



## Calm-unity Calendar

**June 8**

[Volunteer at Evans Creek Preserve](#)

**June 11**

[City Council Joint Meeting with Parks and Recreation Commission](#)

**June 12**

[Sammamish Farmers Market](#)

[RESCHEDULED Skateboard Competition](#)

**June 13**

[Family Friendly Volunteering](#)

[Laughing Jacobs Open House](#)

**June 16 - Father's Day**

**June 18**

[City Council Regular Meeting](#)

**June 19**

[Healthy Communities Coalition](#)

[Sammamish Farmers Market](#)

[Sammamish Repair Time Fix-It Event at The Sammamish Library](#)

**June 20**

[Planning Commission Meeting](#)

**June 21**

[Last Day to Complete the Klahanie Park Master Plan Survey](#)

**June 24**

[Plateaupians for Peace Sammamish Pride Art Exhibition](#)

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## Newzzzzzzzz You Can Use

### [Klahanie Park Master Plan to be Discussed at June 11 Meeting](#)



City Council and Parks & Recreation Commission will be discussing the Klahanie Master Plan at their joint meeting on June 11; the meeting provides for Public Comment, which will start at 6:30. The agenda and presentation materials can be found [HERE](#). Can't attend? You can email your comments to the [City Council](#) and/or the [Parks & Rec Commissioners](#) anytime!

Learn more about the Klahanie Master Plan project [HERE](#).

### [Help Reduce Flooding & Preserve Natural Areas](#)

The City will host an Open House for the Public on **June 13th, from 5:30pm-7:30pm, at Beaver Lake Middle School.**

Tell us your priorities and ideas for your neighborhood, learn more about the future of your local watershed, hear what we've learned from your neighbors about local needs and values, and chat one-on-one with the project team!

[Learn more HERE.](#)



*Join us!*

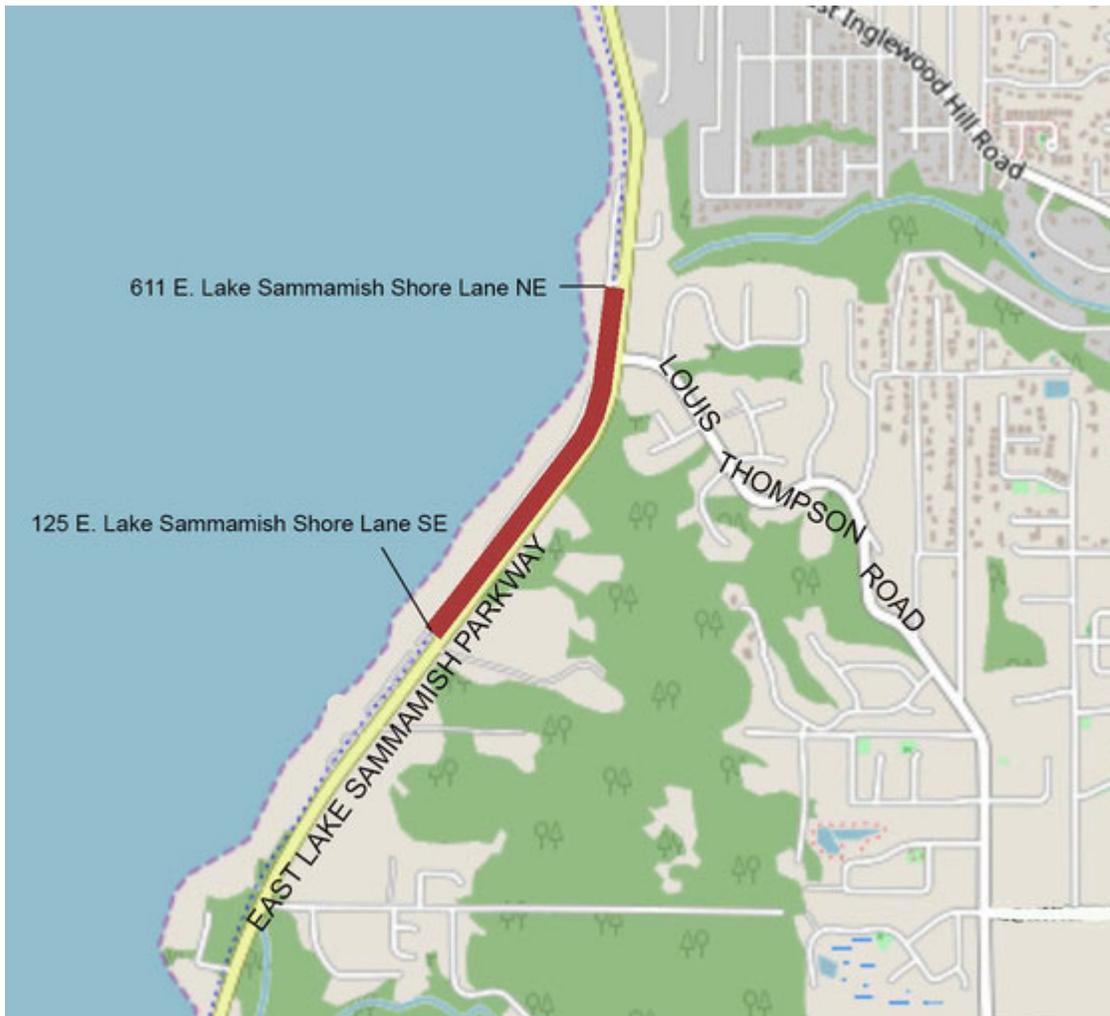
June 13th, 2019  
5:30 PM to 7:30 PM

Beaver Lake Middle School, Commons/Lunchroom  
25025 SE 32nd Street  
Issaquah, WA 98029

On-site parking is available.

## East Lake Sammamish Trail closed June 14

A portion of the East Lake Sammamish Trail will be closed on Friday, June 14, from 7 a.m to 6 p.m. for technical drilling between 611 E. Lake Sammamish Pkwy NE and 125 E. Lake Sammamish Pkwy NE. For more info email [ELST@KingCounty.gov](mailto:ELST@KingCounty.gov) or call (888) 668-4886.



[Sammamish  
Symphony  
Orchestra  
Announces 2019  
Youth Concerto  
Competition  
Winners](#)

Three talented young local musicians won top honors at the Sammamish Symphony's 2019 Youth Concerto Competition held May 18 in Bellevue. Pianist **Sandy**



*Sandy Huang*

**Huang**, from Skyline High School, took first place; second place went to clarinetist **Bram Schenck**; cellist **Charlie Lee** took third place.

[Read more about these young musicians HERE.](#)



*Bram Schenck*



*Charlie Lee*

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A graphic featuring the text "THE CONE ZONE" in large, bold, black capital letters. The word "CONE" is partially obscured by a large orange and white striped traffic cone. Three smaller traffic cones are arranged in a line above the word "ZONE".

# THE CONE ZONE

## **Public Works Construction Updates for June 7 - June 14, 2019**

### **NEW: More Mowing Along East Lake Sammamish Parkway**

June 11, 12, and 13 (Tuesday, Wednesday and Thursday of next week) the Streets Crew will be back out mowing along East Lake Sammamish Parkway from 9:30 a.m. to 3 p.m. On Tuesday, June 11, they will be starting at the base of Inglewood and working there way north towards Sammamish Landing.

### **It's Time for Our Annual Curb Ramp Retrofit and Sidewalk Repair Project!**

Starting sometime between June 6 and June 10, Sammamish's contractor will begin

our annual [Curb Ramp Retrofit and Sidewalk Repair Project](#).

Work will likely start with the sidewalk repairs along 255<sup>th</sup> PI SE near SE 42<sup>nd</sup> Way (Klahanie – across from newer pool) before moving to the curb ramp retrofits in Lake Pointe (248<sup>th</sup> Ave SE/SE 37<sup>th</sup> St). You can find a handy map of all the sites [here](#), and we will keep you informed as the schedule firms up.

### **Costea Estates**

Contractors began installing storm drain pipes along 248th Ave. NE and SE 24th Street. The work will begin along SE 24th Street and then proceed to 248th Ave SE. During this work the roadway will be closed down to one lane of traffic between the hours of 7:00 am and 4:00 pm. This work is expected to last three weeks.

### **Sammamish Plateau Water and Sewer ULID Project**

Sammamish Plateau Water and Sewer is currently working on a sanitary sewer project just off SE 18th and East Beaver Lake Road. Work is finishing up, with patching expected next week.



### **SE 4th Street Improvements**

The City is making improvements to SE 4<sup>th</sup> Street from 228<sup>th</sup> to 218<sup>th</sup>. Improvements include sidewalks, bike lanes, street lighting, landscaping, roundabouts, and sewer and water main upgrades. We anticipate this project will last through Spring of 2020. The road is now open to traffic, but there will be times where only one lane is open (controlled by flaggers) between the hours of 7:00 am and 5:00 pm. Please consider alternate routes for your travel plans.

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## The Last Word

There's a human who puts this newsletter together every week - *with a great deal of input, advice, and assistance from a bunch of kind and very knowledgeable humans* - but, on a Friday evening after a day of meetings/meetings/meetings, all errors, typos, etc. in this newsletter belong to that one human who hits the send button. Like most of you, that person is pretty tired by the end of the week.

A recent story in the *New York Times* noted that David Cush, the former Virgin America C.E.O., says he wakes up at 4:15. And that "Jennifer Aniston wakes up at around 4:30 to meditate," which is the same time that "Michelle Obama is hitting the gym."

Apparently early wake-up times are supposed to be some sort of a badge of honor, but here's the rub: [Americans sleep, on average, less than seven hours a night](#), which means that many of us get less sleep than the American Academy of Sleep Medicine recommends. Shocking, I know.

Interestingly, according to Robert Stickgold, a Harvard professor and the director of the Center for Sleep and Cognition at Beth Israel Deaconess Medical Center, this lack of sleep, along with making us groggy, irritable and well, *sleepy*, also biases our behavior. In fact [a recent study](#) that monitored 65 healthy people between the ages of 18 and 30, showed that [an impaired mind focuses](#) "on negative information when making decisions."

So perhaps instead of looking at sleep as an obstacle to our productivity and performance - the "There'll be time for sleep when I'm dead" mindset - we could treat it like other basic human needs...say hunger or thirst. It's worth a try; after all, Thomas Edison took lots of naps, and he was a pretty bright guy. (You see what I did there?)

Sleep well, Sammamishians!

As always, if you have a questions or comments about this newsletter you can email us at [Communications@sammamish.us](mailto:Communications@sammamish.us) . You may also text or call us at 425-606-7435.

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