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Issaquah, WA 98029 2550 NE Park Drive

BUILDING COMMUNITY AT ISSAQUAH HIGHLANI

HIGHLANDS COUNCIL

WHAT'S INSIDE?

- 4 Feature: Pet Appreciation
- 6 Highlands Council
- 7 Highlands Day
- 8 Summer Movies
- 9 Blakely Hall Art
- 10 Highlands Fiber Network 23 Arts & Entertainment
- 11 Doing Business
- 12 IHCA News
- 13 IHCA Landscape
- 14 What's Happening
- 17 Living Green
- 17 Volunteer of the Month
- 19 Dog Fun Facts
- 21 Sportshound
- 22 Interior Design
- 24 Fitness & Health
- 25 City News
- 27 Culture Through Cuisine



July 2015 **Issaquah Highlands Connections**

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FROM THE EDITOR

For this, our third annual Pet Appreciation issue, we have collected many stories from around the community for your enjoyment and education. Enjoy Jessica's about how to find and follow your passion if you are an animal lover. Judy from Discovery Heights tells us about a new neighbor whose service animal Cowboy, is no ordinary dog. And then there are the extraordinary therapy pets at Swedish Hospital working their magic to heal patients' pain.

And then there is Tully. This lovable golden retriever was a very social member of the Highlands community and gave joy to many here. She always did her best to please and care for her people. Knowing Tully was terminally

ill, her human Mom paid tribute to her with a lovely letter, anchoring this pet appreciation issue.

Many other pet-oriented stories are sprinkled throughout. Check out the home design tips from Dahlia Park resident and interior designer, Ryan Di Salvo. Ryan will continue to share monthly tips and guides on interior design, Highlands-style.

Please also enjoy summer movie reviews, Yana's Russian soup made from garden greens, and how to protect against email scams from Frank at HFN. Get ready for Highlands Day (August 29th this year), meet the new HY Board members, and see what's showing inside Blakely Hall's gallery.

About the Cover: Our own graphic designer and photographer, resident Julie Clegg, is a local real estate broker and an internationally acclaimed dog photographer. Her portraits have graced many publications, including covers of the Seattle publication, City Dog. See on our cover this month her portrait of the sweet Westie in the plaza. Not a "City Dog" but an "Urban Village Dog"?

Sincerely,

Nina Milligan, Crofton Springs

Editor of Connections - Highlands Council Communications Manager

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





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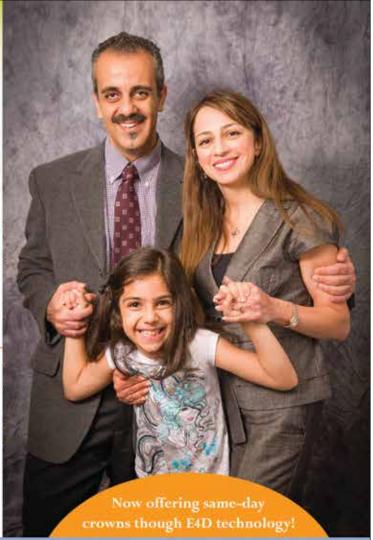
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(\$89 Value)



July 2015 **Issaquah Highlands Connections** Pet meets human. Both lives changed. O can remember the first time O saw you. O had two kids in the backseat, fast asleep, and a one-month-old in an infant carrier. Tony was out of town writing a book with colleagues in Austin, and O only had a bew minutes to make my choice - it was between you and two littermates. We were at a farm in Woodinville, and D was eager to bring you home. As three puppies ran were at a Darm in recommence, and I was easier to vring you nome. As three pupples ran around the farm, I was given some nail polish and asked to choose the puppy I wanted by marking a tail with nail polish (since you all looked alike). How could I have known, as I marked you up with a hot pink stripe that I had picked the perfect companion? On the first 48 hours of your new life in Ossaquah, O had moments of sheer panic and terror. What In the first 40 nours of your new upe in Issurphin, I had moment of size failed and three a.m. had I done? While you were an adorable creature, you also required regular mightly care and toddlers who started to bathroom breaks. I had an infant who also required regular nightly care and toddlers who started to vacuroum vreaks. — now an inpane who also required regular highly care and covers who save a hage gain steam in the early hours. At first, D fantasized about giving you back. Maybe D had made a huge mistake. My heart had yearned for a dog for years, and dogs had always been a fixture in my life...but in those early weeks, as you chewed through wires, toys, bloorboards, and more. D had moments of doubt. On the weeks and months that followed, you learned so much and became a full-fledged family member.

Thanks to a seriously amazing dog trainer, you learned 50 verbal commands in two weeks. You were not going to solve mathematical problems, but you were so easy to train: you were motivated by positive attention, but food and he long May armsessed it in so many mans malu-numbers head-unders at man-shabes by food, and by love. You expressed it in so many ways: palm-nuzzles, head-nudges, or paw-shakes. On the many years that followed, you looked after your "pack" in sickness and in health. You offered your quiet, undemanding presence when we needed it. You watched and waited and wagged while we embarked on the circus of family life. You welcomed many new animals to the house: goats, bunnies, birds, and kittens who came into our lines as factor animals of a programmed family wombar. into our lives as foster animals, or as permanent family members. For the next nine years, you were my rock. Our rock. Ever faithful, never judging, always present, you watched us all navigate the highs and lows of family life. You saw tantrums (we all had them), you witnessed dance routines (we all had them), you licked our physical and emotional wounds. You were many kids "first dog experience" and (we all had them), you licked our physical and emotional wounds. You were many kids "first dog experience" and the analysis of had to explain things of the local contents the local entering the local enterin (we all nao tnem), you licked our physical and emotional wounds. You were many kids to explain things you behaved graciously through mostly innocent (and occasionally unpleasant) interactions. I had to explain things like: "this dog is not a horse, she is not for riding" and "the best way to approach a dog is to hold your hand out" and like: "this dog is not a horse, she is not for riding" and "the best way to approach a dog is to hold your hand out" and "she is licking you to tell you that you are in her pack." And, "you may not poke my dog with a stick" and "please "she is licking you to tell you that you are in her pack." And, were magnanimous to a fault. You taught us so much! don't throw pebbles at her eyes." You never held a grudge, and were magnanimous to a fault. On the past year, we have watched your fur grow white around the eyes. Your pace has slowed down dramatically, and In the past year, we have watched your fur grow white around the eyes. Gour pace has slowed down oramatically, and bless you, you finally worked out how to use body language to indicate your preference on walks (as in, D'd rather not walk past the end of the street, thank you very much). Your lumps and bumps have been examined and we know that our contiles the transfer is limited. So, in these last months here with us, please know that your life mattered and you will be the dog by which we measure all Du, in these case munchs here with us, please know that your life mattered and you will be the oog by which we measure all others! You have been a part of our lives for so long that it is hard to imagine life without your sleepy sighs, without your others! You have been a part of our lives for so long that it is hard to imagine life without your sleepy sighs, without your with your loyal, sweet spirit these past years. weight on our feet. Thank you, sweet Tully, for gracing us with your loyal, sweet spirit these past years. Love Teresa, on behalf of the entire Cowan Family **Tully Cowan** 2006 - June 22, 2015

Service Dog "Cowboy" with his owner, Katie

by Judy Newman, Investment Manager, Discovery Heights Apartments



Katie and her service dog Cowboy think Issaquah Highlands is the perfect home for them.

Katie Matthews had been looking for a new apartment because her family recently relocated from Houston, TX to work in the Seattle area. Her family moved to Bellevue; Katie and her service animal, Cowboy, went in search of a place nearby to call home.

Katie desired a home where she could have mobility without assistance and fell in love with all that Issaquah Highlands has to offer. During her home search, Katie came across Discovery West, the new apartment complex opening this August next to Swedish Hospital on Highlands Drive. She immediately fell in love with the community feeling of Issaguah Highlands. The area gives her the mobility she has been searching for with amazing services, restaurants, shopping, and easy access to nearby medical facilities at Swedish Hospital.

Katie was in a transitional living program five years ago which

taught her to live unassisted and she will have all the mobility she needs because of her beloved dog, Cowboy. Cowboy has been Katie's service animal for two years. Cowboy is among the select service animals adopted through Service Dog Inc., who adopts shelter dogs and teaches them to become service animals. Out of 4,700 dogs reviewed by the adoption agency at Service Dog Inc., 100 dogs were adopted, and only 19 of the 100 dogs made the final cut to become service animals.

Katie is excited to join our community once her new home is ready for her move-in. She is already looking for ways to volunteer in our area. We welcome Katie and Cowboy to our

Pet Therapy at Swedish by Pam Keck, Volunteer Supervisor, Swedish Issaquah

Truitt, Kish, Leo and Rudy aren't human, but they are regular hospital volunteers at Swedish Issaguah. As certified Pet Partner therapy dogs, their weekly visits brighten the days of hospitalized children, infusion patients, staff and visitors.

Though their appearance and personalities vary greatly with breed, all display a calm and loving demeanor. They seem to know where

they're most needed, and their human partners are quick to invite interaction.

Truitt, sporting his long, silky silver and white Sheltie coat, entertains with a variety of energetic tricks. Sturdy English Bulldog Leo prefers to chill out by splaying all four legs on the hospital's cool floors. Kish's brown, curly, woolen Labradoodle coat is cotton-puff soft, while Rudy, the red Rhodesian Ridgeback, is sleek as can be. In spite of his enormous size, Rudy has no qualms about hopping up to share a seat with someone who wants to snuggle.

> Whatever their approach, the opportunity to enjoy their canine company and scratch their furry heads is good medicine at Swedish.

Information about certifying an animal through Pet Partners is available at www. petpartners.org. If you and your pet are already certified Pet Partners and are interested in participating in Swedish's program, contact pam.keck@swedish.org for further information.

Passionate about Pets

by Jessica Pratt, Village Green



The Village Green neighborhood resident Jessica Pratt with her

I've been passionate about animals ever since I could remember. As I grew up, I noticed that I was a little more passionate than others. Sometimes, when I'd go to someone's house, I would pay more attention to their pet(s) than the actual people that lived there! Not to mention I would be mesmerized by a chipmunk, squirrel, or any other wildlife in my backyard. (Still am, I might add!)

I received my first pet, a gray kitty named Lady Princess, when I was around eight years old. She was my cousin's, but my cousin was moving and could no longer care for Lady. I was thrilled to have a cat of my own and loved her more than I loved myself! Later I had two more pets in my life: another cat appropriately named Kitty, and a rabbit named Shadow which my family always called Bunny.

Unfortunately, they all passed on. I was really upset when my parents said they didn't want another pet in the house. I always had a special bond with animals and I craved it. For me, having a pet was essential to growing up. They were always there and listened to me when I had a good or bad day. My pets loved me no matter what and they never judged me for

Eventually I got married and moved into an apartment, and then I had the freedom to get a pet of my own! My husband, David, and I went to the Seattle Humane Society in Bellevue and adopted a big, fluffy, orange tabby. We named him Aslan after the character from Chronicles of Narnia (we're a little nerdy!). Aslan couldn't be a better fit for me! He's such a snuggle bug and greets me at the door when I come home from work. People always ask me if I'm a cat person since I've never owned a dog, but I would have to say that I'm both. I love ALL animals!

Originally, growing up, I wanted be an artist and considered going into the gaming or movie industry to create 3D animations. But, like many, my career choice changed and decided I wanted to do something that I was REALLY passionate about: work with animals. I started getting my feet wet by volunteering at the Seattle Humane Society with their Run-Dog-Run program. Twice a week I take a dog for a refreshing five kilometer (about three miles) run! I absolutely love caring for those dogs. They seem so happy to get out of their kennel for a bit to stretch their legs. Volunteering at the Humane Society inspired me to look for a job to continue caring for animals. I took a huge risk in my life and quit both my jobs to hunt down that perfect job to kick start my career with animals.

Every time I went to the pet store to buy food for Aslan, I always walked by the grooming section. I thought that it looked like so much fun to do and dreamed of doing it! At the time of applying, none of the pet stores were hiring groomers, but they were hiring cashiers. To me, that was good enough and would at least get my foot in the door. About a week after applying I got a call from Petco to set up an interview. At the interview they told me that even though I applied as a Cashier they were also hiring Groomers! I told them that I was very interested and they hired me on the spot. I couldn't be happier at my job as a Groomer in training at the Sammamish Petco! I've never had a more rewarding job. I love working with and meeting all the dogs and their Parents. I may expand my career further to become a Veterinarian for exotic animals. I'm a firm believer of following your dreams. If it's meant to be, things will fall into place!



Jessica enjoying her new career, pet grooming at PetCo in

July 2015 **Issaquah Highlands Connections**

HIGHLANDS COUNCIL

TSUNAMI OF FUN AT HIGHLANDS DAY 2015

SURF'S UP ON SATURDAY, AUGUST 29TH FROM **4PM-8PM** AT

BLAKELY HALL AND VILLAGE GREEN PARK.

ALL EL NINOS AND LA NINAS GET STOKED ABOUT THIS END OF SUMMER CELEBRATION. WHAT YOU NEED TO KNOW NOW:

board shorts, and coconut bras



New this year: FOOD TRUCKS





forget to bring money for activity tickets food and shopping the island market

DIO

TEN in the festival opening parade around Village Green Park at 4pm, sponsored by Grand Ridge Plaza



miss the all-day live entertainment and finale Polynesian show complete with hula girls and fire dancers!

plan to bail, roll, slide, swing, play, and ZIP on the many epic festival attractions



forget to move your car from Park Drive (between 25th Ave NE and 30th AVE NE) by NOON or a gnarly tow-truck will move it for you

DO

plan to VOLUNTEER! If you are a dude or dudette age 14 or older you can sign up for a 3 hour shift (or longer). For more information or to sign up visit IssaquahHighlands.com



DIOINIT

forget to SAVE THE DATE to CELEBRATE with your neighbors before school starts the following Tuesday.

Meet the NEW Members of the HY by Christy Garrard, Executive Director of Highlands Council, Dahlia Park resident

In 2013, Highlands Council launched a Youth Board, a selection of Issaquah Highlands middle- and high- school students that would be charged with planning events for teens by teens in the community.

The initial group of teens named themselves the HY, short for Highlands Youth. They drafted a mission statement to guide their decisions and participated in leadership assessments to better understand themselves and each other. Last month we celebrated four of our inaugural members on the cover of the Dads and Grads issue of Connections, now going off to college having left a positive impression on their younger peers and this community.

In May, the HY named new co-presidents to replace the graduating seniors. Chloe Kilzi and Sean Davidson, rising juniors at Issaquah High School and inaugural members, will lead the HY for the next two years. Chloe and Sean's first assignment as co-presidents was to interview resident teen applicants to fill the recent five open positions on the HY Advisory Board. With my supervision, Chloe and Sean interviewed 12 resident teens and then had the challenging task of picking the top

To serve on the HY Advisory Board a candidate must be outgoing, well-connected in the community, exhibit age-appropriate maturity, and demonstrate leadership qualities to be developed over the next two-plus-years of service on the HY. These are the new members of the HY Advisory Board:

Alyssa Slade, seventh- grader at PCMS

Alyssa has lived in Issaquah Highlands for four years. She loves cross country and track and field. Alyssa wants to help create strong relationships with other students in the community. Alyssa says, "I am very crazy and in love with anything glitter."

Deon Lillo, 10th-grader IHS Deon has lived in IH for nine years.

He is a member of the IHS swim team. Deon wants to ensure everyone who attends HY events feels welcomed and accepted. "I have always loved Issaquah Highlands and now I want to do my part in making it even better!" said Deon.



Emily Palm, seventhgrader at PCMS

Emily is new to the neighborhood and has jumped right into community involvement. At PCMS, Emily was a cast member in the production of Seussical Jr., and she was the emcee of the school talent show. Emily feels there needs to be more social opportunities for teens in IH. Emily's dream in life is, "to go to Yale University for undergrad

and Harvard Law to become a lawyer."

Indie Cowan, eighth-grader at PCMS

If you have lived here very long you probably already know Indie and her family; she has lived here for nine years. Like Emily, Indie is also involved in theatrical productions from PCMS to Village Theater. Indie wants HY events to be fun and safe, where kids don't have to worry about what other think and can just be themselves. Indie says, "I am a good leader, but would like some practice."



Max Morrey, sixth-grader at PCMS

Max has also grown up in

IH, living here for nine years. He was a crossing guard for Grand Ridge Elementary. He is involved in Boy Scouts, flag football and choir as well. While Max is too young for a career, he noted on his application that he pet sits and takes care of

plants when neighbors are traveling. Max's reason for applying for the HY Advisory Board: "I've heard so much about the great HY experience my sister, Alex, has had on the board, and I would like to be a part of it."

Continuing on the HY Advisory Board roster are: Aadit Mehta, Alexandra Morrey, Andi Kolasinski, Caroline O'Neill, Chloe Kilzi, Elias Kazemi, Jadyn Eigner, Megan Kilzi, and Rachel Rosewater.

HY Mission Statement:

Established Monday, December 16th, 2013 The Mission of the HY Board is to unify Issaquah Highlands youth through meaningful and fun social experiences; creating lasting memories and building pride in our community.



































HIGHLANDS COUNCIL

Calling All CERTS and HAMS!

by Christy Garrard, executive director of Highlands Council, Dahlia Park resident



This past spring I completed the Citizen Emergency Response Team (CERT) training through the City of Issaquah Emergency Management Department. I grew up in Florida, hurricane country, so emergency preparedness is a habit for me and my family. However, I now feel better prepared for the types of crisis we might face in the PNW, such as earthquakes and volcanic eruptions. The class was only a *one-night-a-week*,

seven-week commitment for just \$35. I highly encourage every family to send at least one family member through this training; it could literally save lives, yours and those you care about most. The next City of Issaquah hosted CERT training will happen in the fall, beginning October 1st through November 19th, 6:30pm - 9:30pm at the City of Issaquah Public Works building.

We have many CERT trained and HAM radio registered residents in Issaquah Highlands. Highlands Council and the City of Issaquah Emergency Management department invites all CERT member and HAM operators to a meet and greet at Blakely Hall on Monday, August 3rd at 7pm. The meeting objective is to get to know each other and begin discussions about emergency preparedness initiatives and educational opportunities that together we can bring to the community in the months ahead.

Calling all CERTS and HAMS

Issaquah Highlands Connections

Blakely Hall Meet and Greet Monday, August 3rd, 7pm

SAVE THE DATE:

September 10th at Noon and again at 7pm, Blakely Hall

Home Emergency Preparedness

Informational Session

With fall and winter on the way, find out how to prepare your family for the season's worst as well as your home for the dangers of earthquake or a volcanic eruptions. Hosted by City of Issaquah Emergency Management

MEDIA REVIEWS

July Movies Coming to a Theatre Near You by Josh Zhanson, Senior Issaquah High School, Resident of Central Park

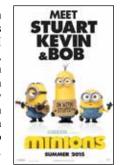
July marks the middle of the summer movie slump. But, we can look forward to some movies that might actually liven up an otherwise dull summer, after the movie "spring fling" and before the "holiday crash".



First up, we have **Terminator: Genisys** on Wednesday, July 1, probably the only misspelling to have so much Arnold Schwarzenegger in it—and get this, he's playing the good-guy Terminator in a starring role. Let me remind you that he's 67 years old right now; I for one am super excited to see him rock the grey hair and spout his trademark one-liners. Also, Emilia Clarke (she's Daenerys Targaryen in HBO's Game of Thrones) leads as Sarah Connor with teen star Jai Courtney (he's Eric from Divergent), both great actors. Hopefully this Terminator movie turns out better than the last one Terminator Salvation

Next is a spinoff of the Despicable Me movies, the Minions on Friday, July 10. I'm sure the kids will love this one because—let's face it—who doesn't love those adorable, babbling, yellow Minions? I personally am not quite sure if they can carry a movie all on their own, especially if they're not speaking English (I had enough trouble with Disney and Pixar's near-silent movie Wall-E). While it is a common

misconception that their language is actually quite complex and well thought out, it's in fact simply gibberish with some words from English and other real languages thrown in to make it feel more grounded.



Also consider Self/less, also on Friday, July 10, about a billionaire (Ryan Reynolds) who gets his consciousness transplanted into a new body. Hopefully Ryan Reynolds can break his bad streak with a good movie, this time with Ben Kingsley.

As if we haven't had enough of the Marvel Cinematic Universe (or even superhero movies in general), Disney is releasing Ant-Man the next week, Friday, July 17, despite repeated calls for a Black Widow movie. In the words of tumblr blogger survivablyso, "I'd rather watch Black Widow file her taxes than an Ant-Man movie," to which julstorres responded, "Well, you have to admit her work-related expenses would tell some pretty interesting stories all by themselves.'



A funnier alternative, releasing on the same day, is Trainwreck, a Judd Apatow romantic comedy starring late-night comedian Amy Schumer and Bill Hader, star of Knocked Up

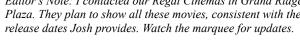
and Her. The critics have already given some favorable reviews for this, so I would consider it a suitable, R-rated alternative for mid-

Last and truly last, Mission: Impossible - Rogue Nation, on Friday, July 31, looks quite promising, with Tom Cruise, Jeremy Renner, and Simon Pegg starring with Alec Baldwin. Seeing as how the Mission Impossible series never

disappoints with its mix of heavy action and spy snazz, I have high hopes that Rogue Nation will be a great movie. It might not be too innovative or groundbreaking, but it's sure to be a good time. And it seems as if Tom Cruise will scale another skyscraper.



Editor's Note: I contacted our Regal Cinemas in Grand Ridge Plaza. They plan to show all these movies, consistent with the



In this fun and affordable workshop students

will learn to make a doll dress. Starting with choosing their dress fabric from a variety of

colors and prints. Then sew and decorate each dress with ribbon and lace. Each class

has different dress patterns, students can

retake this workshop as much as they desire.



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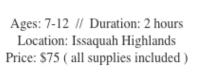


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BLAKELY HALL ART GALLERY

Layered Stories inside Blakely Hall Art Gallery

by Jan Lipetz, Blakely Hall Gallery Curator, Village Green

Anne La Fever and Liz Ruest July 9th – September 7th 2015

> **Meet the Artists** July 23rd, 7pm



Historically inspired collage by Anne La Fever titled "Bird of Paradise"

artEAST Exhibitions are delighted to present Layered Stories, featuring local artists Liz Ruest and Anne La Fever.

Their work is based on building layers of information using collage techniques to tell their stories.

Anne La Fever's collage work is grounded in traditional methods of the 20th century. She enjoys the feel of the paper, the physical manipulation of the collage elements, hand coloring many of the archival images, collecting the antique source material and frames, and the actual cutting gluing process itself. The computer only comes in to use for research and storing images

Liz Ruest's work propels collage into the digital age of the 21st century. She uses traditionally created collages and printmaking

elements, but then scans them to use along with her digital photographs. All of the layered elements are integrated, nuanced, and manipulated on the computer screen.

Both artists however share a common desire to create work containing compelling images that portray stories for the observant onlooker. Anne generally has a story in mind before beginning her work, while Liz prefers to allow the story to unfold intuitively as the piece is being built.



Collage by Liz Ruest called "can summon fire" on display at Blakely Hall through September 7th.

Artists' Backgrounds

Anne La Fever uses images pulled from an extensive collection of books and photographs from the late 19th and early 20th century, as well as images from the Renaissance and other periods of history. She seeks to give these images a new life by adding drama, wit, and an updated viewpoint. Many of the images start out as black and white and are enhanced with hand coloring. The mixed media elements and the frames used are generally antique or carefully chosen recycled pieces, giving them also a new life.

Anne is a member of the Northwest Collage Society and the National Collage Society. Her work was selected for the international juried show for the NCS in 2013 and 2014 and numerous local juried exhibitions. She also has works in artEAST's UpFront Gallery on Front Street, Issaquah. http://arteast.org/2012/11/la-fever-anne-t/

Liz Ruest works with collage in various media incorporating a warm color palette and a sense of history and age. Paradoxically, she creates this effect through modern technology. Her digital collages are all built via software, using layer upon layer of her original photographs of nature and texture, and scans of her printmaking, hand-built collages, and ephemera.

While she can print to many surfaces, the luminescence of aluminum, created by infusing dyes into specially coated sheets, best represents the image as she saw it during creation and reinforces the modern aspect of the art. Liz Ruest www.lizruest.com

The Clay Tile Quilt – I AM Issaquah!

One Day Art Camp at Blakely Hall for Ages 12 - 18 Saturday, August 8th, 2015 10AM-4PM Only \$35, lunch included! Pre-registration Required, Space is limited

Deadline for Registration: July 24th



BH Art Clay Ouilt Example

Are you looking for a unique art adventure close to home this summer? artEAST and The HY have the perfect opportunity with a special one-day ceramics workshop at Blakely Hall just for middle and high school students. As you've heard before, a picture says a thousand words. Creating a sculptural community clay tile quilt using YOUR PHOTO is a great way to let your

Join renowned Environmental Artist Karen White as she helps students explore the surface of clay by transferring and etching YOUR PHOTO and patterns to create tiles that will be stitched into a 'quilted' outdoor sculpture for the Issaquah Highlands community. Discover how to design your clay tile using colored slips, printing and carving to adorn your tiles and achieve realistic and textural results. This class will dissect what you know about portrait photography and ceramics to give you a whole new perspective!

Participants are encouraged to come to class with designs they wish to share and apply to individual tiles. The tiles will be fired and turned into a sculptural quilt just in time to debut at the Highlands Day Festival on Saturday, August 29, 2015! Don't miss your chance to contribute to this unique community sculpture and leave a lasting impression in your community. Space is limited and registration is required by July 24th.

Students will need to provide a 300 dpi jpeg file close-up photograph of their face. Instructions for photo up-loads will be given upon registration.

To register, call 425.392.3191 or, visit artEAST.org and click on the teen programs button. This project is supported, in part, by an award from 4Culture.

Fourth of July Happenings Around Here

Down Home 4th of July/ Heritage Day

http://www.downhome4th.org/ Kiddie Parade Starts at 11am Festival runs till 2pm



Sponsored by the City of Issaquah and presented by the Issaquah Chamber of Commerce, Issaquah's Down Home 4th of July celebration kicks off with an Independence Day Kids and Pets Parade, From Labradors to llamas, favorite pets accompany

costumed children on decorated floats and bikes down Front Street and to Memorial Field, where families spend the day with old-fashioned games. music, food, the Sky High Rummage Sale, and the Annual Slug Beauty Pageant and Speed Contest.

Fourth on the Plateau

http://www.sammamish.us/events/ FourthOntheplateau.aspx Saturday, July 4, 2015 from 6pm-10 pm Sammamish Commons, FREE

Join us in celebrating our eighth year of fireworks at the annual Fourth on the Plateau. Enjoy delicious food, bring the kids to the fun-filled kids play area, and dance to hit tunes at the main stage while awaiting the live fireworks display.

The Bellevue Family 4th

http://bellevue.com/fireworks.php July 4, 2015 from 2pm - 10pm Bellevue Downtown Park

The Bellevue Downtown Association, City of Bellevue and our sponsors invite you to join us in the Downtown Park to celebrate America's Independence Day this July 4th!

The 24th annual Bellevue Collection Bellevue Family 4th is presented by PACCAR. The largest 4th of July celebration on the Eastside will take place in Bellevue Downtown Park where families and friends can enjoy food, games, live music, and a spectacular fireworks show.

The Great Carnation 4th of July Celebration

http://www.carnation4th.org Pancake Breakfast starts at 8am Parade Begins at 11am

Come and help us celebrate America's birthday with a Parade, 5K Run/Walk, Pancake Breakfast, Live Music, 3on3 Basketball, Car Show/Pin Up Girl Contest, Vendor Village - featuring Food/ Arts & Crafts, Beer Garden and of course @ Dusk the... Fireworks Display! This year's theme "Honor our Veterans"

*Remember: The City of Issaquah bans the use and possession of all fireworks without a permit. The ban encompasses all fireworks, including sparklers, cones, fountains and Roman candles.

HIGHLANDS FIBER NETWORK

Email Scams & Your Money, Plus New Virus Twists

by Frank Pineau, General Manager, Highlands Fiber Network

Con artists have been scamming the unwary for hundreds of years. Unfortunately, in this age of modern technology, it is even easier for the unscrupulous con to take advantage of us. Email has become the medium of choice for many scammers, making it easy for them to get their scam out to millions of potential customers with the click of a button. Below are a few of the most popular scams. Some have been around for several years. A few are newer. Even as far-fetched as these are, people are falling for them, and the scammers are making millions of dollars each year.



The Nigerian Scam:

This scam has been around for decades in one form or another. The email twist and payments by credit cards makes this easy for them.

The email claims to be either from a government official, quasi-government office, or a wealthy family trying to get a large sum of money out of their country. They are looking



for your help to get the money out, and are going to reward you with a big cut worth millions of dollars. Of course there are issues to work out, and you will be asked to give them money for legal paperwork, permits and bribes. You are asked to send them \$500, \$1,000 or more on the promise of cashing in big. (They normally try and get your bank account, credit card numbers and pins to make it easier.)

As unbelievable as this may sound, thousands of people fall for this scam.

Each year, prominent news programs, (NBC Dateline for one), have profiled this activity, and it still hasn't slowed down.

The Foreign Lottery Scam:

Same principal as above, but apparently now you have won millions in a foreign lottery (never mind you did not buy a ticket, it was purchased on your behalf by someone else). Just send them several hundred dollars for processing cost, and the money will be on the way. You probably will never receive anything, and even if you do, the check will surely bounce

Toll Roads and Missed Court Dates:



These started showing up in my email just lately. The email, short and sweet, says I've missed an important court date, or I have an outstanding toll charge I need to respond to. Just click on this attachment to rectify. The most recent are equipped to send you a nice virus. Trash them immediately.

(If King County Courts or Good-to-Go want to get ahold of you, they will send you written correspondence, and at the very least, won't include misspellings...)

Wait, there's more:

You may get an email informing you that there is an unclaimed discount coupon from a retail chain, or one that looks like it came from Amazon. ALWAYS question these, and NEVER open the attachment.

If the email message seems too good to be true, it probably is. You can always contact the Courts, other agencies or retailers, but NOT through any link in an email. Always go directly to their site. Lastly, NEVER give anyone your credit card or passwords unless you initiate the call and can verify it's legitimate.

-Frank

HFN, Community-Owned, Fiber to the Home



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Immigration Services for Highlands Families from Around the World

- · Citizenship & naturalization
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- Cross-border taxation
- Permanent residence
- Nonimmigrant employment visas

Complimentary 30-minute consultation for Issaquah Highlands families.

Contact us at www.seattleimmigrationgroup.com or immigration@ryanlaw.com





Admit it

You don't really read the endless terms and conditions every time you visit a website, make a phone call or download an app .

This disquieting exposé demonstrates how every one of us is incrementally opting-in to a real-time surveillance state, click by click, and what you can do about it.

Wednesday, July 22, 7 PM Blakely Hall Issaquah Highlands 2550 NE Park Drive



www.meaningfulmovies.org

DOING BUSINESS IN ISSAQUAH HIGHLANDS

Civilized Nature Welcomes New Experts to Staff



Craig Schneider brings years of experience and exotic animal expertise.

The Civilized nature team announces additions to its team of pet nutrition specialists

Craig Schneider is joining the team as retail store manager. He brings more than 25 years of pet store and retail experience. Craig comes to us from Sarasota, Florida, where he managed full-line pet stores. He is certified in exotic animal training and management. In both his professional career and in his free time, Craig has specialized in breeding exotic birds and has won numerous national awards for macaws, parrots and parrotlets. Outside work. Craig has cared for a menagerie of animals over the years including a cougar, 13 rescue dogs, cats, horses and many of his



Casey Austin is expert in nutrition was recently promoted to Assistant Store Manager.

favorite birds. Having adjusted to the weather differences between Florida and Washington, Craig is now a resident in the Issaquah Highlands.

Casey Austin was recently promoted to assistant store manager. Prior to joining the Civilized Nature team, Casey spent 12 years owning and operating a dog grooming business. Casey brings many years of experience in pet care to the team and continues to focus on nutrition education and developing the customer service team. Casey will also be opening a dry grooming spa in the store this summer.

Questions? Contact: Paul Spencer, 425-868-3737 paul.civilizednature@gmail.com. Civilized Nature is a pet nutrition and supplies store in Grand Ridge Plaza. civilizednature.com.

Sip Welcomes New Executive Chef



New Executive Chef Emran Chowdhury (left) and Sip Sous Chef Jordan Gheen spend time harvesting produce at the restaurant's organic garden.

Sip at the wine bar & restaurant at Grand Ridge Plaza recently appointed Emran Chowdhury as its new executive chef. Most recently, Chowdhury was chef at Cantinetta with locations in Wallingford and Bellevue.

Chowdhury's early training took him to various Italian restaurants, as well as Terroni and the Intercontinental Hotel in Toronto, Canada. He continued to advance his career on a luxury cruise ship while traveling through Europe, Asia and South America. He relocated to Seattle in 2009.

Many of Sip's fresh ingredients are grown in the restaurant's organic garden on Mercer Island. Chowdhury is looking forward to using the garden's produce to create food with simplicity and consideration here in Issaguah.

Soma Intimates Celebrates Store Managers

The community recently said farewell to Soma Intimates Store Manager Cynthia Brumbaugh, who relocated back to her home state of Minnesota to be closer to family. Brumbaugh played a key role in opening the Soma boutique at Grand Ridge Plaza, as well as creating several new philanthropic programs locally. Following Cynthia's news, Soma promoted Jordan Reed to store manager. Reed joined the store as assistant store manager in 2014.

During her two years at Soma of Grand Ridge Plaza, Brumbaugh ran several bra donation drives to help women at LifeWire, a women's shelter in Bellevue. The bra drive is a national program led by Soma and the National Network to End Domestic Violence (NNEDV), which encourages women to drop off gently-used bras at local Soma stores. Each respective staff team selects a local shelter to receive the donations, with our local Soma store supporting LifeWire.



Outgoing Soma Intimates Store Manager Cynthia Brumbaugh hosts a recent Shop-for-the-Cause event in support of YWCA Family Village with incoming Store Manager Jordan Reed.

At shelters, bras are the most needed yet least donated clothing item for women. During the past two years, Soma of Grand Ridge Plaza has collected hundreds of bras from residents and shoppers. (The store can receive donations at any time. If you're cleaning out your drawers, remember that used bras can be dropped off at Soma.)

Brumbaugh also created a relationship to support our neighbors at the YWCA Family Village at Issaquah. Soma hosted regular Shop-for-the-Cause events that dedicated 15 percent of sales to YWCA programs.

Reed plans to continue these philanthropy programs focused on neighbors helping neighbors. The store recently hosted a Stella & Dot trunk show, with a portion of proceeds going to YWCA programs. Reed is currently planning more events for summer and fall.



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dadtime@gmail.com



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Colleen Volk 425-503-0014

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12 • July 2015 Issaquah Highlands Connections

ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

Sarah's 1st 90 Days

by Sarah Hoey, Executive Director, IHCA

It been a great couple of months as the new Executive Director of the Issaquah Highlands. The IHCA team has been working diligently and collectedly as team to move the association forward under the direction of the Board of Directors. During my first 90 days I have evaluated many aspects of the IHCA organization, created working relationships with the city of Issaquah, Highlands Council, HFN, homeowners and even met the Mayor of Issaquah.

Staffing / administration:

IHCA lost a dedicated employee in March as Rachel Garrett decided to relocate to San Diego, CA after over 7 years with IHCA. I have been aggressively recruiting talented new staff members and reorganizing the IHCA team. I am happy to announce we are now fully staffed and we are working as a team on training. Please welcome Melissa Schneider, Community Manager, Chelsea Johnson Administrative Assistant/ Front Desk Receptionist and Katherine Olson, Accounts Receivable. In addition IHCA's long term employees Erika North has been promoted to Senior Community Manager, Collen Cordova has been promoted to the Owner Services Coordinator, Joon Change, Director of Accounting and Barbra Uribe was promoted to Senior accounting/ benefits coordinator. Our in house landscaping crew is working overtime to address irrigation issues as we start up the system this spring and our maintenance team is assisting with common area projects.

Community Management / Operations

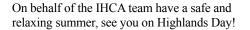
- 1.) Budgets: The 2015/2016 Master budget has been approved, the neighborhood and supplemental budgets are approved and the annual 2015-2016 annual assessment statements are being mailed the week of June 8,2015.
- 2.) Phones/ Emails: We are in the process of reworking the internal phone systems and updating extensions for new hires as well as upgrading some of our IT. Note: The board now has a direct email **IHCAboard@ihcommunity.org**

- 3.) ihwebsite.com will be merged into IssaquahHighlands.com on July 1st making all community information easily available on ONE website.
- 4.) The election process has begun. Notice, proxies and ballots will be mailed with the 2015/2016 annual assessment billing by mail next week.

5.) Reserve Projects:

Ashland Park project meetings are under way and IHCA is now working with an architect on some conceptual drawings which will encompass owner input. The mailbox project has been revived and we are finalizing the vendor review process. Kirk Park fence painting project is out to bid. 2 new benches have been ordered for the dog park and an additional dog pot station has been added. And this doesn't touch all the work happening on the neighborhood communities. This is busy place!

There are many projects that the IHCA is working on this year, some are reserved expense projects and others have higher priorities however, it is my goal to address issues in a timely manner. As the new Executive Director I am striving to improve communications overall, if you have any questions, comments or concerns we welcome your feedback and will use that as a tool to provide the best possible service to the Issaquah Highland Community . I'm really excited about all the positive changes taking place and look forward to a great 1st year with IHCA.





Issaquah Highlands Pet Rules

Hi.... My name is Ralph, and I am a lucky dog! Lucky because I live in Issaquah Highlands where pets are not only welcome but are loved and adored!! My owner, Sam, takes me for walks every day and I get to go to the fabulous dog park and play with all my buddies at least once a week. Wow, how could life get any better!!!



But one of the things that makes Issaquah Highlands so special for us pets is that there are great rules that help owners keep us safe and that keep this great community so awesome. Take for instance the rule about walking us dogs on leashes and not letting us roam any time we want. Sure I know it may sound like fun to escape and go crazy but you could get lost or stolen, or worse yet, hit by a car because you weren't watching. I much rather have my owner protecting me and having other owners do the same. That brings me to another rule that is in the best interest of us loveable mutts... Issaquah Highlands has a restriction on certain breeds of dogs that are notorious for being aggressive and downright dangerous. It's nice to know you can go for walks without the worry of being attacked.



Although there are other rules, like not letting us disturb the neighbors, the one rule that really stands out is having our owners pick up after us. Unfortunately there are too many residents in this beautiful community that choose to ignore this rule and it gives owners like my Sam a bad name because there are piles of (you know what) everywhere. This really takes away from the awesome ambiance of the neighborhoods. I hear people constantly complaining about how they have to dodge the messes and that just isn't fair!! It gives us pups a bad name... Please be a good guy like Sam and keep the reputation of you and your dog unsullied by picking IT up!! If we could do it ourselves we would!!



ARF, ARF, ARF!! (That means have a great summer and see you at Bark Park...)

IHCA Rules, the Fine Print

Animals. Raising, breeding or keeping animals, livestock, or poultry of any kind is not allowed, except that a reasonable number of dogs, cats, or other usual and common household pets may be permitted in a Unit, subject to the Board's authority to establish rules and regulations with respect to keeping such pets. Dogs must be kept on leash and under control of a responsible party at all times when not contained within the boundaries of the Unit. Pets shall not be allowed to roam free. Owners must clean up after and properly dispose of pet waste. Owners shall take sufficient steps to prevent their pets from unreasonably disturbing others and shall be responsible for any damages caused by their pet or the pet(s) of any guest or tenant. Pets which, in the sole discretion of the Board, make objectionable noise, endanger the health or safety of, or constitute a nuisance or inconvenience to the occupants of other Units shall be removed on the Board's request. If a pet owner fails to honor such request, the Board may remove the pet.

If a pet has been deemed vicious or potentially vicious by the King County Regional Animal Services or other governing agency, the pet shall be removed immediately from the community. (See Exhibit A)

Exhibit A

Keeping Pit Bulls is Prohibited: No resident of Issaquah Highlands shall own or possess a pit bull dog within the boundaries of Issaquah Highlands.

For purposes of this Policy, the term "pit bull dog" means any of the following: Staffordshire Bull Terrier; American Staffordshire Terrier; American Pit Bull Terrier; any dog which has been registered at any time as a Pit Bull Terrier; any dog which has the appearance of being predominantly of the breed of dogs know as Staffordshire Bull Terrier, American Staffordshire Terrier, American Pit Bull Terrier. A dog shall be deemed to have the "appearance of being predominantly of the breed of dogs" named herein if the dog exhibits the physical characteristics which substantially conform to the standards established by the American Kennel Club or the United Kennel Club for any of these breeds.

IHCA Annual Meeting

Wednesday, July 29, 2015 | 6:00pm at Blakely Hall 2550 NE Park Dr, Issaquah, WA 98029

Agenda:

Call to Order

Approval of Minutes

Announcement of 2015-16 Ratified Budget
Announcement of Board Member Election Results

This is a great opportunity for homeowners to learn about the governance of your community and we encourage everyone to attend!

REFRESHMENTS WILL BE SERVED



ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

The Goats are Coming!

by Russ Ayers, IHCA Landscape Manager

Craig and his goats arrive on July 1st

Tammy and her goats arrive July 5th at the south end of Lauren heights

It's that great time of year when the circus returns to Issaquah Highlands. Our four-legged vegetation managers return to do the work they do so well, landscape maintenance on our steep slopes.

For the safety of the goats and to get the most out of our budget DO NOT FEED THE

Be smart, respect that these animals are not yours, and DO NOT FEED THE GOATS. They are hired to eat vegetation, not handouts. Prunings from your yard or the common area can be poisonous. Their work area has expanded a bit this year so we will have more time and opportunities to watch them work, play and ruminate. They do not respect our schedules too much so predicting where they will be and when is a shot in the dark. Follow facebook/IssaquahHighlands for news or just ask the goat wranglers where they'll be next. Yellow signs will also be posted at mail kiosks a few days before the herd arrives.

Our goat vegetation management program uses goats on steep slopes. They reduce the bulk of vegetation by digestion, reducing the fire fuel load. Their rumen actually kills weed seeds and their manure fertilizes the grass on our slopes. They're ideal for their job and actually work for a fraction of the cost of humans to do comparable work. And the goats are much more entertaining and pleasant to watch.





Irrigation Repair Hierarchy

by Russ Ayers, IHCA Landscape Manager

Every day during the irrigation season your IHCA office receives calls and emails about sprinklers needing attention and the like. With the high cost of water in Issaquah, every irrigation repair is a pressing concern to your community's maintenance staff. With over 65 systems, about 1,000 zone valves and hundreds of miles of piping and related hardware, it is necessary to have a plan for prioritizing repairs and trouble calls.

As you will read below, not every irrigation trouble call is created (or treated) equally. Daily – sometimes more often – we are forced to re-task people based on the urgency of new trouble calls and reports. We take this work seriously and are grateful for the help of residents who call or email throughout the season.

Order of Priority for Irrigation Repairs

- Mainline breaks
- 2. Stuck-on valves or other troubles which leave a system running for hours or longer
- 3. System-wide problems such as a controller or pump failure in which nothing
- 4. Broken lateral lines or failed zone valves which affect individual zones
- 5. Individual broken sprinklers or cut drip tubing
- 6. Individual heads that are not working properly

Overlaying the entire process we monitor the drip systems which keep the community's hanging baskets watered while we hunt down problems before they can become bigger. We monitor the performance of systems in general and new repairs in particular.

Keep in mind which property the repair need is on: IHCA staff do not repair privately owned systems for residents or condos and they are not for hire.

All along the way we are also modifying or auditing systems to see if they can be run more efficiently. About half the controllers at IH need regular adjustments for seasonal weather. The other half require monitoring even with technology such as Weather Reach and now ET Manager, lending a hand. Technology helps make systems more efficient but the technology itself is a source of work and potential troubles itself. Automated, though? No. It makes for a long and

busy irrigation season but it's never boring.

See IssaquahHighlands.com for the full story.



ISSAQUAH HIGHLANDS PUBLIC **NOTICE NO. 15-005**

A home business application has been submitted to the Issaquah Highlands Community Association (IHCA) Board of Directors from an owner at 1646 25th Ave NE. The business application is for a city licensed fashion design program for kids and teens. The public comment period will be July 1st, 2015 through July 15th, 2015. Residents may provide their comments on the business application via email to homebusinessapp@ihcommunity.org. This public notice and the application are posted on the Issaquah Highlands website at www.ihwebsite.com/ resourcenter/livework/publicnotice/15-005.

ARC Tip of the Month:

Did you know... that in an effort to stay 'green' and allow water to permeate to the aquafer below, the ARC Guidelines discourage large expanses of impervious surfaces? So if you are planning to install or extend your patio, please consider using pervious pavers instead of cement so the water can seep through.





WHAT'S HAPPENING IN THE HIGHLANDS

NEW! Art in Blakely Hall

"Layered Stories" Liz Ruest and Anne La Fever July 9th – September 7th Blakely Hall

artEAST is delighted to present Layered Stories at the Blakely Hall gallery, featuring local artists Liz Ruest and Anne La Fever. Their work is based on building layers of information using collage techniques to tell their stories.

Artist Talk and Reception

Thursday, July 23, 6:00-8:00pm Blakely Hall

Anne La Fever and Liz Ruest will speak about their work and what it means to them. Come hear about the layers and stories directly from the artists, and see how your impressions compare with their thoughts during the creative process. Free and open to the public. Refreshments served. Hosted by artEAST.

Book Club

4th Thursday at 7pm

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, currently meets at Zeeks Pizza—all opinions are welcome! Dates sometimes change, so be sure to email lindsey8@gmail.com to get on the distribution list.

Bridge Club

Monday, July 6th, 7:00pm Blakely Hall

RSVP: Contact Julia Woo at jkbwoo@yahoo.com
Grab a partner or come solo to play a little Bridge! Bring
your own beverage of choice and a snack to share. Everyone
is welcome.

Chinese Heritage Club

No July Meeting

Blakely Hall

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

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, please contact Pack 680 at scoutpack680@gmail.com.

ESL Classes (English as a Second Language)

Mornings 9:30am -12:30pm Monday, Tuesday, Thursday Contact Andi for information

Free classes hosted at the Family Village sponsored by Renton Technical College. Please contact Andi Wolff at awolff@rtc.edu or 425.235.2352 (ext. 2117) to register.

French Club

On Break for Summer Blakely Hall

If you love France, come learn the French language and learn more about French culture! This club will highlight language lessons, French food and wine, travel tips for visiting France, and more! Contact: Alex rmst12@aol.com or Aline aline.bloch@hotmail.com

Grand Ridge Plaza Summer Music

Saturdays July 11th - August 15th, 2:00-5:00pm On the Plaza and around the shops

A variety of musicians plus one very fun clown (Pookie the Clown) will liven up the atmosphere on Saturday afternoons at Grand Ridge Plaza. Relax and enjoy music at the main Plaza on NE Park Drive between Regal Cinema and Big Fish Restaurant.

India Culture Club

On Break for Summer

Blakely Hall

Come learn about beautiful India! This club will highlight arts, culture, and festivals and is open to all who want to explore and learn about India. Topics for our meetings may include preparing for a trip to India, basic overview of languages, places to visit, arts and cultural landmarks to visit etc. Let's celebrate and share cultural riches of India in our community together. Contact Meeta Mehta at info@putali.org

Knit for Life®

Mondays from 1:00 to 3:00pm Swedish Medical Center, Main Lobby

We are a network of volunteer knitters in many area hospitals, providing physical and mental support in a non-traditional therapeutic environment to cancer survivors, patients and caregivers through knitting. We teach anyone with any skill level. You don't have to bring anything but yourself. We have all the supplies you will need.

Contact: Elaine.Eckert@yahoo.com

NEW! Landscape Seminar

Wednesday, July 8th, 6:30-7:30pm Blakely Hall

AVOID IHCA VIOLATIONS!! Come learn the basics of maintaining your yard at our Landscape Seminar, presented by the IHCA. Topics covered: Lawn repair; Lawn alternatives; Design Ideas: Basic yard care (weed, edge, trim); Supplies. Alley maintenance. Refreshments will be served. Drawing for a Home Depot Gift Card.

Latino Club

On Break for Summer

The Latino Club welcomes everybody who would like to celebrate and learn about Latino traditions. We have activities for kids, adults and seniors. Open to all – join the fun! Contact Alicia Spinner alispinner@yahoo.com

Little Mandarin Group

On Break for Summer

Young children are uniquely suited to learning a second language. "Little Mandarin" will give young children the opportunity to learn mandarin through telling stories, singing songs and playing games. Witnessing your children learn another language is exciting! Welcome parents and their kids (newborns to 4 years) to join the group. Dates sometimes change, so be sure to email lian lhl@hotmail.com to get the details.

Meaningful Movie Night

Wednesday, July 22nd, 7:00pm Blakely Hall, FREE

community discussion. (http://tacma.net/).

July Movie: Terms and Conditions May Apply
Admit it, you don't really read the endless terms and
conditions connected to every website you visit, phone
call you make or app you download. This award-winning
documentary by Cullen Hoback exposes what corporations
and governments learn about people through Internet and cell
phone tracking, and what can be done about it ... if anything.
This disquieting exposé demonstrates how every one of us
is incrementally opting-in to a real-time surveillance state,
click by click. Join us following the film for a facilitated

Mothers of Preschoolers (MOPS)

On Break for Summer

Hosted by Timberlake Church. Programming just for moms. Professional speakers, fun events, and opportunities to connect with friends and meet new people. Your kids receive their own, age-specific programming. Course materials fee: \$150 for all sessions.

www.timberlakechurch.com/mops.

COMMUNITY MEETINGS

IHCA Architectural Review Committee Tuesday, 7/7, 6:00 pm IHCA Office

Highlands Fiber Network No July Meeting

IHCA Finance Committee Tuesday, 7/14, 5:30 pm IHCA Office

Community Garden Committee Monday, 7/20, 7:30pm Blakely Hall

IHCA Board of Directors Wednesday, 7/22, 5:30 pm IHCA Office IHCA Annual Membership Meeting Wednesday, 7/29, 6:00 pm Blakely Hall

Connections Production Committee Thursday, 7/23, IHCA Office

Meetings are subject to change.

See Calendar at issaquahhighlands.com for more information or date changes.

For City of Issaquah governance meetings, see http://issaquahwa.gov

*Office Closures on July 3rd (Highlands Council, Blakely Hall, IHCA)

Want to Start a Club?

Contact: Brianna Eigner, Blakely Hall Manager

brianna.e@ihcouncil.org, 425-507-1107

Are you getting the Community E-Letter on Thursdays?

Sign up at issaquahhighlands.com

WHAT'S HAPPENING IN THE HIGHLANDS

Photography Club

Saturday, July 18th, 10:30am Blakely Hall

Enjoy monthly meetings with guest speakers, share and discuss your work with others, and participate in an online community throughout the month. Open to everyone. IHPC focuses 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

On Break for Summer

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

Pokemon Club

On Break for Summer

Bring your Pokemon cards to trade and play the Pokemon board game. This is a club open for kids 7 and up. Facilitated by Evan Spinner and his mom, Alicia Spinner. If you have questions, contact Evan Spinner at evanspinner@icloud.com

Poker Night

Thursday, July 30th, 2015, 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 \$40 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! Contact Henry hlh1969@hotmail.com.

Rovin' Fiddlers

Every Tuesday, 7:00 - 9:00pm Second & fourth Tuesdays Issaquah Highlands Fire Station First, third & fifth Tuesdays Issaquah Valley Senior Center

Our musical group consists of musicians with varying backgrounds and abilities, playing a variety of genres, including traditional old-time (often with a Northwest flavor), Irish and other Celtic, Quebecois, Scandinavian and more. Besides fiddles, we welcome guitars, flutes and whistles, banjos, mandolins, autoharps, dulcimers, standup bass, and percussion. We try to learn new tunes by ear in a traditional manner; however, sheet music, including melody and chords, are usually provided. Club contact is Ken Neville ken_w_neville@yahoo.com

Running Club

The Highlands Running Group is a community for Runners who share in the passion of group runs! Weather permitting, we will typically meet up in front of the tennis courts at Central Park on Saturdays at 8:00 am. If you are interested in joining us or have questions, please contact Joey at jbc224@cornell.edu, so he can add you to the distribution list. See Facebook - Issaquah Highlands Running and Multi-sport

Russian Highlanders

See Facebook for monthly event information 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/rusisshigh/ Please follow the FB page for

Telecommuters Club Brown Bag Lunch

schedule changes or location of meetings.

On Break for Summer

us to share ideas and experiences.

Blakely Hall Are you a part-time or full-time telecommuter living and working in Issaquah Highlands? Bring a sack lunch and join

Travel Club Night Let see where it takes us!

On Break for Summer

Blakely Hall

Whether you've trekked around the world, had an international career, recently moved here from a far-away land, or have become a serial European traveler, or you wish you were, this club is for you! An informal night for likeminded neighbors, with just a short program to get things started. The bulk of the evening will be unstructured, get acquainted time - Share and learn about travel!

Wine Club

Friday, July 10th, 2015, 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 for details. Please RSVP the Tuesday prior to the event.

Yarns & Threads Group

At Swedish for Summer

All knitters, crocheters, and stitchers are welcome. For more details of questions, please contact Cathie Coulter at Catherine.coulter@ihmail.com

Zumba Class

No Zumba July 4th Tuesdays (7:00pm) & Saturdays (9:00am) Blakely Hall

Get Ready - Get Fit - Go! Ditch the workout and join the fitness party at Blakely Hall! Zumba Fitness is the Latin and world rhythm and dance based fitness party that will change the way you think about working out. Grab your workout clothes, your water bottle, and join the party! Free class but please bring a non-perishable food item to donate to the food bank! For additional information, email (Cindy) at zumbawithcindy@gmail.com.

Issaquah Highlands Community Association

Annual Member Meeting Wednesday, July 29, 2015, 6:00pm Blakely Hall

This is a great opportunity for homeowners to learn about the governance of your community. We encourage all homeowners to attend! Agenda Items include: announcement of 2015-16 Ratified Budget and the announcement of Board Member Election results. Refreshments will be served.



CALENDAR

HOLIDAYS

Independence Day Observed Friday, July 3

Independence Day Saturday, July 4

Lailat al-Qadr Monday, July 13

Eid al-Fitr Saturday, July 18 Tisha B'Av Sunday, July 26

Parents' Day Sunday, July 26

SAVE THE DATE

Highlands Day Saturday, August 29

NEW TO THE AREA?

Here are a few of our favorite things to do in July:

- Down Home 4th of July, Downtown Issaquah
- · Fourth on the Plateau, Sammamish, for the fireworks
- STP Bike Ride, July 11-12, 2 days, 200

- Zoo Tunes concerts begin July 12th at Woodland Park Zoo
- Bite of Seattle, July 17th at Seattle Center
- Bellevue Arts Fair, July 24th, Downtown Bellevue
- · Capitol Hill Block Party, July 24th
- Torchlight Parade, July 25th, Downtown
- Seafair Airshow and Hydros, July 31st -Aug 2nd, Lake Washington





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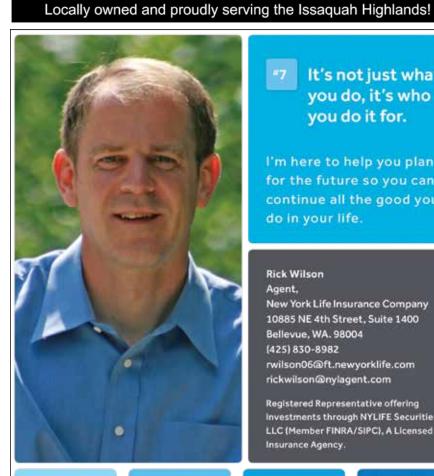
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VOLUNTEER OF THE MONTH

Leah Byskal Volunteer of the Month – July 2015



Did you know Issaquah Highlands has a community garden? With 100+ patches for lease spread throughout two locations in the community, residents are able to reap the rewards of urban farming.

When I discovered the garden, I jumped at the chance to dig in the dirt. For the past three years, I've worked my small patch of land and served on the Community Garden Committee. I've watched in amazement at how the community garden continues to bring residents together to share produce, swap tips and aid one another.

Serving on the Community Garden Committee has been a natural extension of my love of gardening and this community. Moderating the garden's Facebook group, tracking member volunteer hours, and acting as a liaison to gardeners new and old is a wonderful way for me connect with my community. Volunteering at the annual work parties where gardeners gather to pull weeds, lay rock and mend fencing has been a great way to meet the members of neighboring patches. It's

wonderful to see a whole family come out, as children are often eager to help. Our 1.5-year-old daughter helps out by spotting pests and watering the plants. She loves visiting the garden. In fact, her first solid food was vegetable purées made from our very patch!

Whether it's the ability to unplug from technology or simply feel the dirt under your fingernails, there's something incredibly therapeutic about gardening. I encourage all Issaquah Highlands residents to take a walk through one of the community garden patches and marvel at the amazing things your neighbors are growing. It just may inspire you too, to become a garden volunteer.

LIVING GREEN

Bear-Safe Living

by Elliott Okantey, Recology CleanScapes Waste Zero Team

Humans aren't the only ones glad to have winter behind us. Black bears are out of hibernation and will spend the next several months putting on the weight they'll need to get them through next winter. This is a great time to for a reminder of how to we can have a bear-safe spring and summer.





Bears are a reality in Issaquah Highlands. At left a bears ripped apart a garden gate to get at garbage stored outside. At right is one enjoying someone's loosely managed garbage in Wisteria Park.

Black bears are usually just looking for an easy meal. They don't necessarily want to have anything to do with humans. The Washington Department of Fish & Wildlife estimates that 95% of the calls they receive about bears result from human irresponsibility. Bears can be attracted to bird feeders, barbecue grills that have not been properly cleaned, and pet food that has been left out, but they can also be attracted to the food waste we keep in our curbside garbage and compost carts.

Adopt the following bear-safe tips to reduce the chances that a bear will get into your garbage carts:

- Generate less food waste. Visit Issaquah.gov/FoodTooGoodToWaste for help reducing the amount of food waste you have to put in your carts.
- 2. As per IHCA rules, store your carts inside or in IHCA approved enclosures. Even when empty, store carts inside.
- 3. Set your garbage and compost carts out on the morning of your collection day by 7am, not the night before.
- 4. Keep fresh meat, fish, and other smelly food scraps out of your trash or compost cart until your collection day. Wrap them up and store them in the refrigerator or freezer until you put your carts out for collection.
- 5. Control your cart's odor by spraying it with a disinfectant when necessary.
- Consider getting animal-resistant carts from Recology CleanScapes for a low monthly fee per cart.

Once a bear finds food near human dwellings, it can mistake that location for a legitimate food source. It is up to people to make sure we don't tempt black bears with easily accessible meals. Visit the Washington Department of Fish & Wildlife for more information about black bears and how to so ensure your summer is safe and free of human/bear conflict

The Unfocused View

by Sarah Lally Brown, Community Gardener, Summit Park



Vista community gardener, Sarah Lally Brown lets the potato tower, garlic, and violas facilitate meditation in Issaquah Highlands.

One of my first jobs was at a small farm in Portsmouth, New Hampshire. On summer mornings I would head to their main office and get my assignment. Sometimes it was thinning small greens by hand, or getting a massive canvas sack on a strap slung around me to fill with as many peaches as I could carry without tipping over. My favorite was blueberries. At first I was sore at the end of the day from holding a small pint container with one hand and picking with the other one berry at a time. By the end of the week I had it down. Make a pile at the end of the first row of my sandals and water bottle and pile of pint containers. Head to the first bush.

Then it was just me and the bush. And my bare toes would curl past the top warm layer of dirt into the cooler crumbles below. And the sun would settle at its angle and start warming one side of my body. Cardboard

tray gently on the ground and both hands into the bush. Berry pickers know plants better than botanists. I could find the junction of a branching cluster and pip the ripe berries off into the palm of my hand, leaving the unripe ones for the next day or the next. I stopped focusing on one branch at a time and relaxed my view to look at the whole plant. Both hands worked independently and my balance rocked back and forth so that a full hand could clatter berries against the cardboard and go back to get more while the other hand emptied out.

After a few weeks my focus shifted and broadened. It was still the warm/cool dirt and the berries pattering into the box but my eyes could move up and look at the next row over. Each bush was a pattern of color. Silvery greens and cool firm pale berries shading to soft deep blue. My hair got hot in the sunshine. I got paid by weight and used my money to travel to an art festival in Vermont, riding in an ancient school bus named Sunweaver. Then the summer was over.

But what I really discovered was meditation. I had all of the typical angst of a teenager but that got left at the end of the first row. Instead of thinking about what had happened, or what was coming next, I let things flow over me. Aware and present but not occupied. If you think of meditation, often the image of a person in the lotus position with legs crossed comes to mind. I think you can do it any which way. One foot wedged between the onion rows and the other on the rock path, pluck weeds. Crouched down with knees resting gently on the wooden beam that makes the raised bed while you drag a garden claw through the dirt to loosen it. But don't forget to notice the lupine on the hill and the happy shrieks of the kids at the playground up above.

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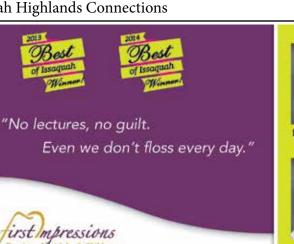


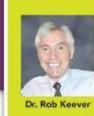






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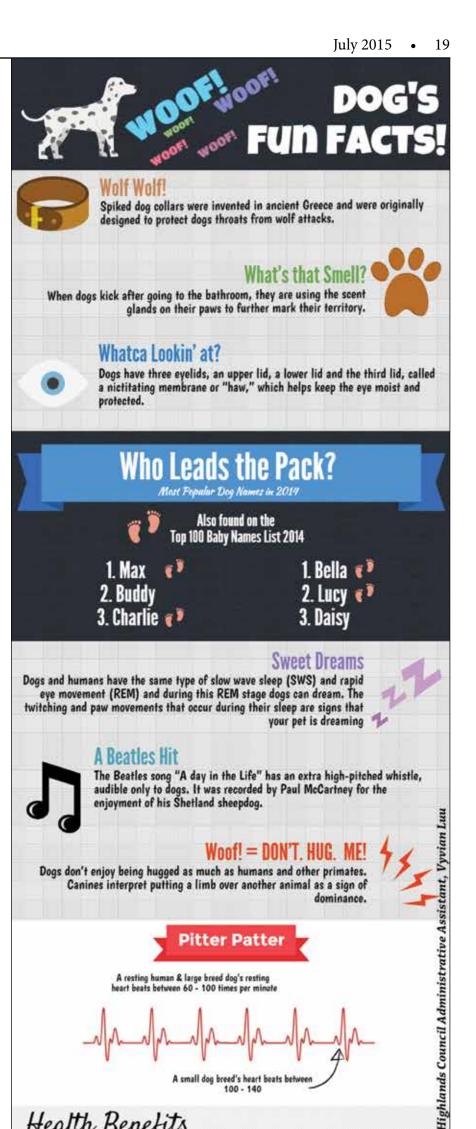
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Home-Grown Hockey Player Hits the Big Time by Aadit Desai Mehta, IH Sportshound, Ninth Grade, HY Board Member

Vinay Pathak, an Issaquah Highlands resident, is the goalie for the Tacoma Rockets, a U18 AA team that recently beat the Bremerton West Sound Warriors 4-1 to advance to the nationals. At 5'2" and 140 pounds, he uses great lateral quickness and his glove hand to play a great game. He recently shared his opinion of hockey in Washington State and gave some advice to aspiring hockey players.



Issaquah Highlands resident, Goalie Vinay Pathek of the Tacoma Rockets at the state tournament 2015.

Vinay is the son of Vivek and Sanjana Pathak of Daphne Park.

When asked what he would tell people who want to start playing hockey, he says "Work hard, play hard," and "put 100 percent heart into whatever you are doing." As far as the game is concerned, "Work ethic is where the line is drawn between me and my competition, as I am willing to do whatever it takes to get the next start and make the desperation

His favorite NHL goalie is Jonathan Quick, because "he is so

intense and works extremely hard on and off the ice."

Vinay's training and work-out typically take place between Mondays and Thursdays; that prepares him for two games, every weekend.

He says that "Seattle hockey is such an underestimated concept," and points out that we have several programs that have sent players to the NHL.

Washington State has a rich history of famous hockey players: From Aberdeen-born Wayne Hicks, who played right wing for the Chicago Black Hawks and helped them win the 1961 Stanley Cup (hockey's Lombardi trophy equivalent); to the Mt. Vernon-born T. J. Oshie, a right wing for the St. Louis Blues who helped the U.S men's hockey team reach the semifinals in the 2014 Sochi Winter Olympics; to the Seattle Thunderbirds, who have reached the

playoffs each of the past two seasons in the Western Hockey League.

In fact, these deep hockey roots include the Seattle Metropolitans of the National Hockey Association, who won the Stanley Cup nearly a century ago in 1917 and made the finals again in 1919 and 1920. Could the NW host another NHL team? In 1974, Seattle and Colorado were provisionally granted NHL teams, although Seattle's team never materialized due to the unsteadiness of the Western League. And, there was a time when the Key Arena hosted numerous hockey games for the Thunderbirds, Seattle Totems, and other teams. (Key Arena is now unsuitable as a hockey stadium due to the renovations it implemented for the SuperSonics.)

Another possible site, the Tacoma Dome, is relatively far from Seattle, and unfortunately has shallow risers for the seats, making the sightlines unsuitable for

What about a new stadium? The Eastside has shown interest. Ray Bartoszek and RLB Holding Sports and Entertainment filed an application on April 27, 2015



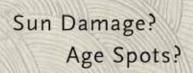


Issaquah Highlands resident, Tacoma Rockets goalie Vinay Pathek, proudly displays State tournament trophy and

to build a multi-use arena in Tukwila. And both Las Vegas and Seattle are being considered for NHL teams. This would create the division balance in the NHL, as the Western Conference has 14 teams compared to 16 in the Eastern Conference. With two new teams they would be equal, perhaps the best indication that hockey may be in our future.



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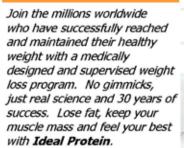
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Interior Design, Highlands Style: The Pet Friendly Home

by Ryan Di Salvo, Ryan Di Salvo Design, Issaayah Highlands

Being a pet owner can sometimes wreak havoc on our homes. Love them as we might, our furry babies come with a long list of challenges when it comes to keeping things tidy. This month as we celebrate Pet Appreciation, here are expert tips on how to design with pets in mind without sacrificing style or your sanity.



Built in Food Bowls via Better Homes & Gardens.

How can we create a pet friendly environment in our upcoming kitchen/laundry room renovation without making our kitchen look like a kennel?

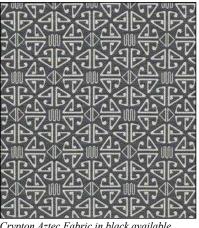
The first step is identifying a need for pet maintenance - you are way ahead of the game there. The second step would be to draw up a list of issues or concerns regarding your pet that you are currently dealing with. For instance, do you have a path of muddy paw prints that sprawl across your floor? Or do you find yourself constantly



stumbling over those pesky food and water bowls, or are you struggling with how to store and organize all those toys and leashes?

Whatever your particular list of challenges, identify them so you can find practical design Seattle solutions. There are loads of clever ideas that are as aesthetically pleasing as they are efficient and will make your life easier without giving up style.

One of my favorite solutions is to create a built-in pet bath stall inside your mud room or laundry room space, providing for easy clean-up of muddy paws as well as streamlining your pet's bath time routine. Another clever trick is to utilize the crawl space under the stairs as a built in nook for a custom dog crate. Or you can have your contractor create a pull-out drawer that houses your pet's food and water bowls in your kitchen that can easily slide shut when dinner is over.



Crypton Aztec Fabric in black available

Can you please suggest a petfriendly upholstery that will stand up to our two large dogs and cleaning up after them?

Pet friendly fabrics can be tricky because each pet is different. I typically steer my clients away from delicate and high maintenance fabrics like silk or chintz. In our home, we use a lot of natural fibers such as Jute and Sisal area rugs. Our Maine coon cat, Piglet, can abuse those rugs with her claws and still not inflict any noticeable damage. We also have a large pouf ottoman that is covered in a nearly indestructible

fabric called Kilim that is sometimes also used for floor rugs. Piglet loves to lounge on it, yet her claws and fur won't destroy the fabric.

It is also a good idea to match fabric color to the color of your pet's fur when you can. If you are looking to recover an upholstered piece of furniture, Crypton is an amazing option that is stain resistant, highly durable and comes in colors and patterns to match your interior decor while still



Ryan's Maine Coon cat, Piglet, can wreak havoc on rugs and fabrics. Ryan has ideas for you!

feeling like standard upholstery fabric. One of my favorite colors is Crypton Aztec fabric in black, a modern grayish black with a lovely tribal pattern. High performance with high style.

We need help corralling all the leashes and pet toys in our house.

Toys, leashes and pet care supplies can easily get out of control if you don't have a system in place to keep it in check. My suggestion is to find a place in your home where you can organize these items together instead of having tons of little piles of pet clutter scattered throughout the house. Wicker baskets or galvanized bins are perfect for keeping the pet care chaos out of sight. Conveniently placed wall hooks work well for hanging leashes.

When storing stuff, keep also your pet's needs in mind. Organizing their supplies is helpful for homeowners but if you place their toys or treats out of the way where they can't access them, you're solving only part of the problem. Place toys in a basket at floor level or just above the floor so your pet can reach their favorite toy or activity whenever it suits them. If only you could train them to put it away when they're done!

This is the first monthly column on Design Highlands Style by Ryan Di Salvo, an interior designer living and working in Issaquah Highlands, specializing in small-scale residential design and commercial project management. Follow her on Pinterest.com/theryandisalvo and ryandisalvodesign.com for more design inspiration.



ARTS & ENTERTAINMENT

Local Boy, Tony and a Pulitzer Prize Winner, Returns

by Molly and Marty Fisher, Ashland Park



Cabaret at the Village Theatre is directed by Issaguah-grown Brian Yorkey.

For most of us, the creative flow of arts and entertainment from Village Theatre Issaguah makes life here fun and interesting. For Brian Yorkey, the talented playwright, screenwriter. and theatre director, it became the genesis of his life's work.

Born in Omaha, Nebraska and raised in Issaguah, Yorkey turned a random comment made by a classmate on the first day of seventh grade into a Pulitzer

Prize, a Tony Award, and a highly-successful career in the theatre. Yorkey strategically picked a seat behind Heidi Darchuk, the prettiest girl in the class and used his secret weapon, a wicked sense of humor, to get her to notice him. That's when fate took over.

It just so happened that Heidi's father was Carl Darchuk, the founder of Village Theatre in Issaquah. She was used to being around creative people. Heidi, who still is one of Yorkey's best friends, told him that she thought he was funny and that he should stop by her dad's

"After that, I sort of wandered into the Village Theatre and that was the beginning of everything," said Yorkey, who recently returned home to direct the very successful Cabaret at Village Theatre Issaquah. "We're so lucky that Seattle is one of the foremost areas of musical theatre and theatre in general in the country. It's certainly in the top 5 because of Village Theatre and a lot of smaller theatres that do great work."

Yorkey went on to win the 2009 Tony Award for Best Original Score and the Pulitzer Prize in 2010 for "Next to Normal", a show about a mother who struggles with bipolar disorder and the effects it has on her family. He premiered the show at Village Theatre Issaquah and took it to Broadway for a smash run.

Yorkey challenges Village Theatre tradition in his choice of Cabaret as his latest homecoming vehicle. It's a complex musical with iconic music by John Kander and Fred Ebb and dark political overtones, set in 1931 Berlin as the Nazis are rising to power. The show focuses on the raunchy nightlife at the Kit Kat Klub and revolves around Sally Bowles, the wild English cabaret singer and party girl and her relationship with Cliff Bradshaw, a young, aspiring American writer. Sprinkled in between the raucous club scenes is the doomed romance

between German boarding house owner Fräulein Schneider and Herr Schultz, a Jewish fruit vendor. The rising tide of Nazism always is lurking in the background in this show and at times the Village Theatre audience's discomfort hung over the theatre like a silent shroud.

Yorkey says that he's always been moved by the different iterations of Cabaret he's seen over the years and took special care of finding ways of making powerful connections between the book scenes (the dramatic storyline) and the club scenes and the deep talent of the supporting cast brought that to life.

He found the perfect lead performers for this production in Billie Wildrick, who plays Sally Bowles and Jason Collins, who plays the strangely naughty German emcee of the Kit Kat

Klub. Wildrick's powerful vocals and comedic timing grabbed the audience's attention from the start and kept us wanting more. She delivered riveting versions of the title song, "Cabaret" and "Maybe This Time" that stayed in our heads long after the curtain dropped. Collins served as the perfect tour guide, lightening the heavy political mood with great vocals and appropriately weird facial expressions and body

Brian Earp, who played Cliff Bradshaw, Sally Bowles' unlikely love interest, delivered a lowkey counter-balance to Sally's non-stop drama. Other strong performances were served up by Anne Allgood, who played Bradshaw's landlady, Fraulein Schneider, and Peter Crook, who played her Jewish, would-be fiancé. Their combination went a long way toward bringing Yorkey's desire to contract and balance the drama of the historical era and the glitzy, Vegas-style club scenes.



Billie Wildrick as Sally Bowles, the wild English cabaret singer and party girl

It's poetic justice that the first line of the title song is "What good is sitting alone in your room?" Had Yorkey not headed that call, much of what has transpired at Village Theatre over the past 25 years might not have happened.

"Issaquah always will be home for me," said Yorkey. "Home is the place you show up and it is where they have to take you in. There's a lot of mutual love, respect, and support and we all

What good is sitting alone in your room when our home-town theatre features such fantastic talent? Although Cabaret's run at Village Theatre Issaquah ends on July 3, you still can see it at Village Theatre Everett from July 10 through August 2. Catch Me If You Can opens the KIDSTAGE Season on July 11.



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July 2015 **Issaquah Highlands Connections**

FITNESS & HEALTH

Fido says, "Warm up First" by Becky Pelton, DPT Highlands Physical Therapy

Now that summer is in full swing and the sun is out, its time to hit the local lakes! What better way to appreciate your pet, dogs in particular, than to take them to the lake and play fetch. When your pet is getting excited to play, its easy to forget to warm up your shoulders before some repetitive throwing. Take some time to avoid throwing injuries by performing these shoulder stretches before playing fetch with your pet:



1. Cross Body Adduction Stretch - Stand up straight and reach your right arm across the front of your body; then grab your arm with your left hand and give your arm a gentle pull until you feel a stretch in the back of your shoulder; hold for 30 seconds and repeat on the other side.

Tricep Stretch - Stand up straight and reach your right arm up and over your head, bend your elbow reaching towards your mid back; then grab your elbow with your left hand and push your arm downward until you feel a stretch in the back of your upper arm; hold for 30 seconds and repeat on the other side.





Pec/Bicep Stretch - Grab a solid object about shoulder height (a tree or corner of a wall works great); keep arm extended and take a step forward as you rotate away from the object until you feel a stretch in the front of your shoulder; hold for 30 seconds and repeat on

Enjoy those not so lazy summer days at the lake and if you have any questions or sustain any throwing injuries, contact your local physical therapist. Have fun and stay classy Issaquah Highlands!



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Summer health and fitness for dogs and cats

by Craig Schneider, Civilized Nature Store Manager, Grand Ridge Plaza

Diet and Exercise Tips for Raising Healthy Dogs and Cats

Obesity is a growing problem in America, but humans aren't the only victims. Many dogs and cats are suffering from the side effects of never having to hunt for food. Lack of exercise and poor diet often lead to health and behavioral problems, but it doesn't have to be that way. Here are some answers to common questions pet owners have about canine and feline health and fitness

How do I know what the right amount of food for my dog or cat is?

According to the Animal Medical Center in New York, an average adult cat should eat 30 calories per pound of their own weight daily. Therefore, a cat who weighs eight pounds should have around 240 calories. Dogs' calorie requirements vary more depending on their breed, size, and activity level. There are a number of calculators online that help you decide the correct portion size for your pooch.

Are all foods the same?

Absolutely not! The goal should be to closely replicate the natural diets of dogs and cats which ideally should include more protein from well-sourced meat and less carbohydrates from fillers and ingredients that are not in a natural diet. As the human saying goes "we are what we eat", so a focus on quality of ingredients and suitability of ingredients for the unique needs of your animal should be paramount.

Human food should be avoided because it does not include the appropriate amino acids required by cats and dogs to have a complete diet.

What about dental health and food choices?

Many owners neglect their animal's dental health and in as short as three years, their cat or dog is showing signs of dental decay. Many dental problems can be minimized by a diet of appropriate food choices and regular dental maintenance from day one. A dog or cat, for example, that is fed only soft food will probably have dental issues at some point in its life. Chew bones and dental chews for dogs as well as regular brushings can help alleviate future problems.

How much water does my dog/cat need?

Dogs and cats who eat wet or raw food diets need less water than those who eat dry food, but all dogs and cats should have fresh water available to them at all times. The average dog should drink between 1/2 and 1 ounce of water per pound of their body weight daily. If you're having trouble getting your pet to drink, spike their water with a little salt free chicken or bone broth.

What about exercise? How much is enough for my dog/cat?

Many dogs were bred as working animals meant to herd and hunt, so many breeds need at least 30-60 minutes of moderate exercise daily. Walks and light jogging are great ways to exercise together, and playing fetch lets them do all the work while you lounge around. Play until your dog is tired. Cats are naturally blessed with high metabolism, but everyone knows that kitties can get fat. This is usually an issue of overfeeding, but exercise can help with weight issues and has other advantages. About 15 minutes of play once or twice a day can significantly improve a cat's temperament. If you're having trouble motivating your cat, try different toys such as laser pointers and catnip-infused toys.

Patriotic Pets Celebrate the 4th!



ISSAQUAH CITY NEWS

Fireworks Ban: Stay Safe on Independence Day



Stay safe on the Fourth of July, and remember that the City bans the use and possession of all fireworks without a permit.

The ban encompasses all fireworks, including sparklers, cones, fountains and Roman candles.

Adopted in 1993, the City's ban aims to keep citizens and property safe. Most surrounding cities also ban fireworks for personal use.

On the Fourth of July, non-emergency fireworks calls can overload 911. Only call 911 if you need emergency assistance and need immediate help from police, fire or medics.

Unnecessary 911 calls block people with real emergencies from reaching 911. To report non-emergencies, such as illegal fireworks, call 425-837-3200.

Route 200: Service Extended to Issaquah Highlands



7 P.M. TUESDAYS

Issaquah's Sammy the Salmon likes riding The Freebie around town.

King County Metro Route 200 recently extended to the Issaquah Highlands Park & Ride via Southeast Black Nugget Road and Highlands Drive Northeast to improve rider demand and route performance.

This new routing means riders have a connection between the Issaquah Transit Center, downtown and north Issaquah, and the Issaquah Highlands.

To learn more and share your feedback about additional adjustments to Route 200, go to metro.



ISSAQUAH COMMUNITY CENTER

Concerts on the Green Return for Summer



The City of Issaquah and local organizations sponsor Concerts on the Green Tuesday nights at the Community Center.

Concerts on the Green are a summertime tradition in Issaquah.

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 begins July 7th and continues every Tuesday evening through August 25th.

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 and sponsored by

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

Chalk Art Festival July 28th



Free annual chalk art festival invites all artists to the Issaquah Community Center for an afternoon of art!

Calling artists of all ages! Each summer, the community is invited create original chalk artwork on the sidewalks near the Issaquah Community Center, located at 301 Rainier Blvd. South, during the Issaquah Arts Commission's annual Chalk Art Festival

The 2015 festival will be held from noon-5 p.m. on Tuesday, July 28. Chalk and water are provided at this free event. Arrive early to choose a shady sidewalk

SHAGGY SWEE **HEATHER SULLIVAN PROJEC CHERRY CHERRY** _____ **JESSICA LYNNE** I B B B B B I INTERNI KINGS OF HOLLYWOOD **ACOUSTIC FANTASY HAIRSTORM** فللللللة

Shakespeare on the Green: Classic Plays Head Outdoors



Seattle Shakespeare Company presents free outdoor plays in

During the summer months, Seattle Shakespeare Company presents free, outdoor productions of classic plays performed in parks throughout the Puget Sound region. Bring a picnic and enjoy these free outdoor performances! Here are two in Issaquah:

"Henry IV, Part I" Thursday, July 9 at 7pm

Issaquah Community Center 301 Rainier Blvd S.

King Henry IV, confronts threats at home and abroad. Prince Hal drinks and cavorts in the taverns with his friend, the drunkard Sir John Falstaff. Rebellion quickly leads to war and young Hal must face his duties to family and throne. Filled with mischievous revelry and exhilarating battles, this engaging story of fathers and sons is one of Shakespeare's most thrilling epics.

"As You Like It"

Thursday, July 30 at 7pm Issaquah Community Center 301 Rainier Blvd S.

Exiled from their home and disguised to avoid attention, Rosalind and Ceila seek refuge in the secluded forest of Arden. Once there, the witty pair get caught up in the romantic tangles of the locals and find their own love interests as well. Rosalind's disguise as a man gives her a new found freedom, but it's not without its complications to be sure. This is Shakespeare's sparkling romantic comedy in which lessons of love are learned by all.

Shakespeare on the Green is presented by the Issaquah Arts Commission and 4Culture.

CULTURE THROUGH CUISINE

Highlands Culture Through Cuisine: Russia

by Kathryn Meeker, Dahlia Park

Green Borscht

If you want to understand Russian cuisine, you need to understand Russia's climate. Put simply, it is not the warmest place in the world. The southern regions are certainly warmer than the tundra, and many areas enjoy a few months of warmer weather each year, but overall Russia is not a land of fruit trees and fresh herbs.

Traditional Russian food is hearty and filling, made from plants that grow whether temperatures soar or not: potatoes, root vegetables, and cold-friendly greens. All of these come together in Yana Alentyeva's recipe for Spring Greens Borscht, a popular twist on the classic beetbased soup. Eaten warm or cold, it is the picture of classic Russian home cooking at its most delicious.

As a child growing up in the south of what was then the Soviet Union, Yana ate soup every day. Her mother and grandmother insisted that warm liquids aided digestion and that a hearty soup was the best thing for growing children. Her mother and grandmother weren't alone in their beliefs about the wisdom of daily soup. Even school lunches included some kind of traditional Russian soup, every day, in every season. Typical recipes came from what families could make out of their own garden, but this could be limiting at times. "Russian food is not as flavorful

as in other parts of the world," Yana admits. "Herbs don't grow there." Food was uncomplicated but nourishing.

Now a mother herself, Yana incorporates traditional Russian foods into her family's diet. Her two daughters are learning to cook as well, keeping ties to their parents' culture through their favorite dishes. Asked what dish she would use to introduce friends to her family's cuisine, Olga, 19, describes a simple meal of Kotlets, a Russian meatball served with mashed potatoes or buckwheat. And her favorite soup? Okroshka, a summer soup, always served cold. Whey serves as a broth with radishes, onions, potatoes, cucumbers, eggs, and ham to round out the dish. And where do Russian cooks get the whey for their soup? It is left over from making their own cheese, which is eaten for breakfast: just mix the cheese with sour cream and top with honey or jam. Think sweetened yogurt, Russian style.

After explaining how to make cheese into breakfast and whey into soup, Yana takes me down to the garden behind her family's home on 10th Avenue Northeast. Looking out towards the Olympic Mountains, she sees that her sorrel is going to flower. The long, spinach-like leaves growing from thick stalks have been producing well since February, and could keep going through the end of autumn if she cuts them back. "But it won't last this long in Russia," she explains. "Maybe for a few months." But this is not a Russian garden. Chives and onions are coming along, with tomatoes and a several kinds of berries not far behind. The climate of the Northwest has brought more variety to her garden than her mother may have had, but her favorite dishes—and those her children savor with her—are just like what she grew up with back home.



Spring Greens Borscht

This is a very easy to make and healthy dish, and is great hot or cold, vegetarian or with variation of chicken or beef broth. Lots of antioxidants and vitamins!

Ingredients

Potatoes 3-4 peeled and diced

Green Onions 1 bunch chopped
Fresh Spinach Leaves 1 bunch chopped
Fresh Sorrel 1 bunch chopped

Spring onions 1 bunch (chopped)
Eggs 2 beaten

Salt and Black Pepper To taste

White Sugar 1 then or

White Sugar 1 tbsp or 1 lemon squeezed (to taste)
Sour Cream 4/4 cup for topping (optional)
2 tbsps chopped for topping (optional)

Directions

Fill a large pot about 3/4 full with vegetable or beef or chicken broth; bring to a boil. Add diced potatoes and cook until fork-tender, 8 to 10 minutes. Stir in green onions and cook another 1 to 2 minutes. Stir in spinach and sorrel; cook another 2 to 3 minutes, or until wilted; remove from heat.

Pour the beaten eggs into the mixture in a slow and steady stream, stirring constantly, until the soup thickens. Season with salt, black paper and vinegar to taste. Pour soup into a large bowl and garnish with sour cream and dill. Serve with black bread (rye or pumpernickel).

DIRECTORY

ISSAQUAH HIGHLANDS COMMUNITY ASSOCIATION

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

MAIN PHONE: 425-427-9257 **IHWebsite.com**

Responsible for:

Property Management Enforcement of CCRs, Rules, Regs Architectural Review Common Area Landscape ihwebsite.com

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Melissa Schneider, Community Manager/Project Manager Melissa.s@ihcommnutiy.org, 425-507-1113

> Chelsea Johnson, Administrative Support Chelsea.J@ihcommunity.org, 425-507-1135

Homeowner Account Inquiries

payments@ihcommunity.org, 425-507-1119

Escrow Payoffs | Katherine.o@ihcommunity.org, 425-507-1119

HIGHLANDS COUNCIL

Blakely Hall 2550 NE Park Drive Monday-Friday 8:00AM to 5:00PM

MAIN PHONE: 425-507-1107 IssaquahHighlands.com

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> Christy Garrard, Executive Director christy.g@ihcouncil.org, 425-507-1110

Nina Milligan, Communications Manager nina.m@ihcouncil.org, 425-507-1111

Brianna Eigner, Blakely Hall Manager brianna.e@ihcouncil.org, 425-507-1107

Michele McFarland, Finance Manager michele.m@ihcouncil.org, 425-507-1108

Julie Clegg, Creative Coordinator julie.c@ihcouncil.org

Vyvian Luu, Administraive Assistant vyvian.l@ihcouncil.org

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

WA Dept of Fish & Wildlife 425-775-1311

Emergency Contact Number

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Weekly E-Letter: Sign up at issaquahhighlands.com

RENTAL FACILITIES

Blakely Hall

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

Blakely Hall Meeting Room

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

To inquire about booking facilities at Blakely Hall, please contact Brianna at 425.507.1107 or email brianna.e@ihcouncil.org

Fire Station Meeting Room

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

CONNECTIONS

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 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	\mathbf{BW}	Color
Mini (text only): 3" x 3"	\$50	
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Full Page: 9.625" x 13"	\$595	\$950

We reserve the right to accept or refuse submissions and edit to content and length. We also reserve the right to refuse advertising that in our opinion does not reflect the standards of the newspaper. Opinions or expressed either by paid advertisement or editorial content do not necessarily reflect the views of Highlands Council or this newspaper.

Ads are due by the first Friday of the month for the following month's publication.

For best results with newspaper printing:

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Issaquah Highlands Seller, 2014

Issaquah Highlands Homeowner

Krista Mehr - Owner **Managing Broker** 206.890.6347 kristamehr@gmail.com

207-561-0412



Issaquah Highlands Homeowner Lynn Crane Brueckman - Broker Ibrueckman@gmail.com



Issaquah Highlands Homeowners James & Julie Clegg - Brokers 425.941.6576 425-577-1917 jclegg72@gmail.com



Issaquah Highlands Homeowner Aimee Holy - Broker 314-600-7561 ubermomma@yahoo.com

