

ISSAQUAH HIGHLANDS COMMUNITY NEWSPAPER



CONNECTIONS



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June 2013

Calling all Cowboys and Cowgirls!

Saturday, June 29th, 9am – 2pm
Blakely Hall & Village Green Park

Presented by:

Highlands Council
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Communities

Ride 'Em Cowboy Festival Fun!

Brave a bucking bull, rope a calf, ride a pony, and more, at this year's Wild West Highlands Day Festival!

Explore, roll, climb and jump inside giant western-themed inflatables or relax and people watch from aboard a horse-drawn wagon circling Village Green Park.

Settle in front of the stage for live entertainment including local bluegrass music and old fashioned field day competitions! Challenge your neighbors or co-workers to a duel! From competitive sack races to pie-eating contests there will be something for all ages to enjoy!

Mosey on over to Dorothy Bonneau's farm animal art exhibit inside Blakely Hall courtesy of artEAST.

Enjoy fine vittles provided by Agave, Zeek's Pizza, Sip, and Ben & Jerry's ice cream. Wet your whistle at the Beer Garden Saloon on the Zeeks Pizza patio.

see Highlands Day on page 8

2013 HIGHLANDS DAY

Calling all Cowboys and Cowgirls

WILD WEST FAMILY FUN!

FROM 9AM TIL 2PM

AT BLAKELY HALL
JUNE 29TH
VILLAGE GREEN PARK

Cowpoke Kid Parade!

- Wear your favorite cowboy duds and saddle up your bicycles, scooters and strollers!
- Parade line up begins at 9:00 am at the intersection of Park Drive and 30th Ave

LIVE BLUEGRASS MUSIC!

Country Fair Fun!

- Tickets \$1 each or \$20 for unlimited fun!

Field Day Games for the whole family! • Pie Eating Contest!
Mechanical Bull! • HUGE Inflatables! • Pony and Horse Drawn Wagon Rides!
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To volunteer or for more information contact! Christy.g@ihcouncil.org
For festival updates follow us at www.facebook.com/highlands.council or www.ihwebsite.com



Happy Father's Day!

See
Pages
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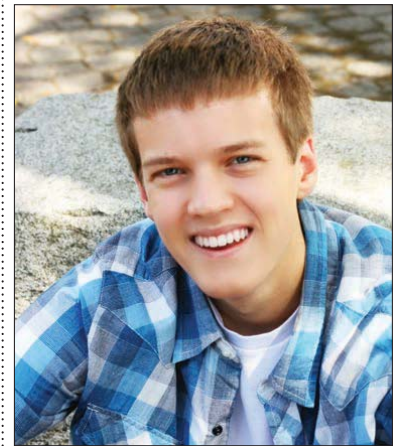
Issaquah Highlands Graduates

Congratulations to our graduating neighbors!

In some cases, post graduation plans listed are not the latest news on these students. Press time preceded the deadline for college commitments.

When you see these graduates around the community, give them some recognition for their hard work.

Issaquah High School Graduates



Cody Collister

IH Neighborhood: *Summit Park*
Post Graduation Plans: *Washington State University in the fall.*



Harry Gao

IH Neighborhood: *Magnolia Park*
Post Graduation Plans: *University of Washington in the fall, not sure about a major, but probably business or economics.*

see Graduates on page 4

What's Inside

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3483 Meadow - SOLD \$600,000



1714 28th Ave - SOLD \$706,000

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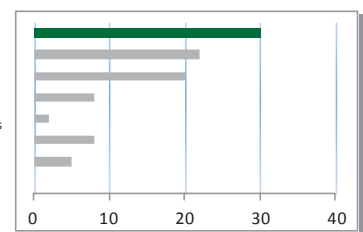
1880 25th Ave N411	\$275,000
1840 25th Ave S413	\$290,000
1371 Huckleberry Circle	\$325,000
1014 NE High St.	\$450,000
3483 NE Meadow Way	\$550,000
3450 NE Madison Way	\$550,000
3462 NE Marion Lane	\$575,000
1714 28th Ave NE	\$700,000

RECENTLY SOLD HOMES

2635 NE Jared Court	\$250,000
1840 25th Ave NE #S407	\$260,000
2468 NE Park Drive	\$320,000
1936 17th Ave NE	\$373,000
2725 NE Northstar Lane	\$414,000
2441 31st Ave NE	\$511,000
2476 30th Ave NE	\$575,000
2537 20th Ave NE	\$675,000
2855 NE Daphne St.	\$767,000
2657 NE Daphne St.	\$835,000

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FROM THE EDITOR



While still delighting in the Mother's Day issue, we at Connections news rolled straight into one for Fathers. Less structured into groups than the mothers, we simply reached out to the fathers we knew and found several willing to share their stories with you. I hope you enjoy reading about their joys and challenges.

We also celebrate graduation in this issue of Connections. Though we tried, I am sure we did not find all those deserving of our congratulations, but please browse the listing of graduates inside. It tells a story of a smart and ambitious community. Way to go, graduates!

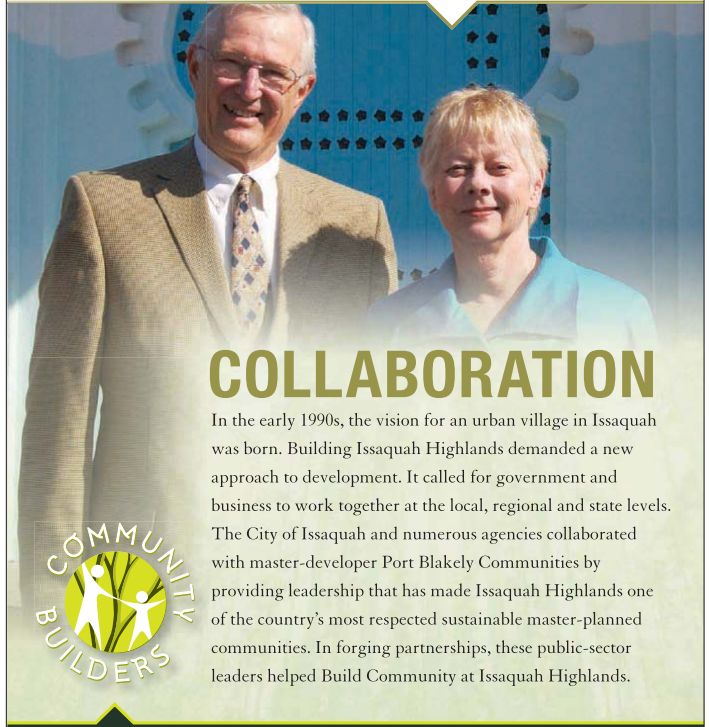
And there is so much more in this issue: news from the IHCA including the reopening of improved Bark Park and election of Directors for the Board; news from Grand Ridge Plaza and from the City of Issaquah; a tribute to the Volunteer of the Month, Ben Rush; and a preview of the Wild West Family Fun Highlands Day, coming June 29 to Village Green.

Get acquainted with our new columnists, Marty and Molly Fisher, who will bring to us intel about area arts and entertainment, sure to be entertaining in and of itself. Don't miss Wit and Tidbits, about what Father's really want. Enjoy Ask Kari, Fitness Corner and What's Happening. What is happening? Well, Highlands Day on June 29! See you there!

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

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

L-R: City of Issaquah former Mayor Rowan Hinds and Mayor Ava Frisinger helped guide planning and growth



COLLABORATION

In the early 1990s, the vision for an urban village in Issaquah was born. Building Issaquah Highlands demanded a new approach to development. It called for government and business to work together at the local, regional and state levels. The City of Issaquah and numerous agencies collaborated with master-developer Port Blakely Communities by providing leadership that has made Issaquah Highlands one of the country's most respected sustainable master-planned communities. In forging partnerships, these public-sector leaders helped Build Community at Issaquah Highlands.



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



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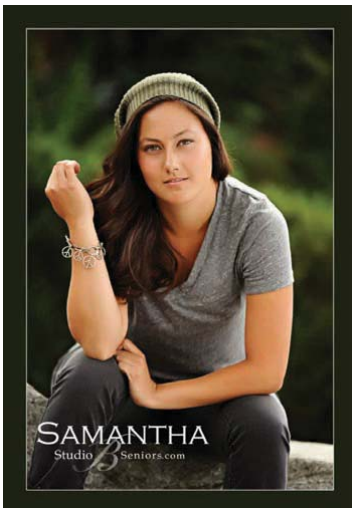
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Graduates from page 1 (Issaquah High School Graduates)**Samantha Garrard**

IH Neighborhood: *Dahlia Park*
 Post Graduation Plans : *Seattle University* in the fall, majoring in *Public Affairs* and playing tennis for the women's team on scholarship.

**Zoey Kapusinski**

IH Neighborhood: *Rock Fountain Neighborhood, Ashland Park*
 Post Graduation Plans: *Reed, Whitman, or U of Puget Sound* in the fall, majoring in *biology or environmental sciences*. Possibly attend graduate school; then a job in the sciences as a researcher.

**Sarah Elizabeth Odom**

Neighborhood: *Central Park*
 Post Graduation Plans: *Berry College* in Rome, Georgia in the fall.

**Rachel Robinson**

IH Neighborhood: *Summit Parks*
 Post Graduation Plans: *California Polytechnic State University (CalPoly), San Luis Obispo* in the fall, majoring in architecture!

**Zoe Lipetz**

IH Neighborhood: *Central Park*
 Post Graduation Plans: *University of Hawaii* starting with basic studies, then perhaps psychology.

**Pranav Mellacheruvu**

IH Neighborhood: *Near Zeeks and Central Park*
 Post Graduation Plans: *University of Washington- Honors, Haverford College, or UC Berkeley* in the fall to major in *Biochemistry* and then to medical school to specialize in *internal medicine*. From there, I plan to complete my residency in either *cardiology or neurology* and work as a physician. Long, but potentially gratifying road ahead!

**Jude Tunyi**

IH Neighborhood: *"Down from Zeeks"*
 Post Graduation Plans: *University of Washington* in the fall, majoring in *biochemistry* with a minor in *chemistry* on the pre-med track, followed by medical school to become either an *orthopedic surgeon or a sports medicine doctor/team doctor* for a professional sports team.

**Sabella Yinges**

IH Neighborhood: *Issaquah Highlands*
 Post Graduation Plans: *Hartwick College* in New York or *Barry University* in Miami Shores, FL.

International Community School Graduate**Khianna Hanson**

IH Neighborhood: *We don't have a specific neighborhood. But we live above Central Park.*
 Post Graduation Plans (college, work, etc): *She has been accepted into Cornish College of the Arts in Seattle, and will begin in the Fall.*

Mercer Island HS Graduate**Joanna Baxter**

IH Neighborhood: *Brighton on High*
 Post Graduation Plans: *College* in the fall but undecided on which one.

Seattle University Graduate**Elizabeth Super**

IH Neighborhood: *Crofton at Village Green*
 Degree: *Masters in Public Administration*
 Post Graduation Plans: *Continue to provide strategic planning and grant writing services to local nonprofits through her own consulting practice (SF-Union Nonprofit Consulting)*

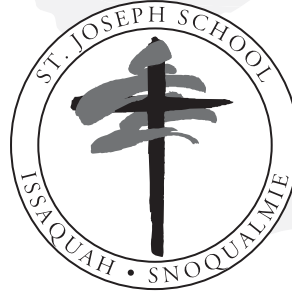
Seattle University Graduate**Quinqin Xi Molly**

IH Neighborhood: *Crofton Springs*
 Degree: *Master's in Education - TESOL*
 Post Graduation Plans (college, work, etc): *After graduation, Molly will most likely serve as an elementary or middle school teacher in the Issaquah School District; she plans to eventually specialize in either ESL or math instruction.*



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FATHERS DAY SPECIAL

The Best Investment You'll Ever Make

by Tim Ryan and Patrick Byers

Sunday, June 13th is Father's Day. The holiday was founded in Spokane in 1910 by Senora Smart Dodd, whose single father inspired her to lobby for a counterbalance to Mother's Day.

Beyond the extra body hair and a deeper voice, what makes dads different than moms? Dads can fill some of the same needs that moms do as providers, helpers and even nurturers—but they parent differently, especially when it comes to play and taking chances. In a single day, a father's role can include guide, leader, protector, tickle-monster, friend, teammate, encourager, teacher, disciplinarian, role model, and, yes, even partner-in-crime.

Our children need this odd, often contradictory mix of authority and silliness, and that's why we started the Grizzly Guys, a program at Grand Ridge Elementary designed to bring more dads and men into the students' lives at the school. We help out in the classroom, on the playground, at the Move-a-Thon, Build-It Night . . . really anywhere we're needed.

But what we do really doesn't matter. It's how we do it. It's about being present and actively involved in their lives—right there at school. Sure, we shoot hoops, play chase, and generally make fools of ourselves, but we're also there to comfort a child that's just having a bad day.

We call this being a “deliberate dad,” and the only price we pay is our attention. For our efforts, we're paid in a currency that's priceless: smiles.

As we approach Father's Day, we are making a call to all Issaquah Highlands dads: Take the opportunity to be an active player in your children's lives. Your investment in raising your children will pay off as they grow to be young men and women who will impact our community—and our society—in countless ways.



Doren and Vivian Spinner at Grizzly Guys “Build It Night” last Fall.

Tim Ryan and Patrick Byers are the Co-Chairs of Grizzly Guys at Grand Ridge Elementary and are both longtime Issaquah Highlands residents. Tim is a Parent Educator at Bellevue College and Patrick is the founder of Outsource Marketing, located here in the Highlands.

Learn more about Grizzly Guys at www.grizzlyguys.org.

Fatherhood: The Balancing Act

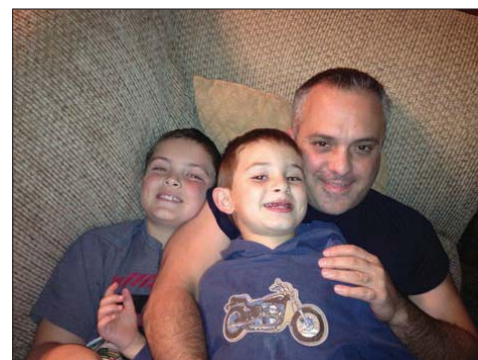
by Jaison Yacabucci, Resident of Dahlia Park

I am the father of two boys, ages eight and five. Our family relocated to Issaquah from Sacramento 1 ½ years ago. While at first we had our reservations about leaving always-sunny California behind, we have settled nicely into our new lives here in Washington and we now can say that we're fortunate to have such an amazing place to call home!! I've been in the Accounting field for the past 17 years and am currently a Controller with Enterprise Holdings. Although my career is a priority to which I've dedicated an enormous amount of time and energy, the most important and satisfying aspect of my life today, at age 40, is my family.

Like all working, caring fathers, each day I'm faced with a balancing act involving two very distinct and fulfilling parts of life...a rewarding career and even more rewarding time spent with my boys. Although I'm blessed to have an enormously supportive wife who does a phenomenal job each day of taking care of our boys and our home, I don't have the ability to work from home or as much flexibility with my hours as I would like. Often I find that my work makes it such that I have to miss practices, karate lessons, school functions and other fun and memorable events. On a positive note though, I rarely have to travel for work or take overnight trips, so it's important to me that at the end of the workday, and especially the weekends, I get to spend a good amount of quality time with my family. I spend that time being there with my boys, and my

wife, enjoying doing everything and sometimes doing nothing at all. Being together is what it is about. Like many families though, the time is not immune to the demands of the outside world and I share it with the likes of homework, dinner, bath time, weekend chores and responsibilities. It is not a perfect world in that sense, but it is a great one and I am aware that I am fortunate beyond words.

So many times throughout the week I find myself worrying that I'm missing too many of the memories that many of us romanticize in our heads and recollections of our own childhood. I can't believe that I'm alone in the idea that time has a way of making every childhood memory a Norman Rockwell memory. I know it's not the case, but still I worry that my absence will be their memory rather than my presence. I lost my own father when I was eight, so this concern is very real for me. I've learned though that if you are aware and recognize the need to simply be present and involved, you can find a balance. You can have a career that you love and a family with whom you can spend quality time. My secret is really no secret at all...you just need to make the best of the moments that you ARE together. Not only do you have to make the best of those times together, you also have to learn when to say “when” at work. Yes I miss some practices and some dinners together as a family, but over the years I have also missed work functions, work dinners or simply chose



NOT to stay late when doing so might have made tomorrow's work day easier.

The best advice I can give is to make the most of your career and be willing to sacrifice when you need to...but don't lose sight of what is most important. You can't get time back. I would certainly give up a few paychecks to get a day or two back with my own dad. It's something I don't want my boys saying when they've grown.

PEPS is for Dads, Too!

by Randall Pinkston, Resident of Wisteria Park



When asked to share a story about how PEPS (Program for Early Parent Support) has come to my rescue, I tried to think of the perfect example. The thing with PEPS though, and this is what I love about PEPS, is that the support is wide-ranging and constant. When we were pulling our hair out at four weeks trying to get through colic and a lack of sleep, our PEPS group was there with tips, suggestions, and sympathy. When we could not get our baby to eat anything other than peas, our PEPS group was there with other eating ideas and good ways to get our little guy to be happy eating a variety of foods.

That's the thing about PEPS. We know the friends we made will be there through thick and thin. Our friends from when my son was a baby are still our friends five years later, and we still talk about getting ready for Kindergarten, having more kids, and the struggle to have

a “normal” life. And we don't just meet and talk about kids, either. We've had parent's nights out where we can relax and talk about something (anything!) other than kid stuff. The value in those nights is immeasurable.

Clearly, I love PEPS. I'm not sure how we would have made it through the first six months without our wonderful PEPS group and incredible PEPS leader. And when I hear about people struggling through those tough early weeks (or months) of a newborn baby, I tell them all the same thing: Join PEPS!

FATHERS DAY SPECIAL

One Stay-at-Home-Dad's Perspective

by David Baty, Resident Village Green



What if you had the chance to spend more time to pursue some of your big ideas and spend more time with your kid? That is what I do as a stay-at-home dad for my 9-year old son, Spencer.

Of course, this requires a gainfully employed, supportive, and trusting spouse. My wife is a great mom and in some ways I had to qualify for the job. She says I'm the most engaged dad she knows, so I guess I passed. I think that still puts me a few levels below so many of the deeply involved, highly skilled moms

I don't think I'm necessarily more impactful than some of the great "go-to-work" dads either. But I do get more time play to play catch, chess, help with homework, share stories, and cultivate geekiness through joint projects like custom bicycles, computers, and I'm being pushed hard for a go-kart project.

As a stay at home-dad, I see how much of growing up is about pushing against your limits. I frequently find myself in the position of asking more of my son than was asked of me when I was his age. In this regard my parental help seems ineffective. That makes me a bigot, operating at my level of incompetence à la the Peter Principle. Oddly enough, this is where I do some of my best parenting. It's where deeper mysteries are solved. It goes beyond just setting expectations and accountability. It's the place where parental hopes and aspirations teeter. And, it's the place where I often find myself standing on the edge of the cliff of my upbringing, my cultural, or my shared genetic makeup. This is where my son is not just a passenger of my parenting bus, but a one-of-a-kind mirror reflecting back through me.

Buy helping my son push against the harder limits, I have learned about myself in unexpected, non-trivial ways. It may well be the very place where humanity evolves. But that's just one stay-at-home dad's perspective. Your results may vary.

Through Ups and Downs, Son is Light of Father's Life

by Sondi Lind, YWCA

A few years ago, Issaquah resident and single father Ron Sordahl's life turned upside down. The company where he was working went bankrupt leaving Ron scrambling to find new employment in what was at the time an unfavorable employment market. Not only did Ron lose his job, he was in the middle of a divorce and experiencing a huge transition in his family. With no foreseeable income but a desire to remain living in Issaquah to continue parenting his 13 year old son Tommy, Ron found his way to the affordable living community at the YWCA Family Village in Issaquah Highlands.



Ron grew up in the area with his dad who was the Fire Marshall for Bellevue, and later the City of Redmond. After high school, Ron joined the Navy lived abroad for about 12 years mainly in Japan, also in other smaller Asian countries. Ron speaks, read and writes Japanese. When Ron returned home to the states, he re-located back in the Issaquah area. He's been the student body president at Bellevue College, Lectures Director at the University of Washington, PTA president at his son's school, and has held legislative and other government jobs. Adept at business including sales, imports and exports, and business education, Ron easily landed jobs that allowed him to live comfortably.

Like most of us, Ron did not expect his life to take a major tumble. Like many, Rob set aside money for emergencies and thought he was planning appropriately for his future. But sometimes it only takes a crisis or two to have your whole savings and life plans wiped out. However, the one thing that has stayed consistent is Ron's relationship with his son, Tommy. Ron's face lights up when he talks about Tommy's accomplishments and engagement in his community. Tommy is now in 7th grade at Beaver Lake Middle school. He spends time between his parent's homes and is quite well-adjusted. He does very well in school and is in the Honor Society. He enjoys math and orchestra, is active in Boy Scouts, and is very involved in track and field. Tommy and his dad both volunteer in the community, church, and at Tommy's school.

Beaming like the proud father Ron is, he shares a little of what he values and is thankful for at this time in his life. *"Tommy gets along with everyone and has a good disposition. He loves helping others. I chose to live in Issaquah because it is home and I want to always be here for Tommy. It's often difficult with the cost of living being more. The last few years were not so good. Two years ago, I got a chance to move to the YWCA Family Village and it has helped substantially. I also greatly appreciate the people and the environment. The Family Village has some single Moms, but there are a few of us single Dads, too. I think it is great that we are given the opportunity to live in such a nice neighborhood with good schools and yet not be overwhelmed by daily expenses. I appreciate the opportunity to be a Dad at the YWCA Family Village!"*

Just recently, Ron found employment with a major business in the area and is hopeful that he will continue to rebuild his life.

My Sons, Forever

by Alvin Hao, Resident of Crofton Springs

We never thought we would be so lucky to have our 2nd child so soon. His big brother was only 14-months old when he was born.

It has been quite a lot of work for the past three months. On one hand, we have a new born who needs to eat at least twice every night, on the other hand we have a young toddler who has infinite energy in the day, and wakes up from time to time in the night. Getting sleep, or even a nap, has become a luxury for me.

But I still enjoy it so much.

You know what they say in the "Sibling Preparation" class. A sibling will be jealous of the new baby who has parents' full attention. But big brother Trystan took it surprisingly well. When I took Trystan to the hospital to meet his little brother Travis for the first time, he was so curious about the little guy sleeping beside mom. He kissed Travis, calling him "little brother" in Chinese.

For a 17-month old, Trystan only knows a few words. "Little brother" are two of them, and the ones he says the most often. Every time when he sees that I'm sitting on the couch holding Travis, he runs over, calling, "Hug, hug." I let him hug Travis. He will also pat on him, murmuring "Little brother," then kiss him, and happily run back to his toys, leaving me a melting heart.

Every time Trystan has a snack, he runs to Travis and hands it to his mouth, trying to share with him. And when he sees me bottle-feeding Travis, he will grab and hold the bottle and try to feed his little brother himself. It's such a lovely scene that I don't want to stop him from doing it even though I know it could be kind of dangerous for the younger one.

I understand eventually they will grow up, go to school, leave home, get married and have their own life without their old man nagging around. That's why it's very important for me to enjoy being with them now as much as possible. I'm always amazed when this thought hits me, "Wow, those two cute little guys will be my sons, forever!"



Dad's at Camp Colman's "Dork Dance"



From left to right are Gary Jensen (Alaska Airlines pilot and super diplomatic), Tony Cowan (capable of anything), Glenn Curtis (can fix anything) and Jim Hunter (is everyone's friend). The "Dork Dance" is often the first "dance" a 5th grader will have ever participate in. The kids and adults dress as "dorks": shoes on wrong feet, hoodies over face, crazy glasses.

Pancake Breakfast for ACS Relay for Life

The Pancake Breakfast and Silent Auction held at Blakely Hall last Sunday was a huge success!

surrounding businesses for your recent support and generous donations to the American Cancer Society!

We wish to thank the Issaquah Highlands community and

Your support in the fight against cancer will touch countless lives both in your own community and across the country. The American Cancer Society is working tirelessly to eradicate cancer and to ease the burden of those living with cancer and their caretakers. With your support, the American Cancer Society is saving lives by helping people get well and stay well, funding lifesaving research, and empowering people to fight back against cancer.

Thank you again for all your support!
Roanoke Warriors - Issaquah Highlands TeamRelay for Life, American Cancer Society

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Photos by Jen Trovesi

Highlands Day from page 1

Cowpoke Kid Parade and Opening Ceremony

Wear your favorite cowboy duds and saddle up your bicycles, scooters and strollers! The traditional *Kids on Bikes* parade continues this year!

Line up begins at 9:00am at the intersection of Park Drive and 30th Avenue. The parade will begin at 9:15am, circling Village Green Park. The presentation of the Flag and the National Anthem will conclude the parade and the festival fun will open to everyone!

Tickets for rides will go on sale at 9:30am. Tickets will cost \$1.00 each (*ride prices vary*) or \$20 for an *unlimited fun bracelet*. Cash or Credit Cards accepted.

The festival is called Highlands Day but is *not limited* to participation only by Issaquah Highlands residents. All are welcome to join in this afternoon of summer fun! Invite all your friends and family!

Road Closures and Parking

Park Drive will close for the festival at the intersections of Park Drive and 25th Avenue NE and at Park Drive and 30th Avenue NE. On-street parking is available on surrounding streets and the shops at Village Green. Parking is very limited and residents are encouraged to walk to the festival.

Be a Ranch Hand! VOLUNTEER!

Free lunch and t-shirt to all volunteers! Sign up for a 3-hour shift and still have time to enjoy the Wild West fun! Help with set up before the festival or assist with line and ticket management during the festival. Lots of hands makes clean up after the event go really fast too! Students ages 14 and older can bank community service hours for the next school year. To sign up or for more information contact Christy at christy.g@ihcouncil.org

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 JUNE 29TH

Cowpoke Kid Parade!

- Wear your favorite cowboy duds and saddle up your bicycles, scooters and strollers!
- Parade line up begins at 9:00am at the intersection of Park Drive and 30th Ave

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To volunteer or for more information contact Christy.g@ihcouncil.org
 For festival updates follow us at www.facebook.com/highlands.council or www.ihwebsite.com

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LIVING GREEN

SCHOOL SPOTLIGHT

By Leslie Warrick
Resident of Ashland Park

Grand Ridge Elementary

GRAND RIDGE PTSA
"Ride the Wave" Luau
June 7th (Friday)
6:00 – 8:00pm

Attention all Grand Ridge families, the GR PTSA will be hosting the last school-wide social event of the year! This extremely fun and popular "Ride the Wave" Luau will be held on June 7th from 6:00pm – 8:00pm in the GR Commons.

The Luau is made possible by the hard work of GR PTSA and parent volunteers. Grab your tropical gear and join in on the fun! There will be BBQ food available for purchase, and of course, steel drum music to dance to!



Fifth Grade Farewell Ceremony and Promotion:
June 17th (Monday) from 9:30 – 10:30am

It's that time of year – graduations and promotions approach for all school levels. Grand Ridge will be hosting a 5th grade

Promotion Ceremony for current GR 5th grade students and their families on June 17th. A special reception (hosted by current 4th grade parents) will follow the ceremony. This has been an ongoing tradition, in which 4th grade families host the reception for the 5th grade students and families. If you would like to help out at the event or donate items for this wonderful event, you can contact a 4th grade room parent, or Maureen Bacon at – BaconM@issaquah.wednet.edu



Pacific Cascade MS

Eighth Grade Promotion:
June 14th (Friday) from 1:00 – 2:05pm

PCMS will be hosting an 8th Grade Promotion Ceremony for their students who will be taking the big leap to high school next year. This is a major event for these students! Please come celebrate their new phase in life in the PCMS Commons on June 14th; space is limited – students and only immediate family, please.

The reception will be hosted by 7th grade families. If you would like to participate in the "pay it forward" concept by donating items or your time, please contact your PCMS PTSA.



Issaquah High School

Wrapping up and Preparing for Next Year at Issaquah High School

Early June is jam-packed at Issaquah High School! Seniors will celebrate Prom on June 1st at the Experience Music Project in downtown Seattle. Incoming freshmen will familiarize themselves with how to maximize their high school experience by attending an Activity Fair/Family Night BBQ on June 4th in the I.H.S. Commons Courtyard from 5:30pm – 7:30pm. On June 6th the PTSA will host its final meeting of the year at 9:30am while the student body participates in a 5K run and then everyone will enjoy picking up their yearbook by the end of the day! And don't forget those all important final exams taking place June 10th through June 17th. Whew!

Eastridge Church is the location of this year's senior Baccalaureate at 7pm on June 11th. This event is an annual inspirational celebration for all seniors and their families. It is a nonreligious, intimate event including speakers and performances by senior graduates.

On Wednesday, June 12th at 8:30am in the IHS Commons all graduating seniors are invited to share one last breakfast with their classmates. Graduation rehearsal immediately follows the breakfast in the school gym.

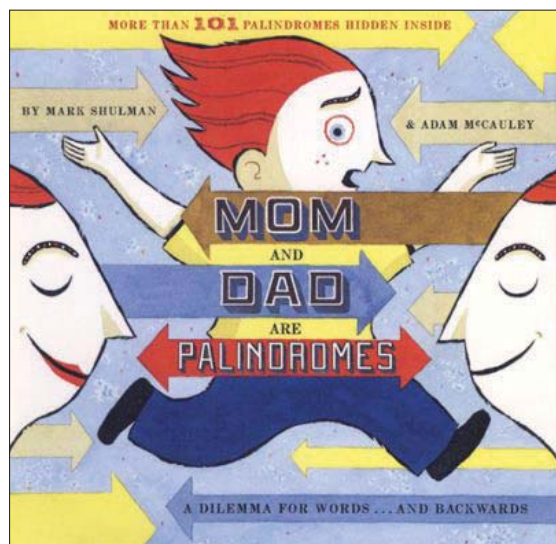
Graduation commencement ceremony takes place at 8pm on June 13th at Safeco Field.

The last day of school for all other students is Tuesday, June 18th. The high school will dismiss at 9:47am.

The 2013-2014 school year begins on Wednesday, September 4th. High School parents, mark your calendars for these important dates:

- September 5th - School pictures
- September 10th – Curriculum Night
- September 25th – Senior Parent Night

	Grand Ridge Elementary	Pacific Cascade MS	Issaquah High
EVENTS	6/3 Kindergarten Concert: Monday, 6:30pm in the Commons	6/4 Choir Concert: 7:00 – 9:00pm	6/1 Prom
	6/7 Ride the Wave Luau: Friday, 6:00 – 8:00pm	6/6 Band Concert: 7:30 – 9:00pm	6/4 Incoming Freshman Activity Fair and Family Night BBQ in the Commons Courtyard: 5:30-7:30pm
	6/17 5th Grade Promotion: Monday, 9:30 – 10:30am	6/11 Orchestra Concert: 7:00 – 9:00pm	6/6 5-K Run and Yearbook Distribution
	6/18 Report Cards and LAST DAY of School!	6/14 8th Grade Promotion: 1:00 – 2:05pm	6/8 Season Finale - IHS Theater: 7:00pm
		6/17 All School Social	6/11 Senior Baccalaureate Eastridge Church: 7:00pm
		6/17 Early Dismissal at 10:25am	6/12 Senior Breakfast and Grad Practice IHS Commons
		6/17 Last Day of School!	6/13 Graduation – Safeco: 8:00pm
			6/18 Last Day of School – early release at 9:47

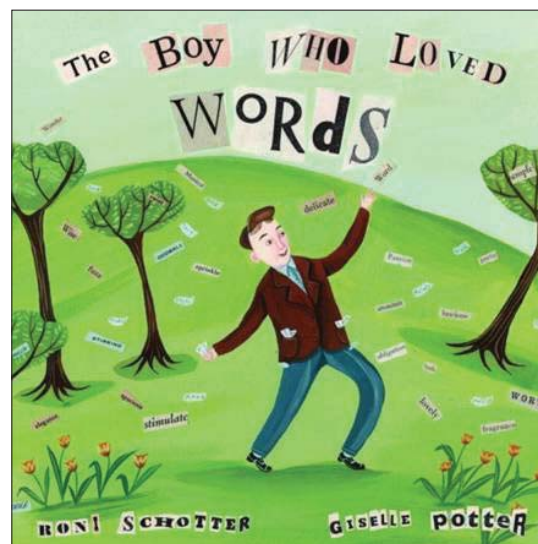


Kids Summer Book Club

Begins Friday, June 7th - 5pm, Ashland Park

The first book chosen for upcoming 2nd graders is "Mom and Dad Are Palindromes" by Mark Shulman, illustrated by Adam McCauley (Chronicle Books, 2006). For 1st graders in the 2013 school year we will read "The Boy Who Loved Words" by Roni Schotter, illustrated by Giselle Potter (Random House, 2006). Kids are encouraged to bring their books to the first meeting although it's not totally necessary. We will talk a bit about the book and how many pages we intend to read before each meeting. Bring a blanket or a sweatshirt to sit on and be prepared to have fun!

Contact Annie Wachter via email:
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Bacon

by Executive Chef Christopher Brown of Sip Wine Bar & Restaurant

mmm.... Bacon, where to start with such a great ingredient, I guess where bacon comes from would be a great starting point.

The most common cut used for bacon in the United States is the pork belly, which is referred to as "streaky", "fatty" or "American Style" outside the US. The belly is cured, either by soaking it a brine or by dry packing it with salt. After curing, the cure is rinsed off, and then the belly is dried for a few weeks or even up to a few months, then it can be smoked or not, and then packaged for sale.

At the restaurant, we use two different types of bacon, Hemplers bacon, out of Ferndale, WA supplies us with all of our regular bacon products. I believe that Front Street Market carries both their regular and pepper bacons. The other type of bacon that we use is the Italian version known as Pancetta, this is my personal favorite, pancetta is usually in a

Bacon Jam

- | | |
|----------|---|
| 1 lbs | Diced Bacon |
| 1/2 ea | Sliced Onion |
| 1/2 ea | Sliced Fennel |
| 1/4 cups | Brown Sugar |
| 1 quarts | Chicken Stock |
| 1/2 ea | Jalapeno Peppers
(Seeded & Small Dice) |
| 2 Tbsp | Honey |
| | Salt & Pepper |

roll form, and this is typically served uncooked and thinly sliced for antipasto, I like to thinly slice it and then dice it and fry it to make it crunch and use it in a salad.



One of my favorite things to do with bacon is to make a bacon jam, we have served this as a part of the breakfast for dinner item that I did a few years ago. Render the bacon until crispy;

remove the bacon leaving the fat in the pot.

Sauté the onion & fennel in the bacon fat, until they have

become translucent, add the brown sugar, chicken stock, and place the bacon back in the pot. Reduce au sec, puree with a stick blender; add the diced Jalapeno peppers and honey and season with kosher salt and pepper to taste. Chill

I love to use this on a piece of grilled bread with a poached duck egg.

(Bacon photos by N. Milligan)



FYI

September 3rd is
International Bacon Day

ASK KARI

Dear Kari,
I'm a well-traveled (50 countries), 55-year-old, heterosexual man. A year ago, I purchased a townhouse in Issaquah Highlands where I now reside alone. Six years ago, I got divorced, and my young son from that marriage spends every weekend with me. I exercise regularly and I am vegan. My problem is that since my divorce, I haven't met anyone. It seems to me I should be somewhat of a catch. But I'm obviously wrong. I do not want to be a father to any more kids. I just want someone with whom I can share my life. Do you see any issues? What can I do?

- **Lonely in the Highlands**

Dear Lonely in the Highlands,
You sound like an interesting man, someone who has seen the world and had many experiences. You also have a reasonable goal of meeting someone with whom you can connect and share your life. But I am concerned with your rigid statements of who you are and what you will accept in a relationship (e.g. you are adamant that you will not serve as a father to other children, which is interesting considering your potential female partner would most likely serve as a parenting role model to your son).

Start with finding someone you have chemistry with, similar interests and outlook on life. Leave the other details to be worked out later. I suggest that if you begin with pursuing a relationship with someone you are drawn to versus measuring them against your checklist, you will find more people to date. Remember, we all have our strengths that are appealing to others, but also a few not so great habits/personality traits. Highlight the positive when beginning a new relationship while also looking realistically at what you can accept long term. Be gentle on yourself and others. Sometimes kindness and friendship is what leads us to love.

- K

Dear Kari,
I really like my neighbor and our children get along well with each other, but her house is filthy. I usually try to host play dates at my house, but she keeps pressing me to come over to her home instead. I can't take seeing the week old dishes in her sink and dirty diapers and trash on her floors. Help, I can't keep putting off letting her host us at her home.

- **Grossed Out Neighbor**

Dear Grossed Out Neighbor,
You are in a delicate social dynamic. You like you neighbor and her

children, but unfortunately her level of cleanliness differs from your own. Unfortunately, I do not believe that telling her your true feelings will go over well. Instead, I think that you need to continue practicing your good manners and make excuses as to why going to her home is not preferable. Maybe you can suggest that you meet in the park or another location to expand your play date locations and see if she loses interest in hosting.

- K

Dear Kari,
My father was good to me when I was young; he always worked hard and provided a nice life for my siblings and me. But, when my parents divorced when I was 13 he refused to pay my mother child support for us since she initiated the divorce. Now, he is elderly and out of money. He asked me for help paying his living expenses. I don't know what to do. I am still hurt that he stopped caring for me when I was younger. Should I help him?

- **Mixed Feelings**

Dear Mixed Feelings,
It must have been painful for you to watch your parents' divorce. And it is difficult for children to see what's really going on. Today, I think it is important for you to do what you most want to. Do not over think it. I always recommend people make their choices based on their heart and what matters to them in the end. If it is important to you to help you father, then do it. Let go of the experiences of the past. Or, if you feel you cannot, then let it be.

Choose from your heart, in this instance that is the only guidance you need.

- K

Kari O'Neill, MSW, LICSW, is a licensed independent clinical social worker and the owner of Issaquah Highlands Counseling Group in Meadow Creek Business Park.

All email user personal information will remain confidential and not be published. Kari is open to all topics: relationships, family dynamics, parenting, love, grief and loss, chronic health issues, career issues, life transitions, and community referrals.

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. We look forward to hearing from you. Please email Kari questions at askkari@me.com.



ARTS & ENTERTAINMENT

Down the Road

by Molly and Marty Fisher, Residents of Ashland Park

It was the biggest gamble of our lives. With two teenage children – a high school sophomore and another one just beginning middle school – the family stakes were high. There were lots of questions, even more fears, and precious few real answers. Should we do it? Could we do it? Why would we do it? Weren't we crazy for even thinking about it?

The question was as straightforward as it was deep: could two native New Yorkers and lifetime East Coasters survive in the Pacific Northwest?

The year was 1998 and we were living in Longwood, Florida, a fast-growing bedroom community east of Orlando, when the job offer from an upstart Northwest coffee company jolted us like a triple-shot of espresso. It took a house-hunting trip that June – ironically during the weekend of the quirky Fremont Summer Solstice Parade – to change our lives forever.

Before the trip, we had done lots of research on the best schools and communities in the area and it was easy to make Issaquah the bull's-eye of our search. But after two days of touring the area with a realtor and spending a memorable day in Fremont, we were very, very torn. The Seattle-area economy was booming and home prices were skyrocketing in 1998. Compared to Florida, the cost of living in the Northwest way seemed way beyond our means.. Ouch.

The trip was a revelation and the outcome was a reality check. We talked the entire 9-hour flight time home, rehearsing the job offer, the costs, the upsides and the downsides and it was clear that as much as it was going to hurt, there only was one responsible thing to do. We decided to turn down the offer.

Luckily for us, fate intervened. Three months later, after an agonizing summer in which we second-guessed the decision every day, Starbucks called with another offer. This time we didn't think about it; we simply said, "Yes!" Fifteen years later, it still remains as one of the most important and satisfying decisions of our lives.

The answer to the question that haunted us for months is an unequivocal "Yes." Native New Yorkers really can survive – and thrive – in the Pacific Northwest.

"We" are Molly and Marty Fisher, now die-hard Northwesters who constantly talk about our love of Issaquah and the metro-Seattle area to all of our East Coast family and friends. Molly, who has a Criminal Justice degree and was a pre-school teacher for 14 years, is an amazing cook and caterer who dreams of owning her own business. Marty, who was the head of Training, Culture and Partner Engagement at Starbucks for eight years, now is the head of Training and Knowledge Management for BECU.

We've grown up and grown together for more than 3 decades. We're the perfect example of how opposites attract. Molly's nurturing, caring, thoughtful approach to the world is contrasted by Marty's curious, inquisitive, adventure-seeking nature. We both love great food, interesting people, delicious wine, all types of music and theatre, and city life in general. We knew we had become locals when we went to a Chateau Ste. Michelle concert on a cold, rainy late summer night prepared with the equipment Northwesters are born having – layers of water-resistant clothing, fleece, a tarp for the ground and a "so what it's raining" attitude. It was an experience we've repeated over and over again – enjoying every minute.

We love living in the Issaquah Highlands. We moved here in 2007, leaving after eight years for a 2 1/2 year career move that took us to Ohio. And although we physically were located in Ohio, we never got over our love of the Northwest. Returning "home" to Issaquah was a no-brainer. We chose the Highlands the second time around because of the beauty, the friendliness (*our street and our neighbors are awesome!*), the local culture, and the promise of future growth. And although we'll be inconvenienced by all of the construction for the next year, our new amenities will be well worth the hassle. The benefits will far outweigh the costs.

In the coming months, we'll use our New York perspective and newly-found Northwest sensibility to give you our take on local arts and entertainment. We'll explore as much of the fabulous local culture as possible and while you may not always agree with us, it always will be an interesting ride.

Cheers! Here's to sharing lots of tasty treats and amazing adventures down the road.

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WIT & TIDBITS

What Do Highlands Dads Really Want?

by Tami Curtis, Two-Slides Neighborhood, or Summit Park

Last month Mr. Miller, Pacific Cascade's band teacher, distributed neckties to his advanced band musicians to be worn at their performances. These were James-Bond-meets-Johnny-Carson, ornate blue herringbone, PTSA-funded compositions. At first I groaned...and then I applauded. To don this permanently-knotted tie you put your head through a noose and zip it up. Yes, a subtle zipper is sewn into the noose, which will theoretically be tucked under the shirt collar. The result is a perfectly dimpled, centered tie that any 13-year-old could master with talk show host panache. "Thank you, Q. But does it also come with a GPS satellite device, heat sensor and liquid nitrogen?" No, but you will look tres chic when laying down your chord progressions.

I wish they had this kind of tie when I was young. Every Father's Day my sister and I would buy my dad a new tie. He wore one every day for his job. It was practical, sure to be worn, but whimsical enough that it didn't fall under the category of a utilitarian gift.

Nowadays, if my boys gave my husband a tie for Father's Day it would be a received as a curious museum artifact. We would tilt our heads and mutter, "What's he going to do with that?" as if were a relic like a yo-yo or game of jacks.

Shopping for dad can be tricky. Some families spend hours researching consumer guides and customer reviews to hone in on just the right leaf blower, hubcaps, grill lighter, beer-making kit, etc. Others coordinate calendars and schedules to plan a getaway in honor of the patriarch. Finally, some pick up the phone and pay their respects to Pops by shooting the breeze. Not every approach to this holiday is the same, and not every dad wants an elaborate form of recognition. But you might be wondering, "What Do Dads in the Issaquah Highlands Really Want For Father's Day?"

To help answer that burning question I took a neighborhood poll, tapping a cross section of six community districts, and men who have been fathers longer than eight years. I wanted seasoned dads. "Give me a short or lengthy response; thought-provoking or shallow - it's all good!" I said. It may come as a surprise to you that no one requested ties this year for Father's Day.



The results of my informal poll were fascinating. We have some big thinkers living amongst us. I like the optimism and creativity with which they responded to my probing question. So, what do dads want for Father's Day? Raj Thiagarajan is hoping that Tiger wins this year's US Open. On a less lofty scale he'd appreciate it if the Highlands had a putting green, or perhaps even a driving range where he and his boys can try out irons, wedges, chippers, and drivers.

I'm seeing a theme here, and it doesn't involve something you can pick up at Fred Meyer.

I received echoed requests from different dads who just want to experience an uninterrupted televised sports game. From Grand Ridge Drive to West Highlands Park, there is a resounding call to be allowed to watch a completely undistracted match, tournament, competition or game. I can hear incredulous wives now muttering, "You mean all he wants for Father's Day is to put his feet up and watch TV all day?!" That one is pretty inexpensive.

Tony Cowan had more targeted goals on his list; chief among them was a practice wall to help rebound soccer balls for kids' practice. He hit a bull's-eye with other dads by mentioning that there's a lack of dart boards in Issaquah. Anyone else aiming to play that game? Finally, it is Tony's ambition to have a Men's Night at Sip. Why do women get a night of discounted drinks? He has a point.

Mat Alancheril doesn't want a tie for Father's Day, but he would like to tie in a workout with some quality family time. Would it be too much to ask for a family-oriented, full-featured health club with indoor tennis and swimming...plus a juice and snack bar? Coming right up, Mat! His other request sent me on a full-blown Google search. Condensed down, Mat would like a Txokos: an exclusive gathering of food enthusiasts who meet to cook, eat and share gastronomic reflections. Sounds yummy!

Please don't cancel the urge to give the dad in your life a treasured tie on account of this column. And please ask your neighborhood dads what they really like about the Highlands, and what would be on their wish list for our community. No idea is too big or too small to daydream about, or to someday make a reality.

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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GRAND RIDGE PLAZA UPDATE

Grand Ridge Plaza Construction Ramps-Up for Openings

by Port Blakely Communities, Issaquah Highlands Master Developer

Construction is at full-speed at Grand Ridge Plaza. Construction crews recently broke ground on several new buildings and continue to work on the parking garage. Construction at Regal Cinemas - the most visible project to date - has moved indoors and is on track for an early summer opening. Following close behind is Safeway, which is anticipated to open in September. Three new restaurants - The RAM, Big Fish Grill and Chinoise Café - are tracking for fall openings. Retailers such as Marshalls, Zumiez and Dick's Sporting Goods will open their doors later this year.

Regency Centers, the developer of Grand Ridge Plaza, recently announced a series of new merchants coming to Issaquah Highlands, including:

MOD Pizza

Inspired by the artisan street pizza of Italy, MOD "made-on-demand" custom pizzas are baked at temperatures in the 800-degree range and are ready in about five minutes. Northwest natives Ally and Scott Svenson developed the MOD Pizza concept and opened the first MOD Pizza at One Union Square in 2008. The company expanded across Seattle and the Eastside, where MOD Pizza offers both dine-in and take-out pizzas and salads.

Frame Central

Founded in Portland, Frame Central is a custom frame shop that also displays and sells works by local artists. In its joint role of frame shop and gallery, Frame Central expanded across Oregon and added two Seattle locations: Capitol Hill and Wallingford. Frame Central also offers art supplies, framed art and mirrors, and the advice of its design staff, many of whom are artists.

MySpine Sports Chiropractic - Now Open!

Issaquah-based MySpine Sports Chiropractic recently opened its second location at Grand Ridge Plaza. Led by Dr. Justin Lee and Dr. David H. Lee, MySpine is located in the existing retail building at the corner of High Street NE and 10th Avenue NE in the space formerly occupied by Allstate. Services offered include ART (Active Release Techniques Soft Tissue Treatment), Kinesio Taping, and the FAKTR concept.

Seattle Sun Tan

Founded in 2004 by Northwest native Scott Swerland, Seattle Sun Tan is billed as the "best tanning destination east of Maui." Today, Seattle Sun Tan operates more than 35 salons throughout the Puget Sound region and recently opened locations in Maple Valley and Fife.

In addition, The UPS Store and Issaquah Highlands Nails recently signed leases, bringing new services and



conveniences to Issaquah Highlands. Other newly-announced merchants include wine and spirits shop BevMO!; men's apparel retailer Jos. A. Bank; family hair salon Great Clips; Jimmy John's Gourmet Sandwiches; Wells Fargo bank; and Sammamish-based pet store Civilized Nature.

With construction already underway at most sites, the majority of retail space is leased with only a handful of locations remaining available. Visit www.regencycenters.com for a map of merchant locations at the new Grand Ridge Plaza.

YWCA is holding a job fair on June 6th. Please see page 28 for more details.

Burgers and Beers: The RAM Issaquah Highlands



One of the Puget Sound's most iconic restaurants is coming to Issaquah Highlands. The RAM Restaurant & Brewery will open to the cheers of burger and beer lovers this fall at Grand Ridge Plaza. According to company officials, construction is tracking for a late September or early October opening.

Known for its craft beers and sports-friendly atmosphere, The RAM has been a popular destination since its founding in 1971. Based in Lakewood (south of Tacoma), The RAM International Family of Restaurants is a family-owned restaurant group founded by University of Washington grads Jeff Iverson Sr. and Cal Chandler, who later passed the company on to their children. Many Issaquah Highlands residents will already know The RAM, thanks in part to the University Village location.

"Our U Village restaurant has been a destination for pre- and post-Husky game gatherings since it opened in the late 1970s," said Jeff Iverson Jr., owner and CEO of RAM International. "The RAM has always been popular with families and that's one

of the reasons we are excited to open in Issaquah



The RAM currently has 21 locations, including 10 in Washington. The RAM Issaquah

Highlands will be its first Eastside location.



Jobs at The RAM

The RAM Issaquah Highlands will employ up to 65 full-time and part-time employees. The hiring process begins eight weeks prior to opening. Applications are available online at www.theram.com. RAM International employs more than 1,900 people.

Highlands. We serve a diverse demographic, especially parents with young children."

Designed by Seattle architect Keith Smith, the 6,500-square-foot restaurant at the corner of Park Drive NE and 10th Avenue NE will feature seating for up to 230 guests, as well as ample patio seating for up to 80. Guests will enjoy views of the Issaquah Alps while sampling from The RAM's six microbrews and the seasonal brews that rotate throughout the year. Handcrafted beers - including the award-winning Big Red Ale and Disorder Porter

- will be brewed close to home at locations such as University Village.

According to Regional Leader Marty Hillis, The RAM first explored the opportunity to build in Issaquah Highlands in 2005: "More than eight years ago, we recognized that the Issaquah Highlands community could be a great fit for The RAM. While it has taken longer than we hoped, we're happy to have found a new home in Issaquah Highlands."

The RAM International Family of Restaurants began with one restaurant in Lakewood and slowly expanded across the Puget Sound and into six states, including Oregon and Idaho. Over the years, the company grew its brand in Colorado, where it owns six CB & Potts Restaurants & Brewery locations. The RAM also owns C.I. Shenanigans in Tacoma, Murphy's in Boise, and Sonrisa in Seattle.

HIGHLANDS FIBER NETWORK

Fiber Networks: Our Twenty-First Century Highway System

by Port Blakely Communities, Issaquah Highlands Developer

Speed, durability and reliability are among the reasons more communities are building fiber optic networks today. For decades, fiber optic networks were used to transmit large volumes of traffic across the country. Until recently, the economics of connecting fiber directly to the home – creating a fiber-to-the-home (FTTH) network – made it unachievable for many communities. Here in Issaquah Highlands, we already have our own FTTH network, Highlands Fiber Network. Installed in the early days of construction, HFN has become a significant community benefit.

Industry leaders agree that fiber optic networks have the potential to spur economic development and support public organizations, including schools. Today, cities from Chattanooga to Oakland to Shelton, Washington, as well as master-planned communities such as Bridgeland near Houston, are building fiber networks.

HFN User Satisfaction Rates High

According to a January 2013 community survey conducted by Moore Information, HFN service is important to a large majority of Issaquah Highlands residents:

More than 70% of respondents gave HFN an "above average" rating, with 38% giving HFN an "excellent" rating.

(HFN already has gigabit service with 100 megabits per second upload speed.) Here in the Puget Sound, the City of Seattle is working to connect neighborhoods with high-speed fiber broadband internet. Together with partners such as Gigabit Squared and the University of Washington, Seattle is using its existing dark fiber as the backbone of a new fiber broadband network. (Dark fiber is the term for fiber optic cable that is not in current use.)

When competing to attract new businesses, infrastructure is one of the primary ways that communities, business parks and cities make themselves more competitive. For example, small businesses and home offices that deal with large amounts of data, such as design firms, often seek out fiber optic networks.

HFN at FTTH National Summit

by Dan Sivils, Director of Internet Operations, ISOMEDIA Inc., Manager of HFN

Recognized as groundbreaking pioneers of community fiber networks, Highlands Fiber Network (HFN) participated in a panel presentation at the Broadband Communities Fiber-To-The-Home National Summit in April in Dallas, Texas. The summit welcomed Fiber-To-The-Home (FTTH) network operators from around the world, including Google Fiber, ATT, Verizon and Comcast, as well as state and national politicians. The annual summit is hosted by two recognized leaders in the FTTH industry and development: Broadband Communities and the Fiber to the Home Council.

Attendees were eager to hear the HFN story and were impressed that the Issaquah Highlands already had a Gigabit Fiber network, offering Gigabit speeds even before Google launched in Kansas City. The Issaquah Highlands Fiber Network is seen as a pioneering influence for other communities



and is envied for its speed and stability. The summit proved valuable for HFN as well. HFN learned about advanced services such as telemedicine, home automation and online entertainment media. Over the top, or OTT, recently became the preferred term for delivering video content to your TV, laptop, or tablet, over your Internet connection. OTT was a hot discussion topic at the summit.

The consensus amongst industry attendees was that television and cable content is moving towards being watched via the Internet. Content creators are working fast to move to a more Internet-based distribution

At Issaquah Highlands, the HFN story began close to 20 years ago when Port Blakely Communities created the vision for Issaquah Highlands as a connected community. The community's master plan envisioned a community where residents connect in many ways, building a strong sense of place and enriching the quality of life. HFN not only connected residents online, it offered the high bandwidth necessary for residents to take advantage of growing opportunities to work from home or run a home-based business – opportunities that continue to increase in the digital economy.

Looking at future potential, industry leaders hope that fiber optic networks will have the same impact as the creation of the Interstate Highway System did in the 1950s: physically connecting the country and making an impact on economic growth. Yet unlike the highways we travel, fiber optic networks won't require seasonal roadwork.

Awareness is high regarding HFN service: 74% of respondents are aware "HFN offers higher bandwidth than any other ISP in the area, up to one gigabit" and 73% are aware "HFN provides 24-hour tech support and customer service."

Importantly, elimination of HFN service would have a negative impact on the majority of Issaquah Highlands residents. Specifically, 58% of respondents say if HFN were no longer an option for their home Internet service, this would have a "negative" impact on their household.

Fiber Optics: Fast Facts*

*Source: ISLR (Institute for Self-Reliance)

- The high cost of new fiber networks is mostly the labor to put the cables in place on poles or in conduit underground; operating costs are lower than for cable, DSL, or wireless networks.
- Fiber optic networks are reliable, resilient, and use technology that offers nearly unlimited expansion. They have fewer points of failure than copper and cable networks.
- Fiber strands last for decades.

Fiber To The Home Pioneers

The first fiber-to-the-home networks in the United States are now about a decade old. How future proof did they turn out to be? Most are still in operation and still producing benefits for their communities. In this session, hear the FTTH pioneers tell their stories and reflect on the changes that have taken place in the market and the technology over the past decade.

Moderator:

Masha Zager
Editor, Broadband Communities

Speakers:

William Strickler
President, Prime Time Cable & TUFF TV 38

Stephen Milton
CTO/CEO, ISOMEDIA (HFN)

Mark Arnold
Telecommunications Crew Leader,
Borough of Kutztown

model including OTT streaming and downloads. As these new entertainment services mature, more flexible channel options for residents will be offered at significantly reduced prices. Due to these industry changes, many FTTH networks are pulling back on current TV implementations, or moving their television services to Internet based alternatives. HFN is continuing discussions with providers on how we can get these new services for HFN subscribers.

The key to making OTT work is for network operators to have very fast network speeds with limited, or no bandwidth limits, at an economical price for customers. All of which Highlands Fiber Network already offers the community with our Quantum Internet options.

John L. Scott
REAL ESTATE

Suzanne Thompson
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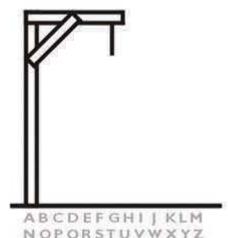
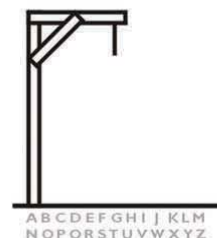
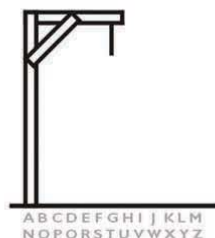
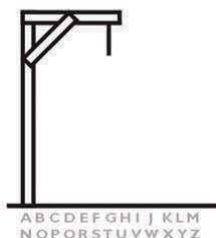
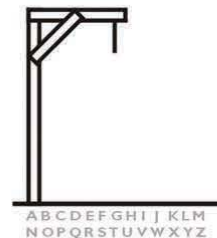
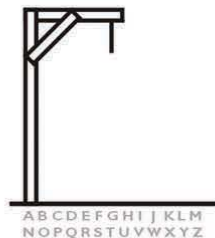
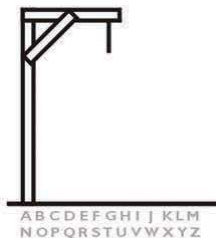
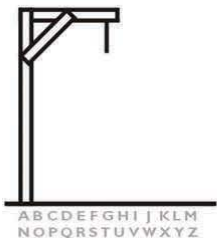
Kids Corner!

Hangman Championship Challenge!

The person that is going first makes up a word in his mind. This player will write down blank spaces for the made up word. The other players guess a letter and if it's correct, you put it in the blank. If it's incorrect you put a head on the hangman. Draw another body part for every other wrong guess. To win, guess the word before you complete the body.

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VOLUNTEER OF THE MONTH: BEN RUSH

Ben Rush Volunteer of the Month – June 2013



The Pacific Northwest has the most beautiful summers if you can wait out the rain of the fall, winter and spring. I've heard this countless times from both locals and visitors alike and I can't think of a truer statement. Truth be told, I have lived in the Pacific Northwest my entire life and one of those strange individuals that actually looks forward to the rain after it has been gone a while in late summer.

I moved to Seattle in 2004 after growing up in Portland, Oregon and a few short years later was searching for a rental house with my fiancé Kristen and our three month old Golden Retriever, Jack. I always loved the feel of Issaquah and was drawn to The Highlands immediately because of its well thought out design and community feel. We rented

a house for a year and after getting married decided this was the place for us and bought our home. We have lived in this community for almost 6 years now and a lot has changed for us... two sons and another dog. Yes, if you passed that crazy dad that was pushing a double stroller

with two kids while walking two dogs at the same time... it might have been me.

How did I get involved with volunteering? I had a friend in the neighborhood suggest I apply for an open position with the Architectural Review Committee (ARC) and before I knew it I was part of the group. Why did I do it? Initially it was wanting to give back, help out, be more involved and plugged into the community. What it ended up being was a unique insight to how big of a job it is to keep the 'gears turning' and the lights on. Let's face it, our community is larger in size and population than some towns! Being involved ensures the diversity and opposing points of view that are critical when it comes to developing a community that works for everybody. I've been on the ARC for almost two years now, still enjoy watching the group try to help find ways to provide the individualism homeowners seek while ensuring the look and feel of our community remains acceptable to all.

It's an exciting time with new business investing in our community. The retail space is being built at what feels like a unreal pace and soon we are going to have more people visiting and working in our community and helping it to prosper. If you have thought about volunteering but didn't know what was involved or maybe just felt you wouldn't have much to contribute, take a minute to learn more about it. You might meet some new friends and have a better understanding and respect for what makes your community run.

CLUB PROFILE: ZUMBA



We asked Cindy Klenk, Zumba in Issaquah Highlands' founder and fearless leader, to tell us a little about her club. Highlands Council refers to the groups it supports as clubs, even though they may have another name: Poker Night, Playgroup, Yoga Classes, etc. But Zumba is like no other club, it's more like a party! Here are a few of the details.

Q: When did you start Zumba in Issaquah Highlands?

Cindy: I started teaching Zumba Fitness in the Highlands in 2009. My original class location was the fire station, which was quickly outgrown :)

Q: How many people attend?

Cindy: The number varies, but a good average would be 25, which leaves room for everyone to shake it!

Q: What ages, gender?

Cindy: From 13 to 65! They are mostly gals, but it's great when we have guys come! Husbands and wives exercising, laughing and shaking it is a wonderful thing to see!!

Q: What's the dif between Zumba Fitness (r) and Zumba Toning(r)?

Cindy: "Normal" Zumba Fitness is a bit more free form in movement. Zumba Toning differs in a couple of respects:

- Zumba Toning is done with toning stix, which are a lightweight elongated dumb bell that shake-shake-shakes like a maraca! It is not to build bulk muscle but rather to tone, elongate and shape your muscles.
- Zumba Toning is more structured to allow you to work specific muscle groups in a particular way - all the while shaking it (with your stix) and shaking your party thing!

Q: Why do most people attend Zumba?

Cindy: People come to Zumba for everything from just coming to have fun and camaraderie to serious weight loss and body shaping commitments – it's amazing to be able to help people to meet whatever their fitness and fun goal is!

Q: What are your future plans for Zumba?

Cindy: To help spread the happiness and fun, and help anyone and everyone meet their fitness goals. And to contribute 2000 pounds of food to the local food bank, this year 2013 (Double last year's goal!!). The only charge to attend the class is a donation of non-perishable food for the food bank! I call it trading your calories for fun and sweat!! - Zumba Fitness LLC is also committed to helping to ease world hunger, and is contributing 14 cents per 700 calories (my class is between 700 and a thousand calories depending on your personal goals and fitness) - world wide - with thousands of people ditching the workout and joining the party every single day - this is a huge amount of money! It's being tracked through an iPhone app.

Zumba is free and open for all to attend. Regular meetings are at Blakely Hall on Tuesday evenings at 7pm and Saturday mornings at 9am.

(Zumba, Zumba Fitness and Zumba Toning are all registered trademarks)



BLAKELY HALL ART GALLERY

Now Showing: Dorothy Bonneau

Blakely Hall is pleased to exhibit the works of local artist Dorothy Bonneau, curated by Issaquah Highland resident and artEAST member Jan Lipetz. Stop in and enjoy the colorful abstract



and landscape oil paintings this month and then be sure and bring the family to Highlands Day and visit her expanded exhibition of farm animal paintings that match the theme of this year's festival.

Inspired by the impact of light on objects, Dorothy describes her work as, "all about color and emotion." She tries to capture that "first feeling", turning a moment into a portrait. Dorothy and her husband live and maintain a studio in Redmond. They work collaboratively on ceramic sculpture and individually on paintings.

Dorothy trained in portraiture under the guidance of Christopher Clark and Constance Miller in Tampa, Florida and also worked with Roman and Constantine Chatov in Atlanta during the 1970's. Her paintings have been exhibited across the United States and Europe. For more information visit her website: www.dorothybonneau.com

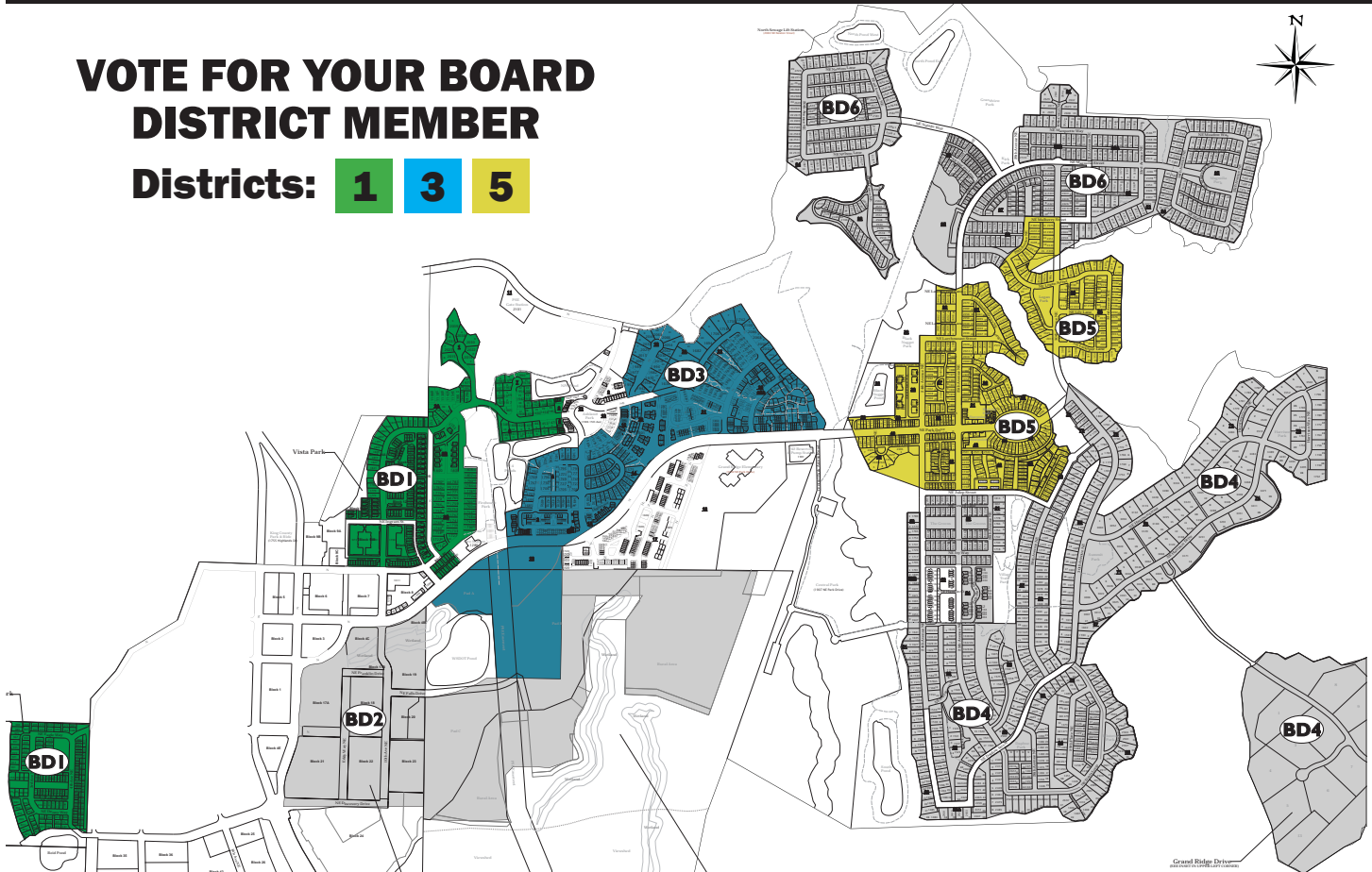
Highlands Council seeks to enrich community life through the arts. The art exhibits inside Blakely Hall are made possible through an ongoing partnership between Highlands Council and artEAST and a grant from 4Culture.



ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

VOTE FOR YOUR BOARD DISTRICT MEMBER

Districts: **1** **3** **5**



Do you live in the highlighted areas? IHCA is divided into six voting districts. Each District elects a member to be their representative on the IHCA Board of Directors. Board of Director Districts 1, 3, and 5 are each open for Board elections. The Nomination Committee has qualified the featured applicants and the individual districts will elect a new member. The web election (visit www.ihwebsite.com for details) will take place on June 1 – June 15. Full candidate resumes can also be found at www.ihwebsite.com.

District #1



Scott McKay: I have a strong desire to be involved in implementing changes that will make our neighborhood more appealing and desirable for homeowners in the years ahead. I feel it is important for someone who lives in the neighborhood to take pride in making our community the best place to live. Strong leadership and effective communication is needed to make sure that we have consensus for change and enforcement.

I hope to help create a well-organized voice of the community that is aligned and focused on the priorities of neighborhood improvement.

I've been married for 10 years to my wife Kristin. We have twin daughters Avery and Abigail who attend Grand Ridge this year. I enjoy golf, snowboarding, coaching my daughter's softball and soccer teams.



Jason Morrison: Since moving to the Issaquah Highlands in 2008 I have enjoyed the prospects of being part of a growing community and helping shape its future.

I seek out challenges so I can plan, document, and execute solutions. If I see a problem, I am constantly looking for a solution. I take in feedback from many sources and assemble proposals to solve the issues. I am fair minded person and empathetic while making decisions.



Dan Vradenburg: I am a pragmatic problem solver who has gained an enterprise-wide perspective from varied assignments as a Boeing manager that span across all major business units and corporate. I have extensive experience serving on boards and committees.

I would like to ensure Issaquah Highlands remains the most livable planned community achievable in harmony with our environment and the continued development of our community and adjacent developments. I also want to create a collaborative, win-win relationship between and amongst the Board of Directors and the neighborhoods of Issaquah Highlands.

I live in the highlands with my wife and my two children who are attending college. I enjoy gardening, hiking and travel.

District #5



Nilendu Pal: I have watched the Issaquah Highlands grow for the past seven years and would like to contribute to the continued growth and prosperity of the neighborhood. It is an amazing place to live, work and raise a family and I would like to see it remain that way.

My family and I enjoy the social aspect of the urban village environment and would like to see more participation and involvement from the neighbors to keep interesting activities going.



Jim Young: I am the current President of the IHCA Board of Directors and I have also served as IHCA Treasurer and lead the Finance Committee. I was appointed to District 2 at large position but I would like to serve in District 5 where I reside.

I would like to continue the work on the projects that I have started with the board and the community by implementing the board's five year plan as the IHCA continues to grow. I would like to improve the appreciation of our diverse community and all that its residents can offer. I would like to continue to recruit new individuals to serve on our committees and on the board.

ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

Improvements coming to Bark Park!!!

The Issaquah Highlands Community Association (IHCA) is in the process of making exciting improvements to Bark Park. For those that own a dog and use the park on a regular basis, you may have noticed the poor condition of the park, especially when it rains. The park had a poor drainage system, very little grass growing in the main area and as a result, was difficult to maintain. The IHCA maintenance and landscape crews have been hard at work to correct these problems. Over the past couple of months, we have installed 960 linear feet of board to secure the fencing and make it easier to maintain. We have also installed 132 linear feet of board around the wood chips to secure this area and make a smooth transition to the grassy area. Additionally, we have installed irrigation lines and a new drainage system to support the new turf that has been planted. The new turf area consists of over 300 lbs. of new grass seed, 90 cubic feet of compost and almost 400 cubic yards of topsoil. This allowed us to re-seed about 20,000 sq. ft. of steep slope and add 6 inches of topsoil to the 20,000 sq. ft. of turf area.

We realize that dog owners and their dogs have been unable to use the grassy areas of the park while these improvements are being done. We appreciate your patience throughout this process. These upgrades will allow the park to continue to be a favorite place for dog owners and their dogs and also a viable asset to the community for many years to come. It is anticipated that Bark Park will reopen the middle of June.



Issaquah Highlands Community-Wide Garage Sale

Whether it's called a yard sale or a garage sale, it's a summer tradition. The semi-annual Issaquah Highlands community garage sale is scheduled for June 15, 2013. The next garage sale will be September 21, 2013. These are the ONLY times during the year that you can have a garage sale on your property.

Issaquah Highlands offers its residents numerous ways to be involved in community activities and meeting neighbors. The semi-annual garage sale is a wonderful opportunity to be involved and meet your neighbors in addition to ridding your home of clutter!

The IHCA will advertise in local newspapers, craigslist and other media outlets. You may put directional signs to your property, but they must be removed immediately following the sale. Goodwill be locate a truck in the community, if upon completion of your sale, you wish to donate unsold items. For more details, see May Connections.



Environmental Stewardship Program to Benefit Issaquah Schools

Port Blakely Companies and Issaquah Schools Foundation provide catalyst for new program

Ninth graders at all Issaquah School District high schools will soon benefit from a new environmental stewardship education program, culminating in a field trip to Tiger Mountain and a hands-on stewardship event. More than 180 students can expect to participate in the Environmental Stewardship Learning Opportunity program, which will be supported by an Issaquah Schools Foundation grant funded by Port Blakely Companies. Port Blakely Companies is the parent company of Port Blakely Communities, the master developer of Issaquah Highlands.

Port Blakely Communities created the grant in celebration of 20 years of development activity in Issaquah Highlands, where it has applied principles of environmental stewardship to every aspect of development.

"As we complete our role at Issaquah Highlands, we're grateful for all the many partners who've helped build community at Issaquah Highlands and we're committed to creating a legacy of environmental stewardship," said René Ancinas, president of Port Blakely Communities and CEO of Port Blakely Companies. "The leading educational, environmental and business partners collaborating to create the Environmental Stewardship program are true community builders. We're excited to help launch this new program, knowing it will make a meaningful impact for years to come."

In establishing the Port Blakely Environmental Stewardship Challenge Grant, Port Blakely contributed \$20,000 and is challenging other local companies to contribute. The Issaquah Schools Foundation recently announced that DevCo (developer of Discovery Heights), Polygon Northwest (developer of Forest Ridge and The Brownstones), and the Issaquah Highlands surgeons of the Proliance Highlands Medical Center made generous contributions to the program. At the May 9 Issaquah Schools Foundation annual benefit luncheon, Port Blakely Communities encouraged other Issaquah Highlands businesses to join them in supporting this new education initiative.

About the program:

More than 180 students at all three Issaquah high schools will participate. The Issaquah School District selected the program curriculum, which was developed by the Mountains to Sound Greenway Trust.

Program comprises four segments including a hands-on stewardship event.

The Mountains to Sound Greenway Education Program teaches similar programs in King County, focusing on the challenges of sustaining a healthy, natural environment in balance with the needs of a growing population. Learn more at mtsgreenway.org.



Representatives of the Issaquah Schools Foundation, Mountains to Sound Greenway Trust, Port Blakely Companies and Polygon Homes celebrate the launch of the Environmental Stewardship Learning Opportunity program on May 9 at the Issaquah Schools Foundation benefit luncheon. From left to right: Sally Brunette, ISF Board of Trustees; Tim Diller, Port Blakely Communities; Larry Norton, Highlands Council Board of Trustees; Sarah Phillips, IHCA; René Ancinas, Port Blakely Companies; Amy Brockhaus, Mountain to Sound Greenway Trust; Kurt Fraese, Mountain to Sound Greenway Trust; John Shaw, Port Blakely Communities; Robin Callahan, Issaquah Schools Foundation; Gary Young, Polygon Homes.

Grand Opening! Aji Sushi & Grill

Aji Sushi & Grill
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Issaquah, WA 98029
(425) 369-8900

Open Daily:
Monday – Sunday 11am – 10pm



IHCA Annual Meeting

The IHCA Annual Meeting will be held on June 29, 2013 at 2:30 p.m., immediately following the conclusion of Highlands Day festivities in Blakely Hall.

Agenda Items are as follows:

- Call to Order
- Approval of Minutes
- Announcement of Board Member Election Results
- Adjournment

Members' attendance is required at this meeting either in person or by proxy. Proxy forms and complete meeting packet are available at www.ihwebsite.com

COMMUNITY LANDSCAPE UPDATES

Those Pesky Tent Caterpillars

Every spring the larval stage of *Malacosoma californicum pluviale* Dyar, commonly known as the western tent caterpillar, emerges in various trees in and around Issaquah Highlands. To many people, it brings to mind the notorious gypsy moth (which it is not), and the high level of destruction associated with the gypsy moth. By comparison, our local "tent cat" is tame but can be a bit messy. It usually only feeds on part of a tree or shrub and does not usually move to other plants. Our usual and preferred treatment is to prune off **reachable** nests and destroy them. As our community's trees continue to grow, the number of nests which are out of our reach will continue to grow.

Chemical sprays are not used on insects at Issaquah Highlands. Typical June weather can also prevent the effective use of bacterial sprays such as *Bacillus thuringiensis* (Bt). On the other hand, the "tent cats" are popular food for many species of birds and are even the preferred nurseries of certain species of parasitic wasps. By using fewer insecticides, we allow natural controls to do their work and leave the planet – and community – a healthier place.

English Ivy – Prohibited in Issaquah Highlands

This is a common, even familiar groundcover known to many people. More recently English Ivy, *Hedera helix*, has become something of a public enemy. It has spread beyond its intended plantings to take over swaths of public land and parks. Its seedlings show up everywhere, adding to its spread. Though it is not yet classified as a noxious weed, it has become less popular and less available for new plantings. In fact, at Issaquah Highlands

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

English Ivy is specifically prohibited (see Architectural Review Committee's (ARC) approved plant list at www.ihwebsite.com).

It is not used in any approved common areas and IHCA crews never plant it during our annual planting campaigns. It has been found in a couple of locations, though, having apparently been planted without ARC approval. In addition to spreading aggressively, ivy often suffocates all competing vegetation, creating a monoculture that is detrimental to the environment in general and especially trees and slopes. Amazingly, despite its tendency to grip and root everywhere, it does a very poor job of holding slopes in place. Monocultures of ivy have become so pervasive that English Ivy is now banned from sale in Oregon where massive volunteer and public efforts are underway to remove it from parks and open spaces.



As ivy reaches about 15 years of age it begins to bloom, sending up woody, ugly growths which sport the odd and inconspicuous flowers of the species. They are a popular source of food for birds due to their bloom time, thus helping to spread the vine. Once a planting of English ivy reaches blooming age it never stops so the ugly upright growths remain in place, being added to over time. The best control for English ivy is to never plant it. If you have it, consider removing it before it reaches flowering age when its appearance changes for the worse and it begins spreading by seed.

Meet Your Team | Jaime Portillo

Jaime Portillo joined the IHCA Landscape division as a groundskeeper in April 2009, but his reliability and knowledge gives us the sense that he's been here since the community was developed. Jamie worked as a seasonal worker until the IHCA was able to hire him full-time when they took on additional in-house responsibilities that were previously performed by an outside contractor. Today Jaime is the lead crew member for our landscape beds – often just a "crew" of one – but he enjoys the work and appreciates support from his teammates when they are available. Jaime is one of our five licensed pesticide applicators and is now working on obtaining his Integrated Pest Management certificate from Washington State University Extension.



Jaime enjoys taking his kids to the park to play. His favorite food is pupusas (stuffed mesa flatbread) which is a Salvadoran dish. Jaime is a native of San Salvador, El Salvador and currently resides in Renton. He and his wife, Cecibel, have two children (including recent arrival Daniel) and attend the Pentecostal Church.



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2013 Issaquah Basketball Camps

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Cost: \$150

Location: Issaquah High School Main Gym

Fall 2013 Grade	Tuesday June 18th		Wed - Fri June 19th - 21st
4th - 6th	4:00 - 6:00	and	9:00 - 12:00
7th - 9th	7:00 - 9:00	and	1:00 - 4:00

e-mail Coach Griffith at griffaccord@hotmail.com or call 425-765-8223 for registration form or questions

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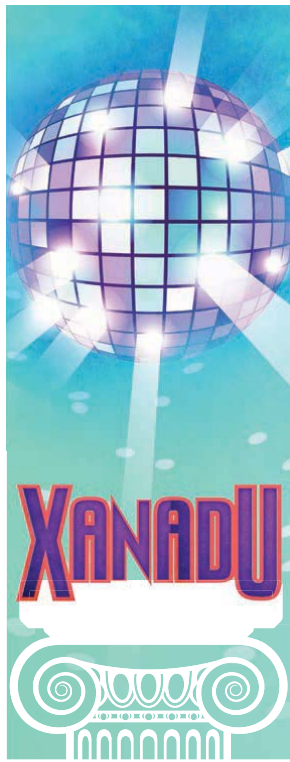
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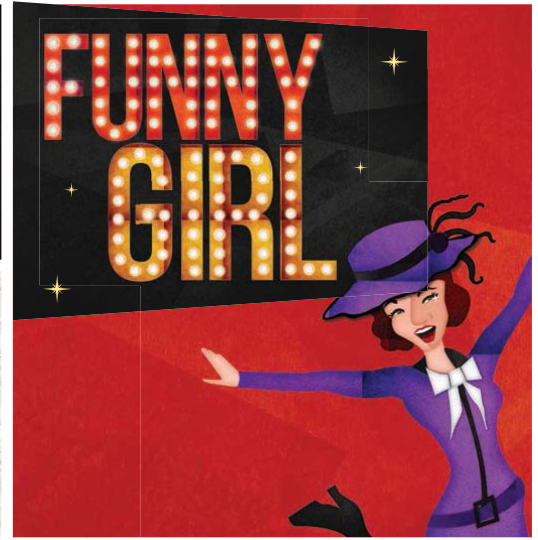
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-Laura S., Nurse



Weight Loss that Actually works!

NEWS FROM THE CITY OF ISSAQUAH

Check the Farmers Market Calendar Online!



Farmer's Market,
Historic Pickering Barn,
Every Saturday,
9am – 2pm

Visit us online! The market's spring and summer calendar is now available at issaquahwa.gov/market.

Free Film Event: "Lassie, Come Home"

The next Second Saturday Film will feature "Lassie, Come Home" from 7-9:30 p.m. June 8 at City Hall, 130 E. Sunset Way.

After her destitute family is forced to sell her, a collie named Lassie escapes from her new owner and begins the long trek from Scotland to her Yorkshire home. Starring Roddy McDowall and a very young Elizabeth Taylor.



Concerts on the Green Return for Summer

Concerts on the Green, a summertime tradition in Issaquah, return for the season July 9. Enjoy free, family-friendly concerts in a wonderful outdoor setting outside the Issaquah Community Center.

Concerts run from 7-8:30 p.m. Crowds often begin gathering as early as 6 p.m. for community picnicking. The series continues every Tuesday evening through Aug. 27.

On-site concessions are provided by the Kiwanis Club of Issaquah. No alcohol or pets, please.

The concerts are presented by the City of Issaquah Parks and Recreation Department and the City of Issaquah Arts Commission, in collaboration with the Kiwanis Club of Issaquah.

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



Family Fridays at the Pool Start With a Splash

Splash into summer as Family Fridays at the Pool dip into Julius Boehm Pool. For more information see the City of Issaquah website, Parks and Recreation.

Family Skwim Night, Friday, June 7, 6:30-9 p.m.

Family Friday at the Pool will be Family Skwim Night! Skwim is a fun game the entire family can play. It's a cross between water polo and ultimate Frisbee. Flotation and flippers are used so everyone has fun! The monthly event promises a soaking good time for swimmers of all ages. The drop-in fees are \$10 per family, \$4 per adult and \$3 per youth/senior.



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FITNESS CORNER

I Moved Here for the Paragliding Views

by Jorge Duran, Resident of West Highlands Park

I started paragliding in October 2007 and it wasn't until then that I was fortunate to experience free flight. It is a hard feeling to describe. It is not an adrenaline rush, quite the contrary. It is quite zen.

That's how I first discovered Issaquah Highlands, from the air. I used to live in Snoqualmie Ridge and even since I started flying I started dreaming about living closer to my playground. The Highlands makes for a great



If a paraglider pilot lands in one of our many parks, come by and say, "Hello." We will be happy to talk about our flight and how we got there.



place to fly and a great bail-out if conditions don't grant you that elusive flight from Poo Poo Point to North Bend.

I also discovered the Highlands from the ground. When I was not able to fly because of commitments forcing me to miss

my window of opportunity, I was able to enjoy paragliding by watching them fly from either the patio of Sip or Agave. It is really quite a dramatic scene to see many gliders in the air, painting a multicolored canvas on top of both Tiger and Squak Mountain. I realized then that there was a lot more to the Highlands than I originally knew. Eventually I made my dream a reality and moved here.

I would like to share with my new neighborhood that there is more to paragliding than people hanging by lines and cloth in the air. The pilot community is a wonderful one held together by their passion for flying and a love for the area where we are permitted to fly. Many consider Issaquah their second home since they probably spend as much time here as they do at home. Many pilots will land on the Highlands and celebrate their flights at Agave or Sip or get a coffee for the long trek back to Tiger Mountain.



Now that our weather has turned a page for the better, come out and enjoy the view. If a paraglider pilot lands in one of our many parks, come by and say, "Hello." We will be happy to talk about our flight and how we got there. Also since we are a friendly bunch don't hesitate to give one of us a ride if you see us carrying a very large backpack on our way back from the Highlands.

Mountain Bike Post-Ride Routine

by Erick K. Harada, DPT, Highlands Physical Therapy

With mountain biking season in full swing, I see more and more aches and pains of the neck and upper back that are associated with the constant forward position on the bike. A few months back I gave you stretches to limber up your body prior to riding. This month, I will be giving you stretches for post-ride to prevent those tight shoulders, headaches, or mid-back pains.

Upper trap stretch

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



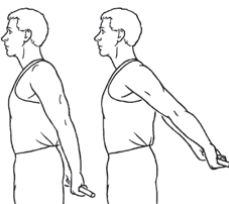
Levator scap stretch

1. Place right arm across low back and turn head down toward other side.
2. Gently increase stretch by pulling down on head towards your arm pit
3. Hold 30 seconds.



Chest and thoracic spine stretch

1. Stand holding hands behind back.
2. Raise arms behind your back as far as possible and press chest forward.
3. Hold 3 seconds.



These exercises, combined with your normal post-ride stretches will help keep your upper shoulders and back loose to allow a longer and pain-free riding season! If you have any pains during your stretching routine, contact a physical therapist. Otherwise, I'll see you on the trails!

Duthie Hill Mountain Bike Festival

by Paul Sanders, Resident at Enclave Condos

For those not familiar with Duthie Hill Mountain Bike Park, It is a King County Park designated for mountain bike trails. The trails are designed to accommodate riders of all skills from beginners and children to expert level riders. There are cross country trails for those who want to keep the wheels on the ground, and jump trails for those who don't.

A mountain bike festival is held every year to mark the anniversary of the official opening of the park. To celebrate, organizers have arranged for a variety of bicycle vendors to come and provide new bike demos, there will be several local shops participating, many with their own demos and many other bicycle component vendors with new products on display. Activities for the day will include Racing, Jump competitions, skills clinics for all levels of riders, live music, and food. The event is very family oriented, so bring your bikes or come ready to ride one of the many demos available.

More information about the event and parking can be found at: evergreenmtb.org



evergreen MOUNTAIN BIKE ALLIANCE
EST. 1988
Evergreen Mountain Bike Festival
Duthie Hill Park
Saturday, June 8, 2013
9:00AM - 9:00 PM

Don't Drive There – Ride!

*Thousands are expected to attend
Ride our direct trail route:*

East then North on the Grand Ridge Trail
Maps available on-line through King County Parks,
or at Blakely Hall

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

Don't Keep Putting It Off

Oncology social worker, Sylvia Farias, MSW, teaches a class for cancer patients and their loved ones to answer questions about end-of-life issues and available resources, including living wills, medical and financial POA and hospice.

Lake Hills Library: Friday, June 21, 2-4 p.m.

Look Good, Feel Better

This American Cancer Society class focuses on skin care, cosmetics, hair care and hair loss and is designed for women undergoing cancer treatment.

Swedish/Issaquah: Monday, June 17, 1-3 p.m.

Women's Natural Guide to Avoiding Cancer

Come join naturopathic physician Lisa Price, to learn how to maintain good health and minimize your risk of getting cancer. Co-sponsored by Northwest Natural Health.

Sammamish Library: Wednesday, June 12, 7-9 p.m.

HEALTH AND WELL-BEING

Hot Flashes and Related Symptom Management

Natural medicine offers safe ways to manage hot flashes without the use of hormone therapy. With these simple, practical tips, you'll sleep better and feel better all day. Diet, lifestyle tips and nutritional supplementation will be covered by naturopathic physician Kathleen Pratt. Co-sponsored by Northwest Natural Health.

Lake Hills Library: Tuesday, June 11, 7-9 p.m.

ORTHOPEDICS

Joint Replacement: The Right Choice for You?

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

Swedish/Issaquah: Thursday, June 13, 6-8 p.m.

Swedish/First Hill: Thursday, June 27, 6-8 p.m.

PREGNANCY, CHILDBIRTH AND INFANT CARE

Hop to Signaroo®

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

Swedish/Redmond: Saturday, June 8, 10:30-11:30 a.m.

Newborn Preparation

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

Swedish/Issaquah: Friday, June 14, 3-9 p.m. or Friday, June 28, 3-9 p.m.

Sibling Preparation

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

Swedish/Issaquah: Saturday, June 15, 9-10:30 a.m.

Infant Safety and CPR

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

Swedish/Issaquah: Wednesday, June 5, 6-9 p.m. or Sunday, June 16, 9 a.m.-noon

Childbirth Preparation – All Day Seminar

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

Swedish/Issaquah: Saturday, June 22, 9 a.m.-5 p.m. or Sunday, June 23, 9 a.m.-5 p.m.

Childbirth Preparation – Refresher

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

Swedish/Issaquah: Saturday, June 15, 11 a.m.-3 p.m.

Baby Your Body Pregnancy Exercise Education

The two-week class is designed to help you stay comfortable and experience less pain during pregnancy. Topics include keeping your back comfortable and injury free, pelvic floor health and preventing incontinence, and exercises for pregnancy and postpartum. Fee: \$45.

Swedish/Issaquah: Wednesday, June 19, 5:30-7:30 p.m.

OB Speed Dating

When you come to OB Speed Dating, you'll meet several doctors who deliver at Swedish/Issaquah, and get to know them in a fun, low-key environment. Register at www.swedish.org/obspeeddating.

Swedish/Issaquah: Wednesday, June 5, 6-7 p.m. or Wednesday, June 5, 7-8 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, June 22, 9 a.m.-5 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

LIVING GREEN

Create the World that you Envision: A Message for Grads

by Cassandra Schoenman, CleanScapes

Washington State has always been a leader in innovative thinking exemplified by Microsoft, Boeing, Amazon, and many other creative businesses. Is that where you are headed? These days the mature technology industry only takes on the brightest, most experienced people with advanced degrees. With that market so saturated it is a good time to look into different industries with promising growth such as the sustainability field.

Living in the Northwest it is nearly impossible to imagine life without the lush greenery, beautiful lakes, and many native animals. "We begin to have a sense of ownership," says Alexandra Steele, a clean business marketer and a "Green Story Teller" for the past 10 years. The Northwest has a culture of people who truly care about the outdoors and preserving the environment. "I have lived many places in the country and the Northwest really focuses on the environment," says Jessica Ernst, Recology's Group Human Resources Manager in the Pacific Northwest region for the past 3 years. Sustainability is a fast growing industry in Washington.

A Career in Sustainability Requires: Basic knowledge of science Holistic approach Innovative thinking

Those who are interested should have a basic knowledge of science, holistic approach, and innovative thinking. This is a new and growing industry. Participants must be willing to make mistakes and learn from them - be able to connect the dots between cause and effect. "There should be a commitment to waste zero; the best and highest use of all resources," explains Ernst.

And there are many of ways to learn about the environment. Luckily many colleges in Washington State offer various programs to do just that. At Bellingham's Western

Washington University there is a specialized school for environmental studies: Huxley School of Environmental Sciences. At Washington State University there is The School of Earth & Environmental Studies. University of Washington has the College of the Environment and the department of Environmental Stewardship and Sustainability. Evergreen State College has a long standing reputation of producing degrees in the environmental field. Find out more about all these by visiting their websites or speaking with the department administrators.

Perhaps the best way to get involved in the sustainability field is to volunteer in your community. There are several local groups and organizations that meet regularly: Mountains to Sound Greenway Trust, EarthCorps, Seattle/Eastside Green Drinks, and Sustainable Issaquah. Internships are also great to help get your foot in the door and get to know experienced people in the field.

But getting involved starts within. "It's more about social aspects; not just the flora and the fauna. It's about what can I do for others?" says Steele. What can you do to change the world - change your habits? It's important to always be evaluating our choices and become self aware. From there asking what can you do to educate and inspire others?

The environment is in every aspect of life, therefore in every career. This is one of the reasons that the sustainability field is becoming very prominent. Careers in green building and city planning are having a revolutionary impact in Seattle. For example, the award-winning zHomes project in Issaquah Highlands, the new Swedish Hospital Issaquah Campus, and the Capital Hill Bullitt Center, the first ever building that is completely self-sufficient with water and energy, just to name a few.

Washington is also well-known for environmental initiatives, even Issaquah passed a plastic bag ban recently. And Issaquah won the Green Washington award for its partnership with CleanScapes. CleanScapes was recognized for having the first eco-store and customer service center operated by a solid waste hauling company.

There are many opportunities out there! Consider your fit for a green company and how companies align with your vision for a greener future and "create your world"!

Weed Watchers Needed to Help Detect Invaders in the Wild

The Mountaineers and the King County Noxious Weed Program are looking for plant enthusiasts who like to hike with a purpose. Weed Watchers are needed to help locate invasive plants in the wilderness and recreational areas so they can be stopped before they spread further. This type of early detection and rapid response is the key to protecting our natural treasures. The King County Noxious Weed Program is coordinating volunteers to survey the trails of Mt Si, Middle Fork Snoqualmie Valley and the Upper Snoqualmie Gateway Trails along I-90. The Mountaineers are coordinating volunteers to survey trails throughout the Wilderness areas of the Mt. Baker Snoqualmie National Forest including the Alpine Lakes Wilderness.

The volunteer orientation in King County will be on June 23 from 9 a.m. to 4 p.m. at the North Bend Ranger Station conference hall. For more information, or to sign up, contact Sasha Shaw with King County at sasha.shaw@kingcounty.gov/weeds or Sarah Krueger with the Mountaineers at sarahk@mountaineers.org. Additional trainings are being planned for other counties as well.



FREE! Spring Gardening Classes at Blakely Hall

Registration:
<http://www.savingwater.org/savvygardener>

June 1

Container Gardens with a Twist

Marianne Binetti, Radio host, author, columnist

Learn how to design and maintain colorful containers that don't require constant care and water. Meet fantastic foliage plants, new bloomers that don't have drinking problems, and creative ways to grow edibles and ornamentals for year-round color in pots. You won't be able to contain your enthusiasm with these great ideas. Some free samples included for all class participants.

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COMMUNITY MEETINGS

Architectural Review Committee
Tuesday, 6/4, 6:00 pm, IHCA Office

HFN Advisory Group
Wednesday, 6/12, 7:00 pm, Blakely Hall

Finance Committee Meeting
Tuesday, 6/11, 5:30 pm IHCA Office

Board of Directors Meeting
Wednesday, 6/26, 5:30 pm IHCA Office

IHCA Annual Membership Meeting
Saturday, 6/29, 2:00 pm Blakely Hall

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

CALENDAR

HIGHLANDS EVENTS

Savvy Gardener
Saturday, June 1

**Grand Ridge Plaza
YWCA Job Fair**
Thursday, June 6

Open Mic
Friday, June 7

**Free Yoga
(last one until Fall)**
Sunday, June 9

Community Garage Sale
Saturday, June 15

**Hope on the Hill
Bake Sale - Kirk Park**
Sunday, June 16

**Hope on the Hill
Raise the Dough - Zeeks**
Tuesday, June 18

Highlands Day
Saturday, June 29

HOLIDAYS

Father's Day
Sunday, June 16

International Picnic Day
Tuesday, June 18

Summer Solstice
Friday, June 21

SAVE THE DATES

Bark for Life
Saturday, August 10

OTHER ISSAQUAH EVENTS

Issaquah Triathlon
Saturday, June 1

**Relay for Life ACS
at Issaquah High**
Fri-Sat, June 7-8

**Evergreen Mountain Bike Festival
at Duthie Hill**
Saturday, June 8

post grad volunteer
safety

Highlands Day 2013 - Wild West Family Fun!

Saturday, June 29th
Double your fun by volunteering!
Contact Christy.G@IHCouncil.org
425-507-1107

Free Career & College Planning workshop

*For High School graduates, but also High School
sophomores, juniors & seniors*

August 13, 2013
Blakely Hall

See www.YouthCareerCompass/IHWorkshop for details

Second Saturday Safety Seminar

June 8th seminar is
rescheduled to
Highlands Day
June 29th, 2013

Red Cross
Representatives will
be on-site to prepare
residents for emergencies
and disasters

ELAP

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Job Fair

Issaquah Community JOB FAIR at the YWCA Family Village Issaquah

Come see what job opportunities are
available at Grand Ridge Plaza

Thursday, June 6, 2013
10:00 am – 3:00 pm
YWCA Family Village Issaquah
930 NE High Street
Village Commons

- Network with local employers and agencies
- Apply & interview for jobs
- Win door prizes

This event is absolutely free!

REGISTER NOW FOR EARLYBIRD
GIVE-AWAYS!

For more information contact Sondi at
424.270.6807 or slind@ywcaworks.org
visit our website at www.ywcaworks.org

WHAT'S HAPPENING IN ISSAQUAH HIGHLANDS

Book Club

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

Chinese Heritage Club

Contact [Sylvia Chin \(sylvia.chin@hotmail.com\)](mailto:sylvia.chin@hotmail.com) or [Jin Liu \(xiaojin@gmail.com\)](mailto:JinLiu(xiaojin@gmail.com)) for June Meeting details.

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. Monthly activities include potluck, workshops at Blakely Hall and many outdoor events.

Computer Classes YWCA

Morning Free Adult Computer Classes!

Morning classes are sponsored by the King County Library System. There will be two morning classes tailored to your needs. Please contact Sondi for more information and to register for classes. Sondi at 424.270.6807 or slind@ywcaworks.org

- Wednesday, June 5th 10:00-11:00am and 11:00-12:00
- Wednesday, June 19th 10:00-11:00am and 11:00-12:00

Evening Free Adult Computer Classes!

Free Evening Adult Computer Class

Family Village Computer Lab

- Thursday, June 6th 6:00-7:00pm – PowerPoint
- Thursday, June 20th 6:00-7:00pm – TBD

Cub Scout Issaquah Highlands Pack 680

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.

Free ESL Talk Time Sessions at the Family Village

The YWCA Family Village Issaquah will be offering FREE Talk Time sessions throughout the summer. Talk time is a great way to have fun and be relaxed while improving your English speaking and listening skills. It is a chance to meet other people in your community and to share cultural information. While having fun, you will be able to increase your confidence in speaking English. Please contact Sondi at 424.270.6807 or slind@ywcaworks.org

The Rovin' Fiddlers

Every Other Tuesday, 7pm - 9pm
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

GED Classes and Tutoring at the Family Village (FREE)

Passing the GED (General Educational Development) test and being awarded a GED certificate is just as rewarding as a high school graduation, and it opens as many doors for a new career path. If you feel like you would like to learn what is on the test and brush up on your skills, come in for FREE classes and tutoring sessions throughout the summer. Please contact Sondi at 424.270.6807 or slind@ywcaworks.org

Hip Youth Public Speaking Club

Ages 8 -18 yrs. Saturdays 9:30-11:00am Family Village Lower Community Room

Let your voice be strong and mighty! Join other youth and professional mentors and learn the importance of developing solid communication skills. Drop-in's are welcome or register ahead with David Hall, Program Lead at YWCAAYLP@gmail.com or 425.427.9682

Open Mic Night at Blakely Hall

First Fridays, 7:30PM – 9:30pm, June 7th

Open to all acoustic performers from musicians to comedians. All ages are welcome! 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

Parenting Classes

Starting in May at the YWCA Family Village

Contact Sondi for dates and times slind@ywcaworks.org or 425.270.6807

Photography Club

Saturday, June 15th 10:30am - Noon, 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

Last session of the season: June 12th

Wednesdays, 10:00am - 11:00am Blakely Hall

Moms, dads, caregivers and their children (newborn-4yrs. old) are invited to come to the Issaquah Highlands Playgroup for 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 – www.issaquahhighlandsplaygroup.blogspot.com We are on Facebook! – www.facebook.com/Issaquahhighlands.coopplaygroup

Poker Night

Thursday, June 27th, 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.

Russian Highlanders

Meets 2nd Sunday of each month

June 9th, 4pm – 7pm

(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.

Toastmasters Club, Issaquah Highlands

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.

Wine Club

Friday, June 21st, 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.

Yoga Classes

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

* Last class of the season is June 9th

YogaBharati Seattle Chapter welcomes you to discover the treasures of yoga. With a sense of "Seva"-community service, we are offering Yoga for wellness series of Free Yoga classes. Classes are taught by a certified Yoga instructor. Bring a Yoga Mat and join us to energize, relax and rejuvenate with Yoga. No prior registration is required. Contact Himabindu Tenneti: ypeace11@yahoo.com. Find us on Facebook: Yoga Bharati Seattle region.

Zumba Class

Tuesdays (7pm) & Saturdays (9am),

Blakely Hall

*No Zumba on June 29th

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

Free Spring Gardening Classes

June 1st, 10:30am – Noon

Blakely Hall

Container Gardening with a Twist

Marianne Binetti, Radio host, author, columnist
Learn how to design and maintain colorful containers that don't require constant care and water. Meet fantastic foliage plants, new bloomers that don't have drinking problems, and creative ways to grow edibles and ornamentals for year-round color in pots. You won't be able to contain your enthusiasm with these great ideas. Some free samples included for all class participants. Link to registration at www.ihwebsite.com or call 1-800-838-3006

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.



RESIDENT PROFILE: ALAN SILVERMAN

Even if you have never met Alan Silverman, you experience his influence. He is the father of the Bite of Seattle, one of the biggest, most defining events in Seattle. He founded, funded and grew it and then passed it on to his children, who now run it. Now that's a father who brings home the bacon, eh? Alan moved to Issaquah Highlands in 2005.

Why did you move to Issaquah Highlands, to your loft-style condo in Crofton Springs?

It was a combination of things: I liked the idea of the loft. It reminds me of the New York lofts where I grew up. And I liked Issaquah Highlands in general: the preservation of the natural beauty of the area, the trails, the landscaping, the standards and property maintenance, guidelines for builders, colors and all the things that make it a pleasant place to live.

What different ways have you volunteered in the community?

I was the first President of the Crofton Springs Condo Association. I also served on the IHCA Covenant Committee for two years, making sure rules and regulations were enforced. 'Pissed off some neighbors doing that... Now I am on the Highlands Council Transition Committee.

When and why did you leave New York?

I left soon after getting married in 1954. "Go west young man." My wife and I moved to L.A.

What did you do for a living there?

I had just graduated college with a degree in business. 'Looked for a marketing position and I couldn't get a job! Then I saw a drugstore fountain (like a lunch counter) for lease. I had no real restaurant experience but I had worked as a soda jerk back in college. I decided I could do ice cream sodas and sundaes and figure out the rest. That was youth and exuberance smothering well-thought plans.

Where did this lead you?

The wife and I opened up a deli. Then a second deli. And eventually I sold them and went to work as GM for a dinner outfit. When we moved to Seattle I worked for the Bon Marche running 16 restaurants, plus the fancy food section in all the stores. From there I opened Barnaby's, and English-style restaurant in Factoria Mall.

What is it about the hospitality business that you like best?

Well, it's like having guests to your house and everybody is having such a good time that nobody wants to leave; you have to kick them out! When you have a restaurant and it's full and people enjoying themselves, having a good time, it just gives you a warm feeling.

How did "The Bite of Seattle" come about?

In the 1982 recession, a few of us restaurant people got together and I said, "Let's do that thing they did in Chicago, the 'Taste of Chicago'". We could do it at Greenlake. They said, "OK - you do it! And we will support you." So I did.

What were those early days like?

We had 28 restaurants that first year. All plates had to be \$3.50 or less. The small portions meant you could taste multiple offerings. The idea was to get people to start thinking about dining out more often. We expected 25,000 people over the two days. We ended up getting 75,000.

Wow! How did you handle that?

It was crazy. The restaurants were running out of food, running back and forth to their restaurants. And not thinking our event would be so big, the city scheduled a softball tournament right next to us. We had to station people on the border, warning the barbequers of incoming fly-balls.

And you tripled your attendance. So then what?

From there I decided, "Hey, this thing could work." My philosophy in the retail business has always been around getting people in the door. If you can get people in the door, you can figure out a way to make a dollar and satisfy them. Well, we got them in the door! The following year we expanded to three days, 48 restaurants and added entertainment. We got 150,000 attendees. After four years we moved to Seattle Center.

What is the current attendance of the Bite of Seattle?

Over 400,000 attendees with 80 + restaurants and food vendors.

What has been your job at the Bite?

I am retired now, but I did all the planning, operations, troubleshooting. In the beginning I had only three people on staff, but now we have 75. We run five stages, beer gardens, etc. I take pride that we do this all ourselves. The economic impact of the Bite of Seattle on the Puget Sound region is measured at \$28 Million Dollars. We always contributed to a charity. In 1988 we began giving to Food Life Line. They are the largest local supplier to area food banks. We give \$23-25,000 each year to Food Life Line.

What keeps you busy in your retirement?

I have been learning how to sleep-in. But really, I ski. I do a lot of skiing, about 40 days a year. I ski at Whistler and Stephens Pass. I skied in Aspen this year. I also cycle.

Can you recommend a movie or book you've read lately?

I love movies. But I have never seen a movie that I could regard as highly as a good book. Recently I enjoyed *Calico Joe* by John Grisham. I like how he delves into the personalities; it makes his stories very enjoyable.

Monthly resident profiles are produced by Nina Milligan, Communications Manager for Highlands Council. She says, "Issaquah Highlands is full of the most interesting people! Come with me as I explore who might be living next door."



Left to right: Marni Heilbrunn, Todd Silverman and Jody May with their father Alan Silverman, IH resident and the father of the Bite of Seattle.



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

Connections Newsletter

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

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

Ads are due by the first Friday of the month
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There is a wash station, and a countertop to place your refresh-
ments.

To inquire about booking facilities at Blakely Hall, please contact
Blakely Hall at 425.507.1107 or email
christy.g@ihcouncil.org

Fire Station Meeting Room

The Fire Station 73 meeting room is great for community or
group meetings. It comes with tables and chairs. It can accom-
modate 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 fa-
cility. 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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Monday-Friday 9:00AM to 5:00PM

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Rachel Garrett, Director of Community Operations
rachel.g@ihcommunity.org, 425-507-1115

Erika North, Community Manager
erika.n@ihcommunity.org, 425-507-1121

Jennifer Fink, Community Manager
jennifer.f@ihcommunity.org, 425-507-1113

Russ Ayers, Landscape Manager
russ.a@ihcommunity.org, 425-507-1130

Whitney Wengren, Office Manager
whitney.w@ihcommunity.org, 425-507-1135

Barbara Uribe, Accountant
accounting@ihcommunity.org, 425-507-1119



Emergency: 9-1-1

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

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

Emergency Contact Number

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

HIGHLANDS COUNCIL

Responsible for: • Community Events
• Blakely Hall Community Center
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Funded by: • Sponsorships/Grants
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Vyivian Luu, Intern
vyivian.l@ihcouncil.org

Community Services at Blakely Hall

- Fax Sending & Receiving
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Fax sending, long distance \$1.00 per page
Fax receiving, \$.50 per page
- Limited B/W Photocopying, \$.05 per page
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HIGHLANDS COUNCIL
BUILDING COMMUNITY AT ISSAQUAH HIGHLANDS

www.facebook.com/highlands.council

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as they have a vested interest in the community and in seeing their vision become reality.*



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