-on science curriculum at the K-5 level, and are able to utilize current science equipment in the secondary schools, etc...etc...

The list goes on, and I could take up an entire page or more listing out all of the educational programs the PTSA and donors help fund with the goal of ensuring the best educational experience our children can have. If you scour through Washington State's current definition of "Basic Education", you might be surprised just how much of your child's school-experience in this district is not funded by our state! Every dollar donated, every moment volunteering in your child's school counts, and is immensely appreciated!

Grand Ridge Elementary

Meet Your Teacher on Sept. 3rd from 3:30pm – 5pm: Attention GR parents/guardians, you don't want to miss this year's "Welcome Back" event for all parents and students. This event will be hosted by the 2013-2014 GR PTSA immediately after the "Meet Your Teacher" event.

Start Saving Your Books - Upcoming Book Swap will be on October 30th at Grand Ridge: This year's Book Swap will be early this fall – more information soon to follow.

Issaquah High School

Varsity Football

HOME GAMES Fridays at 7pm

September 13th vs. Mt. Si High School

September 20th vs. O'Dea High School

September 27th vs. Newport High School

October 11th vs. Garfield High School
(HOMECOMING GAME)

October 25th vs. Skyline High School

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Grand Ridge Elementary

- 9/3 Meet Your Teacher 2:45pm – 3:30pm/Welcome Back
- 9/4 First Day of School 9:15am – 1:30pm
- 9/12 Curriculum Night
- 9/27 Picture Day
- 9/30 Vision & Hearing Screening

SEPTEMBER EVENTS

Clark Elementary

- 9/3 Meet The Teacher 11:00am
- 9/4 First Day of School – Grades 1-5
- 9/5 First Day of School AM/PM and Full Day Kindergarten
- 9/19 Curriculum Night 6pm – 7:30pm

Pacific Cascade Middle School

- 8/29 Make Up Lynx Days 9:00am – 12:00pm
- 9/4 First Day of School (late start Wednesday)
- 9/6 Last day to register for fall sports
- 9/6 Family Back to School BBQ 5:50pm
- 9/17 Curriculum Night 7:30pm

Issaquah High School

- 9/4 First Day of School (late start Wednesday)
- 9/5 School Pictures
- 9/10 Curriculum Night 6:00pm – 8:00pm
- 9/25 Senior Parent Night 7:00pm – 8:30pm

FYI:

School starts on a Wednesday!

Some schools will have late start, and some will have early release on that date.

Please check your school's website to confirm times.

2013-2014 District Calendar

M	T	W	Th	F
SEPTEMBER				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

M	T	W	Th	F
OCTOBER				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

M	T	W	Th	F
NOVEMBER				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

M	T	W	Th	F
DECEMBER				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

M	T	W	Th	F
JANUARY				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Sept 2: Labor Day
No school for students or staff

Sept 4: First day of school for students
Dec. 4 & 5: Elementary conferences
No school for elementary students only

Nov 11: Veterans Day
No school for students or staff

Nov 28-29: Thanksgiving holiday
No school for students or staff

Dec 23-Jan 3: First Winter Break
No school for students or staff

Jan 20: Martin Luther King Jr. Day
No school for students or staff

Feb 17-21: Presidents Day/Second Winter Break
No school for students or staff.

Apr 7-11: Spring Break
No school for students or staff.

May 23-26: Memorial Day 4 day weekend**
No school for students or staff.

June 18: Last day of school for students

WEATHER MAKE-UP DAYS
These days will become school days if needed to make up days lost to weather or other school closures. Any additional days will be added on after the last June makeup day.
First day: Friday, May 23
Second day: Thursday, June 19
Third day: Friday, June 20
Fourth day: Monday, June 23
Fifth day: Tuesday, June 24

M	T	W	Th	F
FEBRUARY				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

M	T	W	Th	F
MARCH				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

M	T	W	Th	F
APRIL				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

M	T	W	Th	F
MAY				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

M	T	W	Th	F
JUNE				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

2013-2014 school calendar
Elementary conferences: scheduled 3.18.13

VOLUNTEER OF THE MONTH: LESLIE WARRICK

Leslie Warrick Volunteer of the Month – September 2013



Leslie Warrick serves Issaquah Highlands in so many ways, one as a member of the Communication Committee, writing for this paper. Leslie manages the School Spotlight, bringing all the school's news to the community each month. We could not ask her to write her own 'volunteer of the month' article in addition to all that work! Rather, we asked a few of the people whose lives she has touched in and around Issaquah Highlands to share a few words of appreciation for Leslie.

"Leslie has been a relentless advocate for the students and staff at Grand Ridge. She has gone above and beyond in her efforts to support our emergency preparation. Leslie has connected and partnered with community resources to make sure our students have what is needed in the event of an emergency. Leslie is willing to take on new roles to create unique experiences for our students and families. We have been

very fortunate to have such a committed member of our community."

Christy Otley, Principal, Grand Ridge Elementary

"Whether you are looking for someone to help on a small scale or large, Leslie Warrick is your person. Leslie has done everything at our school from working one-on-one with students to planning school wide events to influencing legislators. We aren't sure what we would do without her."

Leslie Lederman, New Principal at Sunny Hills Elementary School, past Assistant Principal at Grand Ridge Elementary

"We have been neighbors for 7+ years. Leslie is always enthusiastic and positive about our community and our kids. She is cheerful and approachable and loves to have projects! She is usually the one who posts to our street FB page items of interest for us. Just this morning she let us know about a bear that was crashing about last night. Sometimes, it's news of a break-in somewhere in the community, etc."

Lacey Leigh, Ashland Park Neighborhood

"This past year Leslie served as chair for the Grand Ridge Elementary Book Swap event, a free event for school kids and their siblings where they picked out two books to take home. She also drafted and ran a survey on homework at PCMS, on behalf of the PTSA. She held a parent - teacher - student meeting on the subject as well. Tons of hours went into this effort.

She is always ready to listen and help and is a wealth of knowledge on education legislative issues."
Lisa Callan, co-president of Grand Ridge Elementary PTSA

"One of the most important positions at all of our schools is the Legislative Representative. We know it is important to know what is going on in Olympia and to get the correct information out and to make sure our levies pass, etc... - but nobody wants to do it. Leslie always does it. She has been Leg Rep for years for both GR and PCMS. She cares about the issues and researches them diligently. She does this job with passion. This is so important to our schools, our school district and our kids' education!"

Kim Foster, Grand Ridge Neighborhood

"I have known Leslie for the past 13 years as one of the first residents in the Highlands. Leslie is not only a wonderful neighbor of mine but she is also one of the best advocates for community issues. She has taken endless time and effort to work on various school issues and school related legislative initiatives, recognized as a two time recipient of the Golden Acorn Awards from the Issaquah School District PTSA Council.

Her bold and kind-hearted personality has championed many community issues, including:

- Opposing the opening of Black Nugget Road to keep our children safe
- Helping to champion the outreach efforts of the town center developer

If that's not enough, Leslie serves our community wearing various hats. As a Girl Scout Leader for the past four years, she provides invaluable life-lessons for our neighborhood girls in her Troop. Her full time job IS community.

Leslie is the kind of person you want as your neighbor, as your family member, as your co-worker, you name it. I'm proud to call her my friend."

Renee Zimmerman, Ashland Park Neighborhood

"Leslie has spent so much time at Grand Ridge Elementary, I'm sure some people may have come to believe she was on staff. If we have a question regarding Issaquah Schools, we just dial 1-800-Leslie. "

Patrick Byers, Ashland Park Neighborhood, Grizzly Guys Co-Founder

MOVIE REVIEW: PAUL SLATER

Netflix and HFN: A Perfect Match

by Paul Slater, Crofton Springs

A couple of weeks ago, my wife and I spent our anniversary weekend in the town of Seaview. It's a splendid place, and as the name would suggest, it's right on the Pacific Ocean. After breakfast at the wonderful Shelburne Inn and Pub, we took a short stroll into town, and came across the Seaview Antiques Mall.

It turns out that definition of "antique" used in these places is somewhat loose, with thousands of items of dubious value apparently randomly scattered around the store, as if the result of a particularly loud sneeze from a hoarding giant. A place like this is a cathedral to consumption, with bits of tat once given away in a cereal packet next to a Johnny Cash Christmas special on VHS, surrounded by a rather large collection of strange looking hats.

As I strolled through the mall, my mind drifted to its online movie equivalent – Netflix. For the movie lover, Netflix streaming can be a wonderful, or a deeply frustrating, experience. Among its 11,000 titles are some desperately awful films. Films you could never imagine anyone wanting to see. Films that should probably never have been made, but somehow were.

In my experience, you don't search Netflix for your favorite titles, for you will surely be disappointed. No, Netflix, when I'm searching for Citizen Kane, I don't want to watch Citizen Toxie: The Toxic Avenger IV. Instead of searching, you casually wander through the archive, waiting for something to grab your attention.

The Highlands Fiber Network is Netflix Super HD 1080p and 3D video enabled over HFN's Quantum Internet connections. See www.HighlandsFiberNetwork.com for details.

Regular readers of Connections will know that our Netflix experience in Issaquah Highlands has recently improved, with Netflix Super HD available for anyone using a supported device on the Highlands Fiber Network. And Netflix now allows you to create multiple profiles for different family members, meaning that finally its fabled recommendation engine will stop trying to persuade me that I want to watch "Barney: Let's go to the doctor".

So this month, I'm going to recommend three titles you may have missed on your Netflix journey. Bear in mind if you DO want to watch any or all of these, you should do so quickly – Netflix titles have a habit of randomly disappearing as the company continuously renegotiates agreements with studios. This is something a spokesperson recently described as the "ebb and flow [that] happens all the time", when more than a thousand titles abruptly disappeared from their service.



First up is "Senna" – a truly terrific documentary about probably the greatest Formula 1 driver in history. For me, the critical test of a sports documentary is whether it can move beyond the appeal of the sport itself and touch universal themes. Senna does this wonderfully well, immersing you in the glamorous world of Formula 1, but revealing at its heart a humble, charismatic hero. When the tragedy inevitably arrives, you find yourself willing history to have changed, that somehow a Hollywood happy ending can come to the rescue. Even if you have never watched a motor race in your life, watch Senna.



Still in the world of documentaries, "Man on Wire" (2008) is the story of Phillippe Petit's extraordinary high wire walk between the twin towers of the World Trade Center in 1974. Petit is a remarkable childlike figure, who appears to not understand the boundaries of normal society. Sure, smuggling your way up to the top of both towers, firing a wire across and then walking between the towers with no net is dangerous and illegal, but it's fun, and shouldn't fun trump everything?



Finally, Ne le dis à personne, or Tell No One (2006) – a French thriller of the highest quality. Alexandre Beck is a doctor who is getting his life back in order after his wife was murdered by a serial killer. Then, rapidly, his world is turned upside down by a series of seemingly impossible events. He is implicated in a double homicide, and there is plenty of evidence of his guilt, though he knows nothing of the crime. And he begins to receive messages from his wife, who he knows to be dead and yet appears to be alive. The plot unfolds with perfect pacing, and gradually secrets are revealed that will leave you breathless.

HIGHLANDS COUNCIL

Welcome Back Brianna!



Highlands Council welcomes back resident and former staff member, Brianna Eigner! If you have lived here since 2007 you will remember Brianna's beautiful smile greeting you at the front desk of Blakely Hall. Brianna returns as Blakely Hall Coordinator and will be responsible for the daily operations and rentals of our community center. Brianna also returns with extensive event planning experience and looks forward to working with the Highlands Council team on the exciting fall community programming lineup, including October's Green Halloween® Festival!

Most recently Brianna has been the Program Coordinator for Seattle Children's Hospital's Pediatric Advance Care Team. Brianna will remain involved with Seattle Children's Hospital in addition to her work at

Highlands Council. Brianna's favorite tasks with the Pediatric Advance Care Team have been planning fund raising events and granting "wishes" for patients with life-limiting illnesses. To accomplish this, Brianna has successfully partnered with big-name talent such as Nelly, Yo Gabbababba! Massive Monkeys, Seattle Symphony and the Seattle Seahawks! "Bringing smiles to faces by making the improbable possible is my greatest joy," says Brianna.

Brianna can be reached at 425-507-1107 or Brianna.E@ihcouncil.org. Or just stop by and say, "Welcome Back," and enjoy seeing her beautiful smile back at Blakely Hall.

Mayor and School District Candidate Forum

September 17th, 4pm – 6pm at Blakely Hall

Highlands Council and The Greater Issaquah Chamber of Commerce have partnered to organize a community-wide Candidate Forum featuring Issaquah's Mayoral and School Board candidates, providing businesses and residents with an opportunity to hear directly from candidates on topics of creating a strong economy, education/workforce development, and community success.

The forum will take place from 4:00pm-6:00pm at Blakely Hall. The public is invited and Issaquah Highlands residents are highly encouraged to attend.

"The Highlands Council is proud to partner with the Chamber to provide a venue for the candidates to share with Issaquah residents and business leaders their plans for our community's future" said Highlands Council Director Christy Garrard.

The Forum will feature the Candidates from the local races who have declared competitors, including Mayoral Candidates Joe Forkner and Fred Butler, and School Board Candidates Alison Meryweather and Issaquah Highlands resident, Lisa Callan. The event format is organized by the Issaquah Chamber's Government Affairs Committee and will be moderated by Erin McCallum of Strategic Campaign Group.

"Providing this forum for businesses and residents from throughout greater Issaquah is 100% in-line with the Chamber's motto of "Where Business and Community Meet,"" said Matthew Bott, CEO of the Issaquah Chamber. "We believe that a robust discussion on how the candidates will provide leadership in critical areas -including economic vitality, community promotion, transportation and workforce development – is vitally important in helping local citizens make informed ballot decisions. We are thrilled to join the Highlands Council in providing this opportunity."

FIRST FRIDAYS

Starting September 6th
7:30PM—9:30PM
at Blakely Hall

Open to all acoustic instruments, singer-songwriters, vocalists, Pianists, poets, and stand-up comedians

All Ages Welcome!



OPEN MIC NIGHT

Sign up starts at 7pm sharp
and first act hits the stage at 7:30!
First come first served, and we will go in order of sign up.
Set length is 15 minutes, or three songs.

Questions? Contact Cindy at: zumbawithcindy@gmail.com

Beer, wine and refreshments served

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FRIDAY, SEPTEMBER 20 7:30PM

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Music by The Fire Inside

FREE EVENT!
(Donations gladly accepted by the musicians)

The Fire Inside

BLAKELY HALL ART GALLERY

Highlands Council and artEAST Art Center announce the Heron Rookery Project 2013

Blakely Hall Exhibition: September 5th – 28th, 2013
Exhibition Reception: Saturday, September 28th, 6–8pm

artEAST

Washington lakes play host to large populations of the indigenous Great Blue Heron. artEAST Art Center continues to salute our natural ecology and pay homage to this majestic bird and its rookeries by sponsoring a second Heron exhibit.

The project engages the community in seeking, discovering, and enjoying the birds; and in the process, discovering the artists and their community. Highlands Council supports artEAST's belief that engagement in the arts promotes a sense of belonging and connectedness; and as we celebrate Issaquah's natural environment, we help ensure that these treasures are not forgotten or devalued. Rookeries and nests encourage us to examine the symbol of home and community.

Visit the Rookery Exhibition inside Blakely Hall September 5th through September 28th. Meet the artists and learn about the exhibition at the Rookery Exhibition Reception on Saturday, September 28th from 6pm – 8pm at Blakely Hall. The reception is free and open to the public.

This year the flock is suspended from the walls in a two dimensional format. The "canvas" takes the form of one of three different silhouettes designed by June Sekiguchi. The forms measure approximately 24" x 24", and will be either a positive or negative of one of the shapes shown.



standing

nesting

landing

Participating artists for 2013 include Issaquah Highland's own Jan Lipetz, as well as other renowned artists: Jill Beppu, Valaree Cox, Thendara Kida Gee, Yiota Georges, Don Haggerty, Melissa Koch, Fred Lisaius, Kelly Lyles, Anna Macrae, Chris Maynard, Garima Naredi, Monica Phillips, Julie Christensen Rackley, and Liz Ruest.

The Heron Project 2013 is supported, in part, by a Group Art Project award from 4Culture. The project began in 2012 with the exhibition of twenty-six 3-D sculptures shown at several Puget Sound venues. Last year all of the works were sold in the gallery or donated to the artEAST Annual Auction for fund raising. This year, proceeds from heron sales at the end of the program will support the 2014 Rookery Project and free family Art-Together Time programs at the artEAST Art Center.

ISSAQUAH HIGHLANDS RESIDENT ORIENTATION

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

Thursday, September 19th, 7PM
Blakely Hall, 2550 NE Park Drive

RSVP!

Christy at Christy.g@ihcouncil.org
 425-507-1107 x 1107

Heron Rookery Artist Reception

6PM—8PM, September 28th, 2013

Blakely Hall

FREE and Open to the Public

Enjoy wine, appetizers and meet the following artists:

Jill Beppu
 Valaree Cox
 Thendara Kida Gee
 Yiota Georges
 Don Haggerty

Melissa Koch
 Jan Lipetz
 Fred Lisaius
 Kelly Lyles
 Anna Macrae

Chris Maynard
 Garima Naredi
 Monica Phillips
 Julia Christensen Rackley
 Liz Ruest

HIGHLANDS COUNCIL
 BUILDING COMMUNITY AT ISSAQUAH HIGHLANDS

artEAST



CULTURE

WIT & TIDBITS

The End of Summer's Three-Ring Circus

by Tami Curtis, Summit (or Two Slides) Park

As a stay-at-home-mom summertime is when my parenting involvement gets kicked up to Big Top proportions. My world becomes a three-ring circus with activity levels ranging from elephantine slow to dizzyingly fast. Some parents carry off these two months with Ringmaster panache; effortlessly directing sports camps, play dates, vacations, pleasure reading, pool swims, out-of-town-visitors, hikes and outdoorsy mental stimulation. I don't qualify as Ringmaster, but rather reside in the category of Human Cannonball.

On the third week of June I'm rocketed into the great unknown, since of course I didn't plan any solid activities in advance. I start with lots of general aspirations about making the boys wash the windows, hike up Poo Poo, finish three novels, and log 100 miles on their bikes. I know that coming up with a plan for summer would be beneficial, but summer never goes quite as planned, so I no longer bother trying to schedule much. I know it's better to just let summer happen. The cannon will go off, I'll be jettisoned into the air, and lots of fun things will happen. I know summer will zoom past faster than we realize, and like the Human Cannonball, I will land at Labor Day looking back on a summer that lacked in big accomplishments but swelled in satisfying leisure.

The giant net which catches the Human Cannonball is called "Back to School". Bouncing into that net fills me with conflicting emotions of joy and longing, relief and contempt. I imagine you can hop right into my shoes with the first three: joy, longing and relief, but the fourth? Why would the Human Cannonball feel contempt about Back to School? That's just



Some circus animals can sleep all day during summer, others can't.

my knee-jerk reaction toward the marketing machine that dumps all the pencils, socks, binders, dresses, and calculators into the seasonal lawn furniture section...in July, of all months! When I see the school bus décor instead of chaise lounge cushion replacements I go from happy clown face to big sad frown. Where am I supposed to find an umbrella to go over my

patio furniture? Oh, right, I was supposed to buy that back in February when there were plenty in stock, and it was foremost on my mind. What I really need in the middle of July and August is a 70-pack of Ticonderoga pencils instead. Right.

Enough dwelling upon advanced-merchandising-madness and let's go back to those first three sentiments. My heart pitter pats with a little joy when I hear "Back to School" because my children can go back to benefiting from our great education system. Joy that they can immerse themselves in making great music with the school band, learn academic basics from someone besides myself, and experiment with new sports.

However, self-contradictorily, I yearn with longing for the luxury of going wherever the wind blows us during the summer. There's no bus arriving at 7:00am, no homework that needs

printing out, no grades that need to be checked, and no steady series of games, performances or practices to attend. During summer I am the Human Cannonball just sailing in a long arc. Come late September, once school is fully in swing, I'll look back on the summer with longing for its unstructured randomness.

But Labor Day brings relief, because order and routine will be reestablished – two things I'm not so good at orchestrating on a daily basis. Relief because deep down inside I like to be alone for a good part of the day and all my writing jobs require that my head goes wandering off into distant creative thinking land. That's hard when there are two boys in my world who frequently inquire "May I have some money to go to TCBY?" or "Do we have any replacement arrows? I shot all mine into the woods and I can't find them," or "What's for lunch?" These are all valid and acceptable questions, which, nine months out of the year would be positioned between 3:00pm-7:00pm, not 7:00am-7:00pm. By late August I find myself singing Soul II Soul's "Back to life, back to reality" every day with zesty relish.

When Back to School ads start rhyming and chiming, this Human Cannonball knows her forward momentum will soon be brought to a halt at the Labor Day net, but that's okay because she has her helmet on!

Tami, husband and two boys live in the "Two Slides" neighborhood, otherwise known as Summit Park. She founded the Firehouse Fiddlers, a musical club here in the Highlands. Tami is a seasoned journalist most recently serving as a Sammamish-Issaquah correspondent for KOMO News Communities. Tami volunteered as the Communications Director for the Pacific Cascade Middle School PTSA and earned their 2012 PCMS Golden Acorn Award. Find more of her musings by searching "Tami Curtis Wordpress".



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LIVING GREEN

Community Garden – Inspiring Growth

by Chantal Stevens, Vista Park

What a growing season this has been! How much fun it has been to watch plants develop and blossom, with a huge push during weeks of uninterrupted sunshine in July and August. Starting in April with peas, kale, lettuce, and radishes and then moving on to beets, beans, cucumbers, tomatoes, eggplant and finally squash, the bounty from the garden has kept the dinner table adorned with a rainbow of healthy vegetables. What an inspiring experience to see a patch of bare dirt in the middle of the winter transformed into this cornucopia of nutrition, taste and pleasure.



Community Garden Work Party!



For community gardeners, September is a bittersweet time: summer vegetable plants are producing some of the best tasting produce of the year, but the garden is starting to feel spent and tired with overworked tomato, bean or squash plants barely able to support the weight of their own production while leaves are yellowing or becoming mottled. As nights get colder, powdery mildew can become a problem. Gardeners keep busy trimming and pruning, trying to extend the season for a few more tomatoes or peppers. But renewal can also happen as seedlings for winter crops of beets, cabbage or kale are emerging and lettuce, spinach and arugula can still be seeded. This is also the time to plant garlic to be harvested next July. By late September/early October, it will be getting much quieter in the community garden.

Gardening is a life enhancing experience. It rewards all the senses and challenges the mind as well as the body. In a community garden setting, it offers opportunities to get to know neighbors and to exchange knowledge and information between gardeners. If you are interested in joining the community garden, contact the garden coordinator at communitygarden@ihcommunity.org. Every winter a few garden plots are vacated and allocated to new gardeners. You can also check us out on Facebook: Issaquah Highlands Community Garden (or <https://www.facebook.com/groups/325551157547613/>).

Waste Diversion, a Curbside Love Story

by Cassandra Schoenman, CleanScapes

The Issaquah Highlands community is one of the greenest communities in Washington State. From planted green roofs to solar panels to open spaces, the Issaquah Highlands founded on innovative sustainable practices and green living.

It's been a little over a year since CleanScapes became the solid waste hauler for the Highlands and began recording the tons of garbage, recycling and compost (i.e., food and yard waste) collected from the community. Good news! Of all materials picked up in the Highlands, 47.7% are recycled or composted. However, lots of items that could be recycled or composted are still ending up in the garbage.

King County has set a goal to achieve a 55% overall diversion rate by 2015 and neighboring Issaquah communities successfully divert up to 60% of their waste from the garbage. Here are a few easy, convenient ways you can help your community become a waste reduction leader:

- **Choose reusable!** When getting coffee at the local shop remember to bring your reusable cup. If you forget your mug at home, remember that disposable coffee cups are recyclable! Just toss them in the blue bin.
- **Compost.** Have you signed up for compost service yet? It's now included with your collection service at no additional cost! There are even small collection containers available, perfectly suited for townhomes and others with limited storage. You can also pick up a complimentary kitchen compost kit at the CleanScapes Store in Gilman Village. Everything from paper plates, paper

towels, pizza boxes, food scraps (meat, fruit, leftovers) can be composted. Pick fruits and veggies that don't have the extra packaging.

- **Have a garage sale!** On Saturday, September 21st Issaquah Highlands is hosting a community garage sale. It's a great way to declutter your home and share what you no longer need with others. From 1-5pm CleanScapes, InterConnection, and Bike Works will be at the event collecting computers, electronics, cell phones and computer related accessories, as well as bikes in need of repair or that are no longer needed.
- **Donate.** What you can't sell at the garage sale, may be accepted at the Issaquah Food and Clothing Bank, Eastside Baby Corner or Goodwill. The CleanScapes Store also accepts many hard-to-recycle items at no charge. Visit our website at www.cleanscapes.com/store for a complete list of accepted items.
- **Educate.** Attend the "Zero Waste Home" seminar and learn from author Bea Johnson on how she and her family of four went from having the largest garbage can to having barely enough garbage to fit inside a wine glass – and saved money and time doing it! This Zero Cost seminar will be held October 17th at Blakely Hall.

Again we want to thank the Issaquah Highlands community for working so hard at sorting through recyclable items and composting in order to keep fewer items from the landfill. The Highlands is certainly on its way to meeting the 55% diversion goal and of course the mission to go waste free for our families and our future.

"Best Workplaces for Waste Prevention and Recycling"



Outsource Marketing, whose offices are in Ashland Park, Issaquah Highlands, is a seven-time member of King County's Best Workplaces for Waste Prevention and Recycling program. This year they again made the program's honor roll. Ashland Park resident, Issaquah Highlands pioneer, and Highlands Council Trustee, and Founding Partner of this marketing

agency, Patrick Byers, is proud of the award and works continuously to implement sustainable practices. Their waste prevention practices include using durable cutlery in the kitchen and providing washable hand towels in the bathroom. They also help clients with their sustainability practices by communicating digitally with them and using FSC certified products when paper is necessary.

Recently, they have targeted unwanted mail as their next step in reducing waste. Using an application called PaperKarma, they are able to take a picture of any unwanted mail and the application removes them from the sender's distribution list.

Advice to others: "You can reduce the amount of junk mail you receive using an app called PaperKarma. Just set up an account and then take a picture of the junk mail you'd like to stop. PaperKarma contacts the sender to have you removed from their list."



GRAND RIDGE PLAZA & OTHER BUSINESS NEWS

Regal Cinemas Grand Opening for Charities

Provided by Port Blakely Communities



Regal Cinemas became the first merchant to open at Grand Ridge Plaza when the Issaquah Highlands Stadium 12 IMAX & RPX opened its doors in late June. Regal celebrated its grand opening with three days of preview events to benefit local charities. In total, Regal raised \$45,000 for three charity partners.

On June 29, the theme was Regal's "Recipe for Hope," which raised funds for the Issaquah Food & Clothing Bank by showing food-themed films. On June 30, the theme was "Read It and See It" as Regal showed book-related films to benefit the charity Newspapers in Education. The July 1 events featured Regal's "Superheroes

for a Cause," which benefited ArtsFund of Seattle and featured a superhero-inspired day at the movies.



"It is always a pleasure to give back to local charities during a theater's grand opening," said Ken Thewes, chief marketing officer for Regal Entertainment Group. "The activities add to our celebration, and are representative of our role as a new community gathering place. Giving back to community organizations is another way we are able to show our gratitude for the loyal patronage from so many Pacific Northwest moviegoers."



Stairs to offer pedestrian route to Grand Ridge Plaza

Construction crews are midway into an infrastructure project that will offer pedestrian access to Grand Ridge Plaza from several new home neighborhoods. The project involves building stairs on the hillside located beneath the new Steve Burnstead Construction neighborhood and above Discovery Heights. Ultimately, pedestrian paths will link new homes in the Burnstead neighborhood, as well as those in the planned Ichijo USA neighborhood, to the stairs.

When complete, the stairs will provide convenient pedestrian access for residents to Grand Ridge Plaza and the Park & Ride. Concrete posts in the hillside are currently visible and Port Blakely Communities anticipates the project will near completion in September.

Marshalls HIRING EVENT

Blakely Hall
Monday, September 9
through
Wednesday, September 11
starting at 9 am each day

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HIGHLANDS FIBER NETWORK

HFN Delivers Through Rain or Snow or Lack of Electricity!

by ISOMEDIA, HFN Service Provider



We all know that electricity powers the U.S. We use it for heat, light, cooking, entertainment, hot water, refrigeration, TV, and even for Internet connectivity. Without electricity, we'd find ourselves living by candlelight and camp stoves, bundling up in jackets and blankets to keep warm, and listening to a battery-powered radio. Although power outages are relatively rare in Issaquah Highlands, some households have found generators to be worth the cost.

Approval by the Architectural Review Committee (ARC) is required prior to installing generators.

For residents of single-family homes, a relatively powerful home generator can keep your refrigerator and stove working, and power some lights and a radio or TV. When set up properly, a generator can also be used to provide power to your home Internet network! The Highlands Fiber Network is designed and managed to give you continuous Internet service, even when the utility company isn't able to provide electrical service. The network has an uninterruptible power supply (UPS) backup that kicks in when the electricity goes off. The UPS supplies electricity to the network for the amount of time it takes to get the backup generators going. However, the network doesn't supply electricity to your home; it only supplies Internet connectivity to your media cabinet.

If having continuous Internet service in times of power outages is necessary to your family, you might want to consider installing a generator in your home for emergencies. When set up properly, a generator can be used to provide power to your home Internet network and electronic equipment, as well as keep your household appliances and lights running. Because it takes a few minutes to get a generator going, a strategically placed UPS can provide the energy needed to bridge the gap between the initial electricity outage and the generator's power, and thus, avoid a disruption in your Internet connectivity. Make sure that your HFN portal, switches, and wireless routers are all on an electrical circuit that is protected by your generator or even a dedicated UPS.

In times of power outages, a generator would give Highlands' residents access to Internet browsing, games, email and entertainment, as well as telephone service for those who subscribe to HFNVoice. You would have the same great speeds and quality that you have come to expect from HFN. If you need the Internet to work from home, a generator will let you work no matter what trials the weather brings!

24 hours a day/7 days a week – HFN Customer Support is ready to help if you have questions or connectivity problems. You can call 425-427-0999, email hfnsupport@hfnservices.com, or browse the HFN web site at hfnsupport@hfnservices.com to get help and answers.

HFN: Community Ownership Discussions Continue

by ISOMEDIA, HFN Service Provider

In the early 1990s, Port Blakely Communities created the vision for a new kind of community, one that answered the region's growing need for housing while offering benefits not otherwise found in typical developments. That vision became Issaquah Highlands.

Praised for its sustainable design and welcoming sense of community, Issaquah Highlands also led the region with its communications system: the fiber optic network known as Highlands Fiber Network (HFN).

Founded by Port Blakely, HFN is now a significant community asset used by the vast majority of residents and merchants. In fact, 92 percent of Issaquah Highlands residents rely solely upon HFN for Internet service (Source: Moore Information).

Following 20 years of development in Issaquah Highlands, Port Blakely has now entered the final phase of its role as master developer. In recent years, Port Blakely prepared for this milestone

by transitioning the community organizations it founded to become stewarded by community leadership. Port Blakely transitioned leadership of the Issaquah Highlands Community Association (IHCA) to the community in 2011, and transferred leadership of Highlands Council to stakeholders earlier this year.

In keeping with their commitment, earlier this year Port Blakely began conducting due diligence to explore the possibility of transferring ownership of HFN to Highlands Council. In fact, Highlands Council's ownership of HFN was an option originally anticipated by Port Blakely in the early 2000s and is provided for in the Council's governing document – the Covenant for Community.

In April, a committee of Highlands Council volunteers, industry experts, and representatives from Port Blakely Communities was formed to examine the opportunities. This process and the dialogue between the two parties continue with a goal of completing a transaction by the end of third quarter 2013.

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-Laura S., Nurse

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COMMUNITY LANDSCAPE UPDATES

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

Dead trees around Puget Sound

Remember the record drought from last summer and fall? The trees in Issaquah Highlands do and the impacts have been appearing this spring and summer in the form of unusually high tree mortality throughout the area. Young Douglas Firs seem to have been the most vulnerable. The consensus among experts is that this is a delayed reaction from the last year's drought. Most of the die-off is limited to areas of well-drained (or thin) soils where water stress would have been the highest. Symptoms are brown/red crowns, usually from the top down. Unfortunately, there is nothing anyone can do for these trees. They were mortally injured months ago, and the "symptoms" we see this spring and summer are the dead trees drying out.

While Douglas Fir is vulnerable to drought, it is adapted to drier sites and thus may be relatively less vulnerable than other natives such as Western Hemlock or Western Red Cedar. It is important to remember that occasional high mortality events are part of the natural world. All trees are vulnerable to drought when they are young, especially when they are nursery transplants instead of volunteer seedlings. Most revegetation plantings at Issaquah Highlands are outside the reach of irrigation systems. Some are established using a temporary system but such systems are removed as they begin to come apart – their temporary nature does not lend itself to cost-effective repairs over longer terms.

A more detailed bulletin from the Oregon Department of Forestry is available at: <http://www.oregon.gov/ODF/privateforests/docs/fh/InteractionOfDrought.pdf>

Tent Caterpillars

Many residents have noticed that 2013 was a banner year for western tent caterpillars. We received numerous reports of thousands of nests that hatched out. Our initial thought was that this was the consequence of a milder than average winter in 2012 but instead experts are telling us it's a cyclical increase in population. 2014 may have even more of these pesky tents! The IHCA and its contractors prune out nests that can be reached and spray others with an insecticidal bacteria, however, many nests are out of reach and, as we saw so clearly this year, the numbers can be simply overwhelming. Despite the thousands of nests which evaded our 'management' no trees were lost and no damage attributable to the tent cats has been found.

I recently read a forestry newsletter which stated: "...as alarming as these massive infestations can be, this is completely normal, fully anticipated, and there is nothing you need to (or really can) do about it. These outbreaks are cyclical, and we are in the middle of the outbreak part of the cycle. We may see activity for another year or so, and then predators, parasites, and viruses build up (for instance, the parasitic tachinid fly, whose larvae burrow into the caterpillars and eat them from the inside out!), and the population totally collapses until the next outbreak cycle." The forestry newsletter goes on to describe what is referred to as "revenge spraying" wherein some folks take comfort in having "done something" about the tent cats when in fact they have probably done more to disrupt natural controls than anything else. Most of the history of pesticide use tells us we do more harm to beneficial insects and the environment as a whole than we do to the target pests when we apply chemical insecticides. It is also worth repeating that the City of Issaquah does NO spraying for tent cats on its thousands of trees. For those who simply must do something about tent cats on private property, the best approach is to prune off the tent in the evening or early morning (while the caterpillars are still inside) and dispose of it.

Meet Your Team | Jesús Naranjo and Guillermo Torres



This month concludes our "boots on the ground" teammates with our two seasonal groundskeepers. Jesús Naranjo returned for his second summer here at Issaquah Highlands. Guillermo Torres is our newest addition, hired in April to help our team keep up with the Spring Crush.

Jesús makes his home in Edmonds where he shares a place with his brother. He spends his weekends hanging out and following his favorite futbol team Football Club Barcelona. Jesús is a native of Michoacan, Mexico, located between Mexico City and Puerto Vallarta. The forests of Michoacan are notable as the winter home of the beautiful monarch butterfly.

Guillermo and his family reside in Renton where they live near Julio Lievano (featured in the May issue of Connections). Guillermo is married to Amanda and they have two sons, César and Ezequiel. When he is not playing South League soccer himself Guillermo's favorite team is his hometown Guadalajara Chivas futbol club.



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ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

Issaquah Highlands Community Association (IHCA) Board of Directors Elects Officers

At the August meeting of the IHCA Board of Directors, elections were held for the 2013-2014 officer positions. The following were elected to serve:

President: JIM YOUNG, CPA

Jim has lived in Issaquah Highlands since December 2006. Jim brings financial knowledge and extensive not-for-profit experience to assist in sound decision making for the IHCA with strict financial accountability and continued focus on transparency of decision making. Jim previously served as the IHCA Treasurer. Jim was appointed by the Board to represent Board District 5.

Vice-President: ANDREA GREGG

Andrea and her husband Bob Gregg are original owners of their Magnolia Park home (2005), and business owners in Issaquah Highlands. "I would like to play a role in making sure our property values are retained through thoughtful adherence to the CC&R's and the facilitation of good dialogue between residents and the Association" said Gregg. She has over 20 years' experience in non-profit management, board leadership, corporate training and group facilitation. Gregg represents District #6.

Secretary: TAD PEASE

Tad serves on the Board of Directors as the "Class B" member or the Declarant representative. When the Declarant elects to not have a representative on the Board, this position will be elected as an at-large position. Tad Pease is the Accounting Manager for Port Blakely Communities.

Treasurer: DAVID NGAI

David is relatively new to the community having lived here only a few years. David is a local business owner and currently serves on the Finance Committee. He previously served on the Transition Committee for Insurance. He has an extensive background in Insurance and financial management. David was elected to represent Board District #4

Also serving on the Board are **Scott McKay** who represents Board District #1, **Walt Bailey** who represents Board District #2 and **Dan Vradenburg** representing #3.

The Board of Directors would also like to thank **Stuart Johnson** and **Karen Lund** for their service to the Board. Stuart is the outgoing vice-president and has served on the Board for several years on various committees including the Finance Committee, Covenant Committee and Transition Committee. Karen dedicated several years to the Board and served on the Architectural Review Committee, Finance Committee and Transition Committee. Thanks also to **Weldon MacDougal** for his service on the Board of Directors and the Finance Committee. Their dedication to the Board and IHCA is greatly appreciated.

Part-time Accounts Receivable Specialist: Angela Meyers

Issaquah Highlands Community Association is pleased to announce the hiring of Angela Meyers as the new Part-time Accounts Receivable Specialist. She started on July 15, 2013. She is responsible for statement preparation, payment receipts, collections, and other accounting responsibilities servicing all homeowners living in Issaquah Highlands. Angela and her husband are Washington natives and currently live in Duvall. They both love to travel to new and exciting places. Right now she mostly reads and is enjoying the sunshine. She has a bachelor's degree in Accounting from Central Washington University and a strong background in bookkeeping with small companies. She also spent five years working as a bookkeeper for the Pine Lake Middle School in Issaquah.



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SAVE THE DATE!

Community Wide Garage Sale
Saturday, September 21, 9:00am-4:00pm

We advertise, you provide your own signs
Contact: whitney.w@ihcommunity.org

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WHAT'S HAPPENING IN THE HIGHLANDS - SEPTEMBER

artEAST Art Class ^A

"Paint Your Poultry" with Dorothy Bonneau
Monday, September 23rd, 11am - 2pm,
Blakely Hall

Every kitchen needs a chicken! Enjoy a "mom's morning out with your friends!" Cost: \$75 per person. For supply list and to register at www.arteast.org. Dorothy Bonneau was our featured artist at Highlands Day. Enjoy light refreshments and Dorothy's warm Southern charm as she guides you, regardless of your experience, in this acrylic painting class.

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 landsey8@gmail.com to get on the distribution list.

Candidate Forum ^{A T}

Tuesday, September 17th, 4 - 6pm, Blakely Hall
Mayoral/School District Candidate Forum. The Forum will feature the Candidates from the local races who have declared competitors, including Mayoral Candidates Joe Forkner and Fred Butler, and School Board Candidates Alison Meryweather and Issaquah Highlands resident, Lisa Callan. The event format is organized by the Issaquah Chamber's Government Affairs Committee and will be moderated by Erin McCallum of Strategic Campaign Group. Sponsored by Issaquah Chamber of Commerce and Highlands Council.

Chinese Heritage Club ^{A T F}

Mooncake Festival. See page 22.
Sunday, September 15th, 6-10pm, Blakely Hall
Contact **Sylvia Chin** (sylvia.chin@hotmail.com) or **Jin Liu** (xiaojin@gmail.com)

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 Concert ^A

Friday, September 20th, 7pm Blakely Hall
Love Irish music? Please join The Fire Inside band for a great night filled with sounds of uilleann pipes, fiddle, whistle, bodhran, concertina, guitar and mandolin. We are a seven-piece powerhouse of jigs, reels and stories sung from the heart. A little bit Chieftains, a little bit "Celtic Women", and a dash of the "High Kings"

Community Garden Committee ^A

Monday, September 9th, 7:30pm, Blakely Hall
The Community Garden Committee now meets the third Monday of each month at Blakely Hall. For more information contact Chantal at: communitygarden@ihcommunity.org

Computer Classes this Fall ^A

Classes will be starting again at the Family Village. All classes are free! Please contact Sondi at slind@ywcaworks.org or 425-270-6807

Costume Swap ^F

September 29th, 3:00 - 5:00pm, Blakely Hall
Donate your kid's old costumes and dress-up clothes at Blakely Hall during weekday business hours (8am - 5pm) and receive an official admissions pass to return and pick out a different look for this year's festivities! Collection begins Monday September 9th through Friday September 27th. The event is FREE. Take what you need, leave what you can. Co-sponsored by Cub Scout Pack 680 and Highlands Council.

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

Saturday, September 19th, IH Family Village
Renton Technical College offers free English as a Second Language classes resuming mornings and evenings starting September 19th. Classes are offered by certified ESL Instructors. Please contact Andi at awolff@rtc.edu to register and to attend the new student pre-class orientation scheduled for September 19th.

Garage Sale ^A

Saturday, September 21st, 9:00am - 4:00pm
Sell your stash or bargain hunt throughout the Issaquah Highlands community. The (IHCA) will advertise to the greater community.

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.

Mothers of Preschoolers (MOPS) ^F

Twice monthly starting Monday, September 16th, 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, September 6th 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

Photography Club ^{A T}

Saturday, September 21st 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 starting on September 18th,
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.issaquahhighlandisplaygroup.blogspot.com. We are also on Facebook! www.facebook.com/IssaquahHighlands.coopplaygroup

COMMUNITY MEETINGS

IHCA Architectural Review Committee
Tuesday, 9/3, 6:00 pm IHCA Office

HFN Advisory Group
Wednesday, 9/4, 7:00 pm Blakely Hall

IHCA Finance Committee Meeting
Tuesday, 9/10, 5:30 pm IHCA Office

Highlands Council Board of Trustees
Thursday, 9/12 6:00pm Blakely Hall

IHCA Board of Directors Meeting
Wednesday, 9/25, 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

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, September 26th, 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.

Resident Orientation **A**

Thursday, September 19th, 7:00pm Blakely Hall

WELCOME! Resident Orientation will be hosted by Highlands Council and the Issaquah Highlands Community Association. Learn more about the governance and social aspects of Issaquah Highlands living. If you are new to the community this orientation is for YOU. If you have lived here for some time but never attended a resident orientation please join us! Get your questions answered. RSVP to Christy at christy.g@ihcouncil.org.

Rookery Exhibit Reception **A**

Saturday, September 28th, 6:00 - 8:00pm, Blakely Hall

Washington lakes play host to large populations of the indigenous Great Blue Heron. artEAST Art Center continues to salute our natural ecology and pay homage to this majestic bird and its rookeries by sponsoring a second Heron exhibit. Visit The Rookery Exhibition inside Blakely Hall September 5th through September 28th. Meet the artists and learn more about the exhibition at the Rookery Reception on Saturday, September 28th. FREE and open to the public. Sponsored by Highlands Council and artEAST.

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 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 YWCAYLP@gmail.com or 425-427-9682.

Thriller Flash Mob Rehearsals **F**

Sundays starting September 8th, 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://ihtm.freetoasthost.cc/> or contact George Barns at 425-516-3750.

Volkssport Club Event **A**

Saturday, September 28th, Starting times range from 9:00am - 12:00pm, Central Park

The Interlaken Trailblazers Volkssport Club with Issaquah Parks bring a Walking Event to Issaquah Highlands. Volkssporting is an international organization that participants walk for fun, fitness and exploring new areas. Join their 10K walking route by joining their club. Approximately 250-300 will join the walk! Families as well as adults/senior citizens are welcome. Folks can walk for free or pay \$3 if they collect stamps in recording books. Join this non-profit organization of the American Volkssport Association. By following this link: <http://www.interlaken-trailblazers.org/how-to-do-a-traditional-event.html>.

Wine Club **A**

Friday, September 13th, 7:00pm, Blakely Hall

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

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



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

Advanced Directives Seminar
Wednesday, October 2

Blood Drive
Saturday, October 5

Love and Logic Parenting Class
Wednesday, October 9

Finanical Peace University
Wednesday, October 9

The Zero Waste Home Author Talk
Thursday, October 17

artEAST Art Class "Dia de los Muertos"
Monday, October 21

Green Halloween® Festival
Saturday, October 26

HOLIDAYS

Labor Day
Monday, September 2

Rosh Hashana
Thursday/Friday, September 5-6

International Literacy Day
Sunday, September 8

National Grandparents Day
Sunday, September 8

Patriot Day
Wednesday, September 11

International Programmers' Day
Friday, September 13

Yom Kippur
Saturday, September 14

Talk Like a Pirate Day
Thursday, September 19

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SUNDAY MORNINGS AT:
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We're starting a **brand new** MOPS (Mothers of Preschoolers) program in the Issaquah Highlands! For more info email MOPS@timberlakechurch.com



TIMBERLAKE ISSAQUAH SUNDAYS @ 9:00 & 10:15AM

"My family and I have loved Timberlake! We have felt **welcomed and accepted** and our **kids have so much fun** that they beg us to go back every weekend!" -Timberlake Attender

FIND OUT MORE CALL 425-869-4400 or TIMBERLAKECHURCH.COM

Senator Mullet's 2013 Legislative Session Summary

by Senator Mark Mullet, Washington State Senate, 5th Legislative District, Issaquah Highlands Resident, Owner/Manager Zeek's Pizza and Ben & Jerry's

The 2013 Legislative session was a great learning experience and one of the most rewarding things I have done during my professional career.

Many voters may associate gridlock at the federal level with what's happening in Olympia. I'm happy to report that the other senators and representatives I met, from both sides of the aisle, have their heart in the right place and are working to improve their local communities.

My role as an elected official from the 5th District is to bring both extreme liberal and conservative viewpoints closer to the middle. I love our district because we are moderate in our political views, making it easier to get along with people from each end of the political spectrum.



It is safe to say that no day in Olympia is the same. As a commuter, each morning during the session I left Issaquah Highlands at 5:30 am in order to arrive at my office in the Legislative building around 6:45 am. During the first half of my day, I met with people from the district and various interest groups from across the state. The second half of my day was spent in committee hearings where I was

able to dive into details of proposed legislation. At the end of the day, I arrived back home to Issaquah Highlands around 7:00 pm to join my family for dinner.

One of the big legislative successes of the session was obtaining \$3.5 million to rebuild Lake Sammamish State Park. My goal is to make this park the jewel of the Washington State Park System.

Another success was obtaining \$5 million to improve the Pickering Place transportation infrastructure. If you shop at Costco or PCC you know this retail center is challenging to both enter

and exit. Our state is partnering with the City of Issaquah to invest money in roads around this center to keep it vibrant in the years ahead. (Pictured: Skip Rowley, who was essential in helping to secure funds for Pickering Place, and Sen. Mullet)

As a member of the Senate K-12 Education Committee we passed policy bills to encourage more students to take AP classes and have more students study computer science. We also combined extra financial resources with these policy improvements to help lower class sizes and offer all-day kindergarten in more areas.

Last session my office was able to take ideas and inspiration from local 5th District residents and convert them into new laws. I worked with local Mom Sally Porter (pictured far right) to create a new EpiPen policy for our schools.

My top priority for 2014 Legislative session is a policy bill that will require medical providers to disclose pricing in advance of all medical procedures. To lower the cost of healthcare we need to start informing people how much they are being charged.

The 5th District Senate office is located in Blakely Hall where I'd be happy to meet with you. I also have meetings at Zeeks, when we are out of session. The 2014 Legislative session will run from January to March. Don't hesitate to stop me if you have a question or an idea. My office and I will do all we can to turn your ideas into laws. You can reach me on my cell phone at (425)681-7785.

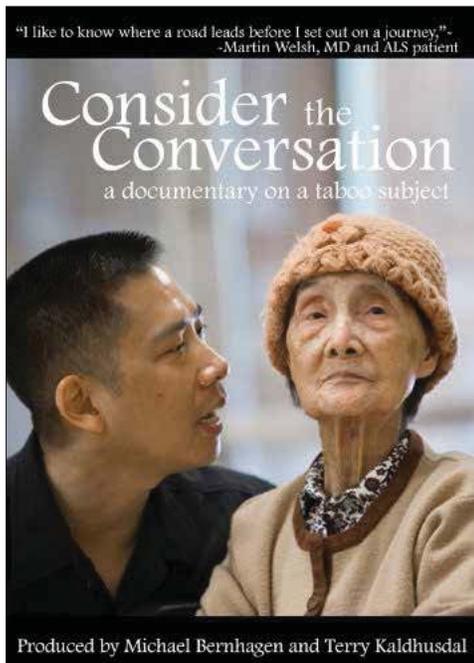
Kindest regards,
Mark Mullet



Community Viewing of the Award Winning Documentary, "Consider the Conversation"

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

In this modern age of advanced medicine you can live a long time...What type of care would you choose for yourself? Would you like all possible medical interventions to be tried? Or would you prefer to die at home surrounded by your loved ones? Most people find themselves somewhere between these two extremes. If you haven't done so already, now is the time to discuss advanced directives with your family and friends. **What are Advance Directives?** Advance Directives are formal papers stating your health care choices and naming someone



to make those choices for you if you become unable to speak for yourself. They should be written before a serious illness or accident occurs. Unfortunately, less than 30% of Americans have an Advance Directive, although 100% need one.

Before you begin the process of making your choices known to those around you, come see the award-winning documentary, *Consider the Conversation*.

Highlands Council is pleased to partner with Swedish Hospital, Issaquah Highlands Counseling Group and Edward Jones Financial Services to bring you a **FREE** informative seminar regarding advanced directives planning on **Wednesday, October 2nd from 6pm – 8pm at Blakely Hall**. Refreshments will be served.

Who Should Attend? *Everyone.* You are never too young, too healthy, or too busy to plan for your end-of-life choices. Would you like all medical measures done if you had a serious health condition? Are you ok with being tethered to a machine? Or would you prefer minimal interventions? Have you made your wishes known on paper, and communicated them verbally to your family and loved ones?

Do you live by the philosophy, "Hey, you gotta go sometime"? Yes, we all will die eventually; but how you die, where you die, and what happens after you die are difficult decisions to leave for grieving loved ones. Attending this seminar will introduce you to tools that will help you discuss your end-of-life choices with your loved ones.

How Do I Get Started? You can start by coming to a **FREE** seminar on **October 2nd at 6pm at Blakely Hall**. Resident and licensed clinical social worker Kari O'Neill will introduce the topic to the audience followed by a viewing of the nationally award winning documentary *Consider the Conversation*. After the film, representatives from Swedish Hospital, Issaquah Highlands Counseling Group, Edward Jones Financial Services, and family attorney Michele Chan will be on hand to answer your questions. Informational literature will be available to take home. You can learn more about the documentary at www.considertheconversation.org.

Information provided by our community, shared as a community, is how we build community. Invite your friends. Invite your family. Consider the conversation.

"Consider the Conversation"
FREE Seminar regarding Advanced Directives
Wednesday, October 2nd
6pm – 8pm
Blakely Hall

NEWS FROM THE CITY OF ISSAQUAH

Sustainability Fund: Support a Healthy, Green Community

Make our community more sustainable – simply by donating through your garbage and recycling bill.

You can help support a healthy, green community through the Issaquah Community Sustainability Fund. Contributing to this fund is voluntary, and customers can choose how much to donate.



CleanScapes customers will receive more information about the fund inside their next bill. Created by the City of Issaquah, the fund is dedicated to turning great ideas into reality. It will foster community projects in your neighborhoods, gardens and businesses, as you bike and walk around Issaquah, and more.

We want to hear about what’s important to you! Please share your ideas for future projects. All funds will be reinvested back into our community as projects and programs. For more information, go to issaquahwa.gov/sustainability.

Annexation: Council Takes Next Step

Voters in Klahanie and several nearby neighborhoods may decide – as soon as February 2014 – if they want to annex to the City of Issaquah.

The Issaquah City Council voted July 15, 2013, to take the next steps toward a possible annexation election.

Issaquah then filed a “notice of intent” to annex the Klahanie Potential Annexation Area (PAA) with the Washington State Boundary Review Board for King County (BRB).

A BRB hearing and decision are expected this fall, and an election could then take place early next year. The council also authorized starting the process to establish zoning for the PAA, which would only become effective upon annexation.

The PAA includes Klahanie and the following nearby neighborhoods: Glenwood, Summer Meadows, Summer Pond, Rainbow Lake Ranch, Brookshire Estates, Brookshire Crest, Brookshire East, Autumn Glen, Hunters Lane, Hunters Ridge and Livingston.

In 2011, the Issaquah City Council received a letter from several Klahanie homeowners supporting annexation to Issaquah. A petition with 534 signatures also supporting an Issaquah annexation followed in May 2012.

The City recently completed an annexation study, which found that there would be sufficient revenues to cover the costs of serving the Klahanie PAA.

For more information, visit issaquahwa.gov/klahanie.

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Now Boarding: Issaquah Trolley Rides Start



The historic Issaquah Valley Trolley is now boarding at the Issaquah Train Depot, 150 First Ave. N.E.

The trolley fare is by open donation. Riders receive a ticket entitling them to the ride, plus admission to the Depot Museum, Gilman Town Hall Museum and historic jail. Issaquah History Museums members ride for free.

The streetcar is scheduled to depart from the depot on Saturdays and Sundays, 11 a.m.-3 p.m., through the fall, weather permitting.

From the depot to the East Fork of Issaquah Creek and back, riders can experience what it was like to travel from Issaquah by rail in the late 1800s and early 1900s.

Listen as conductors entertain guests with stories about Issaquah. The frontier coalmining, farming and logging outpost started to grow after the Seattle Lake Shore & Eastern Railway came to town in 1888.

A project of the Issaquah History Museums, Issaquah Valley Trolley’s mission is to help interpret the history of our community and to attract visitors to the depot and Gilman Town Hall museums, and to Olde Town.

To learn more the open house or volunteer opportunities, call 425-391-8186.



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Issaquah Highlands Essay Contest Winner is... **Ananya Sahoo** 6th grade

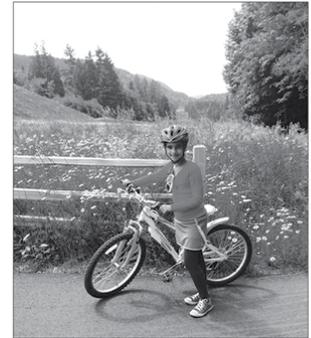
The Issaquah Highlands of the Pacific Northwest is a beautiful, family-friendly community and green place to live. My dad traveled on business to places across the USA. He says the Highlands is the best community to live with a healthy lifestyle surrounded by lush landscapes, flora and fauna, parks, lakes, and mountains.

Everywhere you go, you are greeted by a smile with a friendly gesture of "Hello!". You can make new friends and learn new things! There is so much diversity! I have many friends and neighbors from different cultural roots. I experience things such as new arts and crafts plus delicious foods! We can learn so much from each other!

For an active lifestyle the Highlands offers so much to do! We love biking and hiking through the trails. We grow and share vegetables in our community garden. It offers facilities for sports, such as soccer, baseball, tennis and basketball. The construction of a new shopping center is in full swing! Soon, the Highlands will be a bustling suburb!

To me, our "HIGHLANDS" stands for: **Home, Incredible, Gorgeous, Halcyon, Lively, Awesome, Natural, Diverse, and Serene.**

I feel so privileged to be living in this serene community, called our home!



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It was nearly impossible to choose just one essay to be our winner. In fact, we loved what the kids had to say about The Highlands so much, that we've decided to print every essay that was received. Keep an eye out for all of the wonderful essays in upcoming issues of The Connections.



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— ROSH HASHANA —

WEDNESDAY, SEPTEMBER 4
Light candles at: 7:25 PM
Evening Services: 7:30 PM

THURSDAY, SEPTEMBER 5
Morning Services: 9:30 AM
Shofar Sounding: 11:30 AM
Toshtich and Evening Services: 7:30 PM
Light candles after: 8:28 PM

FRIDAY, SEPTEMBER 6
Morning Services: 9:30 AM
Shofar Sounding: 11:30 AM
Light candles by: 7:21 PM

SATURDAY, SEPTEMBER 7
Morning Services: 9:30 AM
Shabbat ends at: 8:24 PM

To RSVP or for more information please contact Chabad of the Central Cascades 425.427.1654 or info@chabadissaquah.com

— YOM KIPPUR —

FRIDAY, SEPTEMBER 13
Light candles at: 7:07 PM
Fast begins at: 7:25 PM
Kol Nidrei Services: 7:15 PM

SATURDAY, SEPTEMBER 14
Morning Services: 9:30 AM
Yizkor Memorial Services: 11:30 AM
Mincho & Neila Closing Services: 5:30 PM
Fast ends at: 8:09 PM
Followed by light dinner and refreshments

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celebrate

As part of our mission to "foster a caring and vibrant community" Highlands Council produces a variety of programs all year long. See throughout this publication seasonal favorites from the Flash MOBS to the Green Halloween® Festival.

Rosh Hashanah

September 4-6. Jewish New Year, is the first of a series of High Holy Days in the Jewish calendar. It is not the fireworks, champagne drinking type of celebration as December 31st type of New Years brings. It is more of a time of looking inwards, a time for repenting, asking forgiveness.
Provided by Cheryl Puterman, Wisteria Park

CLUB PROFILE: MOONCAKE FEST WITH CHINESE HERITAGE

Mooncake Festival

by Hailian Liu, Magnolia Park



Known as the Zhongqiu Jie in Chinese, the Moon Festival dates back to over 3,000 years. 2013 Mid-Autumn Festival falls on September 19. Also known as the Mooncake Festival, the Chinese Mid-Autumn Festival is an important and favorite holiday for Chinese people around the world.

The Chinese Mid-Autumn Festival is a joyous time for family, friends, and couples to reunite under a full moon. All take a little time to appreciate

the beautiful full moon on hopefully the clearest night of the year.

The moon definitely spins countless legends throughout the ages. Most legends are based on the idea that the goddess Chang'e lives on the moon. In the past, there were ten suns appeared at once in the sky. The Emperor ordered a famous archer Yi to shoot down the nine extra suns. After accomplishing the task, he was given an immortality pill as a reward. His wife found and took the pill instead, then flew to the moon where she lives now. Yi missed his wife and made the moon cakes when the moon was at its fullest and brightest, he believed he would see her dancing on the moon.

From then on, the mooncake became the traditional food for mid-autumn festival which is round and symbolizes reunion. In Chinese culture, the family represents an important circle of relations that cannot be broken. Because the full moon is round and symbolizes reunion, the Mid-Autumn festival is also the festival of reunion. All family members try to get together on this special day. It is a happy occasion where people feast on scrumptious mooncakes. Some Chinese families today still stay up late to observe the occasion eating moon cakes, sipping tea and gazing at the beautiful moon. It is regarded the perfect moment if someone catches the moon's reflection in the center of his or her teacup.

Issaquah Highlands Chinese Heritage Club [IHCHC] is a big family in our neighborhood, which is planning a family reunion dinner on the evening of the full moon. When the full moon rises, families get together to watch the full moon, eat mooncakes, and sing moon poems. With the full moon, the legend, the family and the poems, you can't help thinking that this is really a perfect world. Welcome to join us.

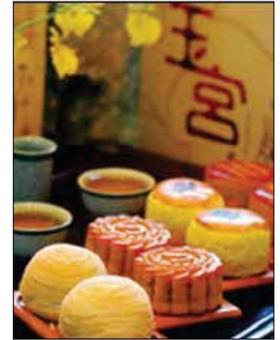
How to make your own mooncake

Ingredients:

- 1/4 cup sugar
- 2 egg yolks
- 1/2 cup salted butter
- 1 cup all-purpose flour
- 1 cup strawberry (or your favorite) jam (traditionally red bean paste is used so if you want a more authentic version, you can use a can of red bean paste instead of the jam).

Steps:

1. Preheat the oven to 375 degrees.
2. Combine the butter, sugar and 1 egg yolk and stir.
3. Mix in the flour.
4. Form the dough into one large ball and wrap it in plastic wrap.
5. Refrigerate dough for half an hour.
6. Unwrap the chilled dough and form small balls in the palms of your hand.
7. Make a hole with your thumb in the center of each mooncake and fill with about half a teaspoon of jam.
8. Brush each cake with the other beaten egg yolk and place on a cookie sheet. (We didn't have a brush to do this, so skipped the brushing step)
9. Bake for about 20 minutes or just until the outside edges are slightly brown.



Issaquah Highlands Chinese Heritage Club

Mooncake Festival

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FITNESS & HEALTH

Oh, My Aching Backpack!

by Erick K. Harada, DPT, Highlands Physical Therapy

Can you believe school is back in session? The summer has flown by and kids are transitioning from running and biking around the neighborhood to sporting backpacks and sitting all day in class. As I look around at the neighborhood kids, I cannot help but notice the low slung backpacks and forward heads. Prolonged exposure to this position as well as increased weight in bags can increase muscle tone and cause pain. This month I have provided some exercises that both child and parent can perform together to prevent any neck or back pains that might occur from those low slung backpacks and long days in the classroom.

Upper Trapezius Stretch

1. Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds.
2. Repeat 3 times on each side.



Lower Cervical / Upper Thoracic Stretch

1. Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds.
2. Repeat 3 times.



Posterior Shoulder Stretch – keeps your posterior shoulder flexible

1. Place right arm across low back and turn head down toward other side. Gently increase stretch by pulling down on head and depressing shoulder girdle. Hold 30 seconds.
2. Repeat 3 times each side.



The best time to try these stretches is after school. Once they have been mastered, they can be converted to the classroom and playground. Like always, if you experience pain or discomfort, discontinue immediately. If the pains persist or you would like more information, contact your local physical therapist. Welcome back to school!

Pediatric Health: Top Three for Healthy School-Aged Children

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

Getting sick with colds, ear infections and strep throat are a normal part of childhood and frankly a way for your child to build a strong immune system. As Issaquah children head back to school this fall, they will go back to the cesspool of germs and casual swapping of illnesses. While you want to protect your kids from undue fevers and sore throats, what can you do to help?

Here are some guidelines:

1. Teach your children good hand washing technique. Singing to themselves through the ABCs or "Happy Birthday" while scrubbing their hands with soap, then rinsing and drying afterwards, is a helpful rule. It is good to wash your hands, prior to eating food and after using the restroom. Even washing hands when they get home from school can help reduce the germs they bring home to the family.
2. Encourage no sharing of food or drinks with friends in school. Sharing bites of food or drink between friends is fun but spreads germs. It is best not to share so we don't get an unwanted illness.
3. Be courteous to others and keep your children home when they have a temperature greater than 100.5 F within 24 hours of the school day. A sick day is also in order if your child has had two or more episodes of vomiting or diarrhea within 24 hours of the school day because these bodily fluids cause the spread of the illness. Fever often indicates that contagion levels are higher and thus the spread of the illness to others is greater. Rashes in children can also be a reason to keep a child home from school, so if you are unsure of the potential of contagion from a rash it is a good idea to see your healthcare provider.

By following these guidelines, your family should stay healthier this coming school year. Remember that while it is not fun when your children are mildly sick, it does some good as well and will help their bodies recognize and fight illness better in the future.

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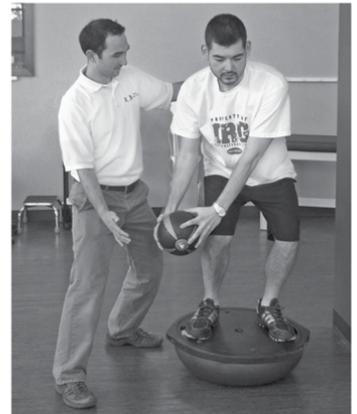
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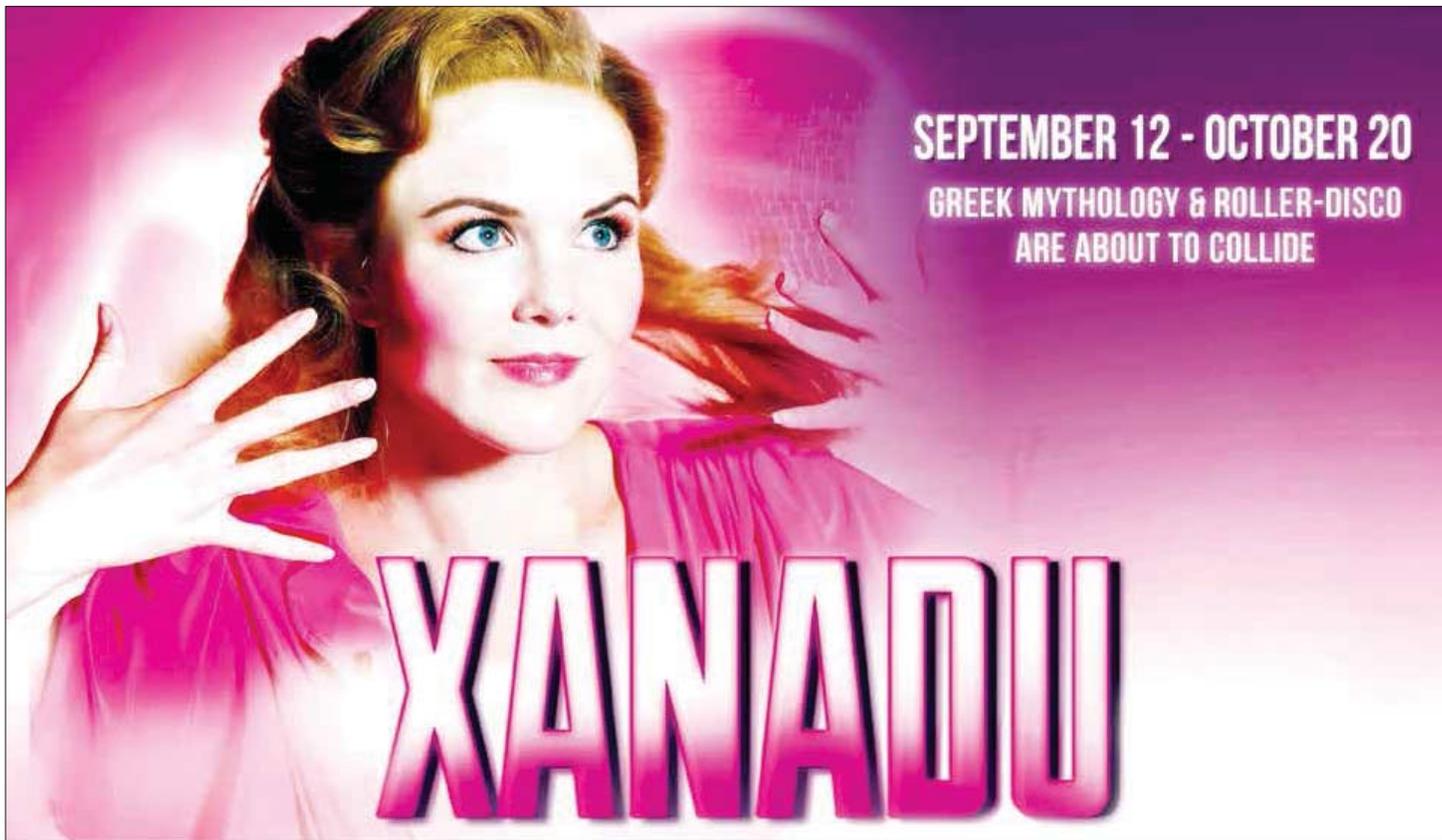
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ASK KARI

Dear Kari,
 My 12 year-old son is struggling with making new friends. We moved to Issaquah last year, but he still doesn't have anyone who he can hang out with on a regular basis. I often find him just sitting in front of the computer, either bored watching You Tube or searching the Internet. How can I help him develop more friendships with other kids?
 - **Mom of a Lonely Teen**

Dear Mom of a Lonely Teen,
 You sound like a very thoughtful mother who is trying to grow her child's confidence and spirit. Being 12 and in middle school is a tough time; and moving and making new friends sometimes is tricky and sometimes has nothing to do with your child's social skills. Two things I recommend: First, continue to be involved in your child's daily routine and you yourself serve in the role of social partner by doing activities together (going to the movies, bookstore, out to dinner, volunteer at a non-profit, etc.). Second, encourage your son to join a sport and/or club through school that he feels interested in. Skill is not important, just going to an activity where you interact with others typically helps develop acquaintances and friendships that hopefully will allow your son to grow into more permanent bonds with other children.
 - Kari

Dear Kari,
 My 17 year-old daughter thinks that she is gay. She had been hanging out with a new female friend who is gay, and apparently they have begun a "relationship". I am beside myself, we are a Christian family and this is against God's beliefs. I have forbid her to see her friend. At this point, I am hoping that her reading scripture everyday will change how she feels. Do you think a therapist can fix her?
 - **Broken Hearted Dad**

Dear Broken Hearted Dad,
 It can be hard to accept when our child is different from how we imagined them to be. But, the reality is that each and every person is an individual who must live their life as close as to who they feel they are in their heart. Although your daughter may be gay and involved with another female, she is still your daughter. Her heart, her spirit is the same child that you have loved and raised to be a good person. Because she may be attracted to women and eventually end up being involved with a woman as her permanent partner, that doesn't change her core character. I recommend that you offer her your love and support her as she goes through the process of becoming an adult and learning who she is along the way.

While I respect your faith and religious beliefs, I do not think that God loves your daughter any less because she might be gay. I equally want to emphasize that reading the bible does not make someone change who he or she are drawn to as mates, such thoughts have caused much harm to individuals in the LGBTQ community as well as permanently harmed many family relationships. Your daughter does not need to be "fixed", she needs parents who stick by her side during a normal period of development and tell her that they love her no matter what.
 - Kari

Dear Kari,
 My husband wants us to have an "open marriage" and date other people. He says that he doesn't have anyone in mind, but I don't believe him. I cannot believe that the man I married 18 years ago is asking this of me, I don't want to be intimate with anyone else. What should I do?
 - **Devoted Wife**

Dear Devoted Wife,,
 It would be quite a shock to have one's spouse declare that they want to date other people after many years of marriage. I too would be suspicious if my partner suggested such an idea without him having someone in mind that he would like to pursue. If this is not something you are interested in, I recommend that you state to your husband under no circumstances is this option ok with you. You do have power in this situation to state what you are willing to accept in your relationship. How your husband reacts to your response is his choice. If you are not able to come to a resolution as a couple, I suggest you seek marriage counseling, as there may be additional underlying marital issues besides the option of agreeing to an open marriage going on.
 - 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

KIDSTAGE Builds Talent, Confidence, and Success Down the Road

by Molly and Marty Fisher, Ashland Park



Issaquah's of Village Theatre's Kidstage production of Legally Blonde with Kaija Stern (Margot), Olivia Marcus (Pilar), Tatum Ludlum (Elle), and Emma Watanabe (Serena) singing "Bend and Snap". Photo is by Jean Johnson of Village Theatre.

Something magical happens when you mix budding talent, youthful enthusiasm, and a fun, creative environment. The result is a delightful dish of amazing that nowhere is more evidently on display than just down the road at the Village Theatre KIDSTAGE program in downtown Issaquah.

KIDSTAGE programs use theatre to build critical life skills in each participant and they're more than living up to that goal. The program already has produced a Pulitzer-prize winner in former alum Brian Yorkey. He shared the 2010 Pulitzer for Drama and the 2009 Tony Award for Best Original Score with composer Tom Kitt, and was nominated for the Tony Award for Best Book of a Musical for Next to

Normal, an original Village Theatre production. Yorkey, who was raised in Issaquah, has parlayed his Northwest roots to become an internationally-known playwright, lyricist, and theatre director.

And if the talented kids who took part in impressive Village Theatre KIDSTAGE production of Legally Blonde (July 27-August 4) are any indication, it's clear that this program is set to continue to be the breeding ground for creative excellence.

Legally Blonde, The Musical was the perfect vehicle to showcase the talent and flair of the current crop of KIDSTAGE talent. The show, which is based on the films starring Reese Witherspoon as Elle Woods, won the Actor's Equity Association Award for Outstanding Broadway Chorus when it opened there in 2007. Tatum Ludlum wowed the audience in the lead role here with her charisma and vocal talent, but it was the supporting cast of girls and guys that made the show so charming.

It was impossible not to smile watching the more than 50 talented teenagers and two cute canines (Marley and Elvis) entertain the sold-out theatre. More than half of the show's catchy tunes involved most of the company, giving them an opportunity to pool their skills and make it lots of fun for everyone.

Ludlum was perfect as Elle Woods, a strikingly pretty blonde sorority girl who enrolls at Harvard Law School to win back her ex-boyfriend Warner. Elle (and Ludlum) eventually proves that she's much more than a pretty blonde, using her smarts to use knowledge of the law to help others.

That's exactly the point of the KIDSTAGE program and perhaps no one knows that better than Suzie Bixler, KIDSTAGE Programs Manager for the past 10 years. Bixler, a former high-tech business manager, first found her creative spark as a teenager at KIDSTAGE, taking classes with the youth program and acting in the 1985 KIDSTAGE production of Bye Bye Birdie.

"I love the dynamic of young people learning their craft," said Bixler, who earned a Bachelor's degree in Theatre. "There are so many skills you learn in theatre like listening, following directions, being flexible, and relating to people that ultimately builds confidence."

Offering theatre classes and performance opportunities throughout the year for ages 3 to 20, KIDSTAGE focuses on developing creativity, collaboration, problem solving, and a strong work ethic. Classes and performances are offered four times a year. Summer brings week-long camps that are bolstered with once a week, two-hour, after school programs in the fall, winter, and spring.

One of the highlights of the upcoming season will be the remounting the 2006 KIDSTAGE production of "Trust Me", with songs by Yorkey and Tim Symons as part of the TeenSelect program (grades 9-12). Auditions will be held September 21-22. For younger kids, the Ensemble program (grades 3-9) will feature "The Little Mermaid Jr.", with rehearsals also being held September 21-22.

While some students like Yorkey and perhaps Ludlum might take the road to Broadway, every participant is improving his or her future with involvement in KIDSTAGE, Village Theatre Institute, and the Teen Apprenticeship Program.

Case in point: Legally Blonde, The Musical. The girls of the Delta Nu sorority were terrific as Legally Blonde's Greek chorus, gleefully dancing and singing to keep the plot moving along. Katie Griffith, who plays exercise diva Brooke Wyndham, accused of killing her much older husband, got the cast to break a sweat to open Act 2 with some cool jump-rope moves in the song "Whipped into Shape". Highlands resident Monica White (Whitney), who loves fun and upbeat shows, Christopher Obert (Professor Callahan), and Alana Morrison (Paulette), also added lots of personality.

"I love to be able to make a difference," said Bixler. "Kids come into our program young and I love to see their successes knowing that they learned valuable skills at KIDSTAGE."

For more information or to enroll in a KIDSTAGE program visit www.VillageKidstage.org or call (425) 392-2900, extension 101.

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

Look Good, Feel Better

This American Cancer Society class focuses on hair and skin care, cosmetics and making the best of hair loss.

Swedish/Issaquah: Monday, Sept. 23, 1-3 p.m.

HEALTH AND WELL BEING

Personal Health Record: Your Personal Health Toolbox

This class focuses on how you can use a personal health record to optimize and manage your health; track immunizations, allergies and lab results; and empower you to be an engaged member of your health-care team.

Swedish/Issaquah: Saturday, Sept. 21, 10-11:30 a.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: Wednesday, Sept. 18, 6-8 p.m. or Thursday, Oct. 3, 6-8 p.m.

Swedish/First Hill: Thursday, Sept. 19, 6-8 p.m.

Caring for Your Back: Surgical and Nonsurgical Options

Spinal stenosis, scoliosis, slipped discs and other common spine problems can affect your ability to move well. Learn the hows and whys of back pain, as well as options for surgical and nonsurgical relief.

Swedish/Redmond: Thursday, Sept. 19, 6-8 p.m.

Swedish/Issaquah: Thursday, Sept. 26, 6-8 p.m.

PARENTING

Story Time at Swedish

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

Swedish/Issaquah: Thursday, Sept. 26, 9 a.m. and 11 a.m. (two story times)

PREGNANCY, CHILDBIRTH AND INFANT CARE

Have a Happy Birth Day Tour

Are you thinking of becoming pregnant or did you just hear the good news? As a parent-to-be, one of the most important decisions you'll make is where to have your baby. Come take a look at the birthing center at Swedish/Issaquah and our comprehensive support services. Tour is recommended for parents in their 1st trimester who are considering where to have their baby.

Swedish/Issaquah: Friday, Sept. 6, 5:30-7 p.m. or Tuesday, Sept. 17, 5:30-7 p.m.

Newborn Preparation

This efficient 6-hour course combines information on newborn care and breastfeeding. Fee: \$90

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

Hop to Signaroo® Baby Sign Language

Hearing families can use American Sign Language to communicate with hearing babies as young as 5 months old. Learn sign language to communicate with your baby. Four sessions. Fee: \$128 plus \$19 materials. Learn more at www.hoptosignaroo.com.

Swedish/Redmond: Saturday, Sept. 7-28, 10:30-11:30 a.m.

Swedish/Issaquah: Saturday, Oct. 19-Nov. 9, 10:30-11:30 a.m.

Sibling Preparation

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

Swedish/Issaquah: Friday, Sept. 20, 4-5:30 p.m.

Infant Safety and CPR

Before baby arrives, get prepared to keep him or her safe by learning how to prevent the most common unintentional injuries of infants and toddlers. You'll learn about common safety hazards in and around the house, what's recommended for infant sleep safety and basic tips for preparing your pets, along with many other important topics. Fee: \$50 (covers two people).

Swedish/Issaquah: Wednesday, Sept. 11, 6-9 p.m., Sunday, Sept. 15, 9 a.m.-Noon or 1-4 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, Sept. 28, 9 a.m.-5 p.m.

WEIGHT LOSS

Weight Loss Surgery Seminar

Are you having difficulty losing weight and keeping it off? Swedish Weight Loss Services offers a multi-disciplinary program that has helped thousands of people achieve healthy, long-term weight loss. Get started today by registering for a free seminar and learn about the non-surgical and surgical options available to you from a Swedish bariatric surgeon. Register at www.swedishweightloss.com

Bellevue: Thursday, Sept. 12, 6-8 p.m.

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



Issaquah

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How do you incorporate Lifelong Learning in your life?

From our Facebook page.
Like us at facebook.com/Highlands.Council

Keeping up with school-aged kiddos' homework is always a good refresher for me... keeps me on my toes...I am dreading the higher math to come...also Zinnio through King County Library - DANIELLE

I go back to school with the kids! In fact, I've seen a few of my head start high school student neighbors at Bellevue College! - SARAH

To me, lifelong learning isn't just about taking classes to pick up a new skill like piano, painting a new language. It is about finding ways to move out of your comfort zone and trying new things. Additional benefit - this helps aid healthy brain aging, too. - PATRICK

By having the perspective that life IS learning... We are lifelong learners by being constantly curious about the world around us, by knowing that we can always learn...by always having a desire to grow. - GRETCHEN

It means you should never think you 'know it all' just because you are older! There's always so much to learn. I learn so much looking after my new grandson that I never knew when I raised my own kids. - LYNNE

Every time I wrote my thoughts on lifelong learning it ended up sounding short-term, cursory and temporary. Argghh. I'm so shallow!! - TAMI

I watch a lot of YouTube. - JULIE



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RESIDENT PROFILE: TIM BAYNES



Tim Baynes is the Dean of Students and Activities Director at Issaquah High School. He lives with his wife Sarah and two-year-old son Jack in West Highlands Park. You have probably seen him 'around'. Tim serves on the Issaquah's Sister City Commission and is very active in Highlands Council, acting as a liaison between the school and the community. He helps kids get involved in the community, and in living purposeful lives. When meeting for this profile I learned that Tim was the first person to welcome my step-son with a smile and a handshake at the high school campus. 'My son will be in good hands when he starts at IHS this Fall.

Why did you pick West Highlands Park for your home?

Honestly? It was the first model home I went into! I was on a winter break and while my wife was at work I walked into a model home, and that was that!

Did you have any expectations about Issaquah Highlands before you moved here?

Oh yeah. I had watched it grow over the years. Sarah and I saw that people who moved here were interested in building relationships and community. So we wanted to be part of that. We moved up here around same time as four or five of her other good friends. We really enjoy it.

Where did you grow up?

I grew up in Mirrormont off Issaquah-Hobart Road. I went to school at Clark Elementary then Issaquah Middle School. I graduated from Issaquah High School and now I work there. I've spent most of my life on Second Avenue...

Tell me about your growing up in Issaquah.

I've been incredibly lucky to grow up in Issaquah. I was always supported by incredible people and a great community in addition to a wonderful family. My parents now live on Cougar Mountain. My dad is a marine insurance underwriter and my mom works for the school district. Before that she ran a daycare. The experience of having 13 kids in our house at any given time had a big impact on me. My older brother, sister and I were unofficial helpers in that venture.

Did you always want to be a teacher?

Absolutely not! In fact, I had conversations with my friends at UW about how I did not want to become a teacher. I had a buddy who did and I would challenge him about why he wanted to do that. I studied Business Administration, Sales and Marketing. But during my last quarter I decided to become a teacher.

What was the pivotal moment?

I had always volunteered working with kids. Then at a summer camp during college, kinda like my last hurrah before returning to finish my last 15 credits in business school, I realized that I wanted to make this more than a hobby. I wanted to make a commitment towards serving young people.

Did you finish that business degree, too? Yes.

What's your favorite day off in Issaquah Highlands?

'Walking up to Café Ladro while Jack falls asleep in a stroller, which doesn't happen very often, and spending the morning there, waking up and reading. Then going for a hike up Tiger Mountain. You can walk directly from my house without ever going on a road! It's nice. After that, doing dinner at Agave.

What's your favorite dish at Agave?

The Agave Chimichanga with the delicious white sauce.

What's your favorite drink at Café Ladro?

Black-and-White Iced Mocha, and the Hot Caramel Macchiato

Have you read any good books lately?

I am reading a book on social justice and school leadership by George Theoharis. But more fun is "The Runaway Bunny" and "Goodnight, Goodnight Construction Site". That's a book perfect for kids who love nothing more than the hanging around a construction site. (And their fathers?)

What's your favorite movie of all time? I love "It's a Wonderful Life".

Do you like "It's a Wonderful Life" because you look like Jimmy Stewart?

That's the best compliment I've had lately! No, I like "It's a Wonderful Life" because it shows the impact one person can have on so many others in a community, big and small.

What's your favorite book of all time?

"To Kill a Mockingbird". You just have to admire the way that Atticus Finch goes about parenting his children. Also the way his kids learn to respect and admire him by watching him as a man and a leader. He doesn't pursue their respect. He earns it over time.

What does your future hold? I would like to be a school Principal someday.

But aren't Principals fairly distant from the kids?

Principals can be distanced from students, but they have influence over all students and the communities they serve. As a Principal, you are doing things to address change to provide opportunities for more kids than you might be able to impact in the classroom. I'd like to impact all kids, and not just for success but for fulfillment in the world.

What's the coolest experience you had teaching?

Last year a number of kids at Issaquah High School were recognized for their community service at "We Day", a big conference where over 16,000 kids enjoyed high-profile performers and speakers at Key Arena. Because of their great work, I and 30 of these kids were personally escorted to sit in the front row, on the floor, at this huge conference! The recognition was a neat experience.

How are Issaquah students different than others?

For whatever reason, and I have a very biased perspective, but I hear this from a lot of other people too, what's unique about Issaquah High School is a culture that values kindness and inclusion over other things. It's a focus on being good to other people rather than being elite or the best.



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

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

Blakely Hall Meeting Room

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

To inquire about booking facilities at Blakely Hall, please contact 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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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:**
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 - Advertising
 - Community Enhancement Fees (¼ of 1% on sale of home)
 - 12¢ per sq. ft. retail/commercial

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Keith Luu, Events/Administrative Assistant,
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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
- Limited B/W Photocopying, \$.05 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.

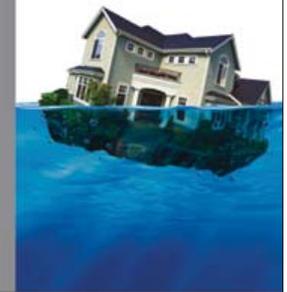


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- ✓ Preferred placement on Trulia
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- ✓ Individualized Property Website
- ✓ Complete web syndication of listing
- ✓ Social Media Campaign
- ✓ Full color Connections Ad for your home
- ✓ Professional photography
- ✓ DIRECT MAIL CAMPAIGN
- ✓ Constant Contact E-Blast to agents featuring your listing
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Issaquah Highlands Real Estate Report July/August Sold Properties

Address	Bed	Bath	SqFt	Year	Date	\$/SqFt	Days on Market	Orig Price	List Price	Sold Price	SP%LP
973 NE Ingram St #11	2	1.00	962	2008	07/26/13	\$142.72		\$ 140,000	\$ 140,000	\$137,300	98.07
1431 Hucklberry Cir	1	1.50	1,165	2000	07/19/13	\$160.52	43	\$ 195,000	\$ 187,500	\$187,000	99.73
1652 25th Place NE #302	2	2.00	940	2004	08/15/13	\$207.45	29	\$ 205,000	\$ 205,000	\$195,000	95.12
973 NE Ingram St #213	3	1.75	1,106	2008	07/23/13	\$185.35	90	\$ 200,000	\$ 210,000	\$205,000	97.62
1698 25th Place NE #101	3	2.00	1,184	2004	07/18/13	\$198.48	58	\$ 239,000	\$ 239,000	\$235,000	98.33
1957 23rd Place NE #301	3	2.00	1,134	2005	08/14/13	\$220.46	35	\$ 250,000	\$ 250,000	\$250,000	100.00
927 5th Place NE	4	2.00	1,460	2008	08/12/13	\$180.82	52	\$ 264,570	\$ 264,570	\$264,000	99.78
5215 236th Place SE	2	2.50	1,293	1999	08/02/13	\$212.68	7	\$ 275,000	\$ 275,000	\$275,000	100.00
2002 18th Ave NE #A	3	2.00	1,357	2004	08/01/13	\$235.81	6	\$ 320,000	\$ 320,000	\$320,000	100.00
1601 NE Katsura St #101	3	2.50	1,423	2000	07/26/13	\$247.72	3	\$ 340,000	\$ 340,000	\$352,500	103.68
2447 NE Park Dr	3	3.50	1,620	2005	08/08/13	\$222.22	61	\$ 385,000	\$ 369,000	\$360,000	97.56
2336 NE Park Dr	3	2.00	1,611	2005	08/06/13	\$223.46	2	\$ 349,900	\$ 349,900	\$360,000	102.89
1955 18th Place NE	2	2.25	1,620	2004	08/15/13	\$225.31	25	\$ 390,000	\$ 374,000	\$365,000	97.59
2316 NE Park Dr	3	2.00	1,611	2005	07/18/13	\$228.12	6	\$ 334,950	\$ 334,950	\$367,506	109.72
2691 NE Park Dr	2	2.25	2,310	2006	08/13/13	\$171.00	7	\$ 391,900	\$ 391,900	\$395,000	100.79
1911 NE Kenyon Ct	3	3.50	1,721	2004	08/07/13	\$248.11	11	\$ 429,900	\$ 408,123	\$427,000	104.63
1789 27th Lane NE	3	2.25	1,760	2006	07/29/13	\$256.25	3	\$ 425,000	\$ 425,000	\$451,000	106.12
1927 NE Killian Lane	3	2.50	1,882	2003	07/31/13	\$239.90	14	\$ 450,000	\$ 450,000	\$451,500	100.33
1978 14th Ct NE	3	2.50	2,360	2000	07/24/13	\$209.75	52	\$ 535,000	\$ 519,950	\$495,000	95.20
809 4th (lot 58) Ave NE	3	3.50	1,861	2013	07/31/13	\$277.04	53	\$ 519,950	\$ 509,950	\$515,578	101.10
3223 NE Marquette Wy	3	2.50	1,920	2005	07/19/13	\$269.79	19	\$ 515,000	\$ 510,000	\$518,000	101.57
2773 Magnolia St	4	2.50	1,830	2004	07/23/13	\$286.89	2	\$ 475,000	\$ 475,000	\$525,000	110.53
803 4th (lot 59) Ave NE	3	3.50	1,882	2013	08/19/13	\$282.76	28	\$ 529,950	\$ 529,950	\$532,151	100.42
1906 14th Ct NE	3	2.50	2,100	1999	07/31/13	\$255.24	3	\$ 510,000	\$ 510,000	\$536,000	105.10
813 4th (lot 57) Ave NE	3	3.50	1,882	2013	07/17/13	\$286.69	119	\$ 509,950	\$ 519,950	\$539,554	103.77
2081 NE Katsura St	3	2.50	1,940	2001	07/31/13	\$280.93	6	\$ 515,000	\$ 515,000	\$545,000	105.83
2058 NE Natalie Wy	2	2.50	2,347	2005	07/17/13	\$235.62	5	\$ 539,950	\$ 539,950	\$553,000	102.42
1616 24TH Ave NE	4	2.50	3,160	2005	07/30/13	\$219.15	5	\$ 685,000	\$ 685,000	\$692,500	101.09
2174 NE Morgan Lane	4	3.50	2,836	2012	07/18/13	\$245.06	25	\$ 719,900	\$ 699,900	\$695,000	99.30
1643 14th Place NE	4	3.25	2,800	2013	07/25/13	\$253.57	129	\$ 739,990	\$ 709,990	\$709,990	100.00
1689 14th Place NE	4	3.25	2,800	2013	08/19/13	\$253.57	14	\$ 709,990	\$ 709,990	\$709,990	100.00
1458 29th Place NE	3	2.50	2,730	2007	07/17/13	\$265.57	5	\$ 724,950	\$ 724,950	\$725,000	100.01
2918 NE Davis Lp	4	2.50	2,586	2009	07/19/13	\$284.22	4	\$ 695,000	\$ 695,000	\$735,000	105.76
1478 26th Ave NE	4	2.50	3,040	2011	08/14/13	\$246.71	7	\$ 750,000	\$ 750,000	\$750,000	100.00
2550 33rd Ave NE	4	2.50	3,490	2005	07/17/13	\$216.62	7	\$ 725,000	\$ 725,000	\$756,000	104.28
1523 24 Ct NE	5	4.25	4,980	2007	07/31/13	\$215.86	140	\$1,125,000	\$1,075,000	\$1,075,000	100.00



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"Focused on quality of service, not quantity of sales"

Up to \$500 of every Highlands sale is donated to a PTSA of your choice
Grand Ridge | PCMS | Issaquah High