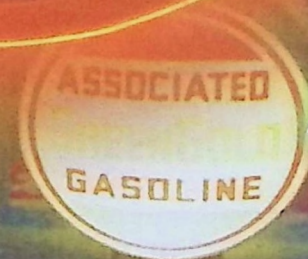
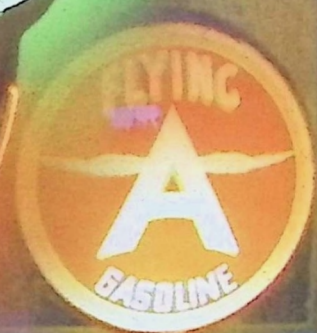


RENTON

Magazine

Volume 2 / No 2 February 2007



Cover:
**A step back
in time**
page 14

KING and BUNNYS

A P P L I A N C E S



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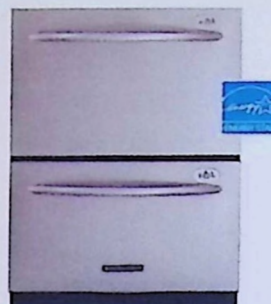
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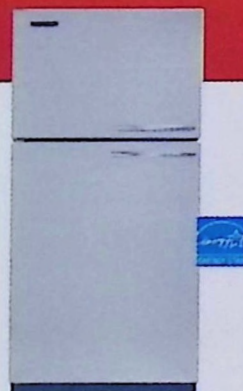
Model # KSCS25FKSS

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Model # KTLA22EMSS

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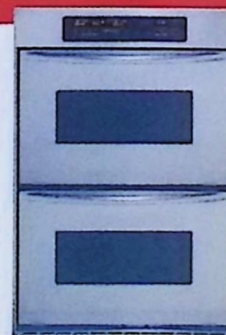
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publisher's note

Renton is a wonderful community because it has such soul and spirit. Other cities yearn to establish the strong sense of community that many here take for granted.

People make this town special. A lot of residents and business owners routinely give their time and resources to make our community better. Al Talley is a great example. (Please see his story on page 18).

Al epitomizes the phrase, "giving back to the community." He operates the business he started 21 years ago. At 72, this should be enough for one person. Yet Al runs a weekly marathon that includes four hours mentoring students in the Renton School District, where he also serves as a school board director. He also has ongoing commitments to the chamber of commerce, Communities In Schools of Renton, and Renton Rotary.

And in his spare time, when he's not being a

devoted husband and grandfather, Al serves as president of the Puget Sound Senior Softball Association.

He and his wonderful wife of 52 years, Candis, are part of the soul of this community.

Another great community ambassador was former mayor Earl Clymer, who passed away Dec. 20. Earl devoted 26 years to public service in Renton, 18 years on the city council and two terms as mayor.

During his second term as mayor, Earl put down his guard and attended meetings with business leaders and developers, where he was told that Renton was the worst city in the county in which to conduct business. He took this criticism to heart and directed his staff to



Denis Law
PUBLISHER

explore new ways of doing business. This resulted in a complete shakeup of the way the city conducted business, which became the blueprint for quality customer service throughout the state.

Mayor Jesse Tanner followed Earl and coupled the new business practices with his vision for a better city. Among his accomplishments during his two terms as mayor was a significant jumpstart to downtown redevelopment, changes to under-utilized lakefront property that will become home to the Seattle Seahawks, and a development agreement with the Boeing Company for an urban village on the company's surplus land that will include quality entertainment, dining, shopping and housing. So, as you enjoy a movie, shopping or dinner at The Landing next year, or take in a Seahawk practice game in Kenndale the following summer, don't forget to say a little thanks to Earl and Jesse.

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contents

4 upcoming events

5 now playing

6 events calendar

7 editor's viewpoint

9 kirby unti

10 circle of giving

11 recipe of the month

16 renton schools

19 around the garden

22 preparing for disaster

24 community service

25 health advice

cover:

Craig Landon has re-created a piece of his childhood in his family room. See page 14 for details / Photos by Denis Law / Cover design by Kerri Ladines.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Maplewood Golf Course
425.430.6800

Police Dept
(non emergency)
425.430.7500

Renton Community Foundation
425.264.0516

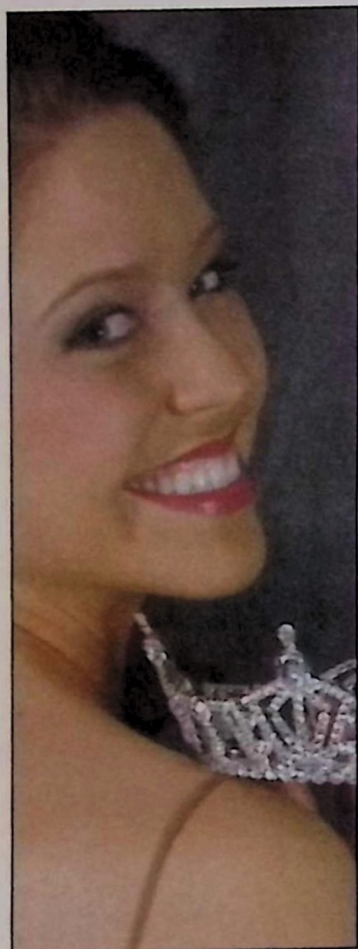
Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming february events



miss seattle scholarship pageant

Come watch the preliminary competition to Miss America. During the pageant contestants will compete for scholarships before a panel of judges including a 12-minute personal interview, plus on stage competitions in talent presentation, evening wear and swimsuit. The highest scoring women will be named Miss Seattle 2007 and Miss Emerald City 2007 and will compete in the Miss Washington 2007 pageant in June.

february 17

Saturday at 6:30 p.m.

Admission: \$20/reserved seats;
\$15/festival seating

IKEA Performing Arts Center
400 S. 2nd St.

425-204-3455



february 9-25

The Odd Couple

425-226-5529

Renton Civic Theater

507 S. 3rd St.

Admission: \$20/adult,
\$15/students and seniors



february 10

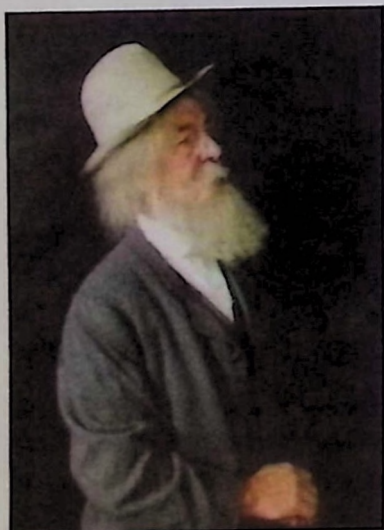
Evergreen City Ballet: Duets

Saturday at 1:30 p.m.
and 7:30 p.m.

425-204-3455

IKEA Performing Arts Center
400 S. 2nd St.

Admission: \$20/adult, \$15/
seniors, \$10/student & child



february 13

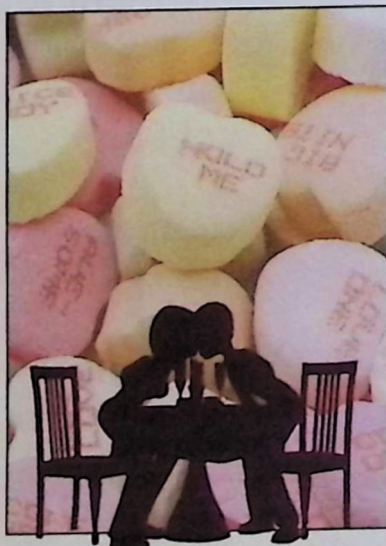
Ray Egan presents "Ezra Meeker: George Washington Bush"

Tuesday at 4:30 p.m.

425-255-2330

Renton History Museum
235 Mill Avenue S.

Admission: Under 8-Free



february 14

Valentine's Day Celebration Luncheon

Wednesday at 11:30 a.m.

425-430-6633

Renton Senior Activity Center
211 Burnett Ave. N.

Admission: \$3 donation (60+);
\$5.75 charge (under 60)



february 18

Doc Severinsen

Sunday at 3 p.m.

425-204-3455

IKEA Performing Arts Center
400 S. 2nd St.

Admission: \$45/adult,
\$40/senior and students,
\$50 at the door



february 22

The Noise Guy

Thursday at 11 a.m.

425-430-6700

Renton Community Center
1715 Maple Valley Highway

Admission: Free

upcoming march events



march 3

Some Enchanted Evening: The Music of Rodgers and Hammerstein

Saturday at 7 p.m.

425-204-3455

IKEA Performing Arts Center
400 S. 2nd St.

\$22/adults, \$20/senior and students, \$24 at the door

march 15

Renton City Concert Band

Thursday at 7:30 p.m.

425-430-6700

IKEA Performing Arts
Center
400 S. 2nd St.

Admission: \$7/adults;
\$5/students and seniors

march 23

Inherit the Wind

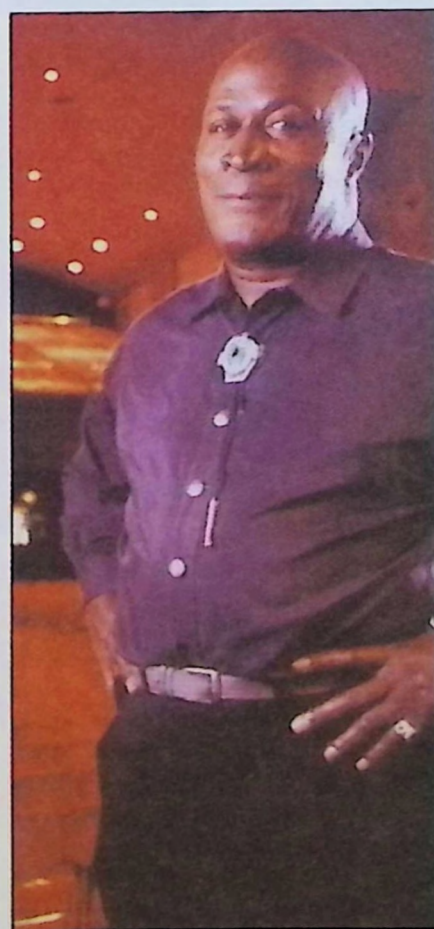
March 23 through April 8

425-226-5529

Renton Civic Theater
507 S. 3rd St.

Admission: \$20/adults;
\$15/students and seniors

now playing



John Amos Halley's Comet

February 2

You may be familiar with John Amos as Kunta Kinte in *Roots*, James Evans in *Good Times*, Admiral Percy in *The West Wing* or Ethan Baker in *The District*.

Amos now presents a character portrayal in his own creation, *Halley's Comet*. This is the story of an 87-year-old man who shares the memories of a lifetime seeing Halley's Comet twice. Amos promises the audience a whirlwind adventure through time.

Friday, Feb. 2 at 8 p.m.

IKEA Performing Arts Center
400 S. 2nd St.

Admission: \$30/adult, \$28/seniors
and students, \$32 at the door

425-204-3455

www.ikeapac.org

Valley Community Players present:

Romantic Comedy

February 2 - 18

Jason Carmichael, an arrogant but successful co-author of Broadway comedies, teams with Phoebe, a budding playwright, just as he is marrying a society belle. For ten years, all goes well. Then, Jason's world falls apart. His wife divorces him to go into politics and Phoebe, who really loves Jason marries someone else and moves to Paris. Jason goes into professional, financial and physical decline. Reenter Phoebe and guess the ending.

Feb. 2 through Feb. 18

Carco Theatre

1717 Maple Valley Highway

Admission: call for showtimes and prices

425-226-5190

www.valleycommunityplayers.org

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calendar of events

ENTERTAINMENT



Renton Technical College Foundation presents: 1970s Rock

Friday, Feb. 9 from 6:30 p.m. to 9:00 p.m.
Spend an exciting evening with our talented culinary students as they prepare 1970s-inspired dishes for your dining pleasure. Observe the preparation of the food specialties, then enjoy the food with complementing fine wines. The evening also features a Silent Auction.

Net proceeds from the event will benefit the Renton Technical College Foundation's culinary scholarships and endowment, as well as providing general scholarship dollars.

Renton Technical College
Robert C. Roberts Campus Center
3000 NE 4th St.
425-235-2352 ext. 5728
Admission: \$50 per person
Website: www.rtc.edu

Songs and Stories to Reconcile By

Saturday, Feb. 10 at 4 p.m.

Vincent T. Hutchinson takes us on a short journey through African-American history. We hear stories and drums in the African village on the West Coast of Africa. Suddenly we are captured and transported via the Middle Passage to slavery in the New World. There are songs and escape plans to deal with, many deeply in code. The program ends with an exclamation of friendship and helpfulness and a better understanding among people of all colors.

Renton History Museum
235 Mill Avenue S.
425-255-2330
Admission: Children 8 and under free
www.rentonhistory.org



Ray Egan presents "Exra Meeker: George Washington Bush"

Tuesday, February 13 at 4:30 p.m.

Renton History Museum presents a special Black History Month event. African-American George Washington Bush and his family left Missouri in 1844, searching for freedom and free land.

Oregon's infamous "Lash Law" forced the Bushes and 24 loyal white friends to settle north of the Columbia. Despite the fact that federal law would not permit him to own the land he farmed because of his race, Bush saved countless white pioneers from destitution by freely sharing his crops with them.

Renton History Museum
235 Mill Avenue S.
425-255-2330

Admission: Children 8 and under are free
www.rentonhistory.org



Doc Severinsen

Sunday, February 18 at 3 p.m.

Doc Severinsen is one of today's pre-eminent instrumentalists, well-known to television audiences as the flamboyant

Grammy Award-winning music director of "The Tonight Show." Doc has today unmistakably established a new multidimensional career.

He performs concerts in an array of musical styles and joins classical and pop music groups, as well as becoming a guest conductor/performer with scores of symphony orchestras. Doc plays sizzling jazz and big band tunes with the acclaimed former "Tonight Show" Band, known as Doc Severinsen and His Big Band.

IKEA Performing Arts Center
400 S. 2nd St.
425-204-3455

Admission: \$45/adult, \$40/senior and students, \$50 at the door
www.ikeapac.org

ADULT PROGRAMS

Free Tax Assistance

Wednesdays, Feb. 7 through April 11 from noon until 4:30 p.m.

Volunteer Tax Assistance provided by AARP in cooperation with the IRS. Program is for low and moderate income tax payers (income less than \$50,000). Appointments are 45 minutes long. Call 425-430-6700 for an appointment. Be sure to bring last year's tax return.

Renton Community Center
1715 Maple Valley Highway
425-430-6700

Free service

SENIOR EVENTS

Renton Senior Center:



Valentine's Day Celebration Luncheon

Wednesday, February 14 at 11:30 a.m.

Join us for the celebration of "the Day of Love!" Be sure to wear pink and come with a warm heart. Lunch will be served at 11:30 a.m. Advanced tickets are required and are available at the Nutrition Office between 12:30 p.m. and 4:30 p.m. There will be no reserved seating.

Admission: \$3 donation (60 and up); \$5.75 charge (under 60)

50 Years and Counting

Wednesday, February 14 at 11:30 a.m.

Have you been married for 50 years or more? Sign up with Wendy in the Recreation office and you will be formally honored.

Admission: \$3 donation (60 and up); \$5.75 charge (under 60)



Mardi Gras Dinner/Dance

Friday, February 16 from 4 p.m. to 7 p.m.

Put on your crazy outfits and masks and join us for a Mardi Gras celebration! Joani Noel and Duo will provide fun, lively, kick-up your heels music for the evening and we'll dine on shrimp jambalaya. Tickets must be purchased by Feb. 14. Dinner will be served from 4 p.m. to 5 p.m.

Admission: \$6
Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

www.ci.renton.wa.us/commserv/rec/snrctr.htm

CHILDREN'S THEATER

Storyteller Nana Kibibi

Tuesday, Feb. 20 at 1 p.m.

Nana Kibibi is considered to be one of the most exciting storytellers and performers in the Pacific Northwest. Her combination of music and drama coupled with dance and folktales from Africa creates a performance of storytelling that is unique, uplifting and educational. Her stories typically end with a short lesson in Swahili—a fun cultural treat for the whole family.

Carco Theatre

1717 Maple Valley Highway

425-430-6700

Admission: \$2 for all ages

www.ci.renton.wa.us/commserv/rec/arco.htm

Goin' Someplace Special

Friday, Feb. 23 at 1 p.m.

Book it Repertory Theatre presents this production. A young girl braves her first unaccompanied trip to "someplace special" in Newberry Honor-winning author Patricia C McKissack's tale of strength and segregation in 1950s Nashville. Drawing on her own childhood, the author tells the story of Tricia Ann, who convinces her grandmother that she's old enough to take the bus to her favorite destination, the only place in town where "All Are Welcome."

Carco Theatre

1717 Maple Valley Highway

425-430-6700

Admission: \$2 for all ages

www.ci.renton.wa.us/commserv/rec/carco.htm

If you have an upcoming event you want others to know about, we want to hear from you. Please send information about your event to news@rentonmagazine.com or call us at 425-271-9300.

When much of North Renton was a swampland

The area of Renton at the south end of Lake Washington is undergoing massive changes with The Boeing Company moving off much of the land it has occupied for decades and a huge new shopping and urban residential area in the works.

Change is nothing new to that area. It has been the scene of major physical and cultural changes for a very, very long time.

The Duwamish Indians apparently had an encampment in the area long before other settlers arrived. At that time, Lake Washington extended much farther south than it does today, covering much of what is now North Renton with water.

The Cedar River didn't flow into

the south end of the lake then as it does now. The Black River flowed out of the lake and the Cedar

flowed into the Black. The Black River then flowed to the west, where it joined the Duwamish River and emptied into Elliott Bay.

In 1917, the Army Corps of Engineers completed excavation of the Lake Washington Ship Canal and the Ballard Locks in Seattle, which resulted in water draining out of Lake



David Suffia
EXECUTIVE EDITOR

Washington and into Seattle's Lake Union, which had a lower elevation.

As a result, Lake Washington's level fell by about nine feet, uncovering lake bottom in North Renton. The Corps also diverted the Cedar River so that it flowed directly into the lake.

The Black River, deprived of outflow from a lower Lake Washington, just dried up and went away, which explains why there is no Black River anywhere near business parks west of downtown Renton that still use the Black River name.

My dad bought two lots in North Renton in 1930 and built a house on one of them. He used to plant wonderful gardens on the second lot in rich, black soil.

I can still remember there was a dairy farm in a swampy area at the south end of the lake when I was a kid.

I also remember there was a huge swamp with a nearly impenetrable tangle of trees and brush on the east side of Park Avenue, where ducks and geese would land and feed during their migrations to and from Canada. The swamp was eventually filled in and Boeing built several large buildings and a huge parking lot.

That area now houses the Frye's electronics store and soon will be part of The Landing project that will include a shopping mall and residential units. That's a long journey from what used to be lake bottom and swamp land.

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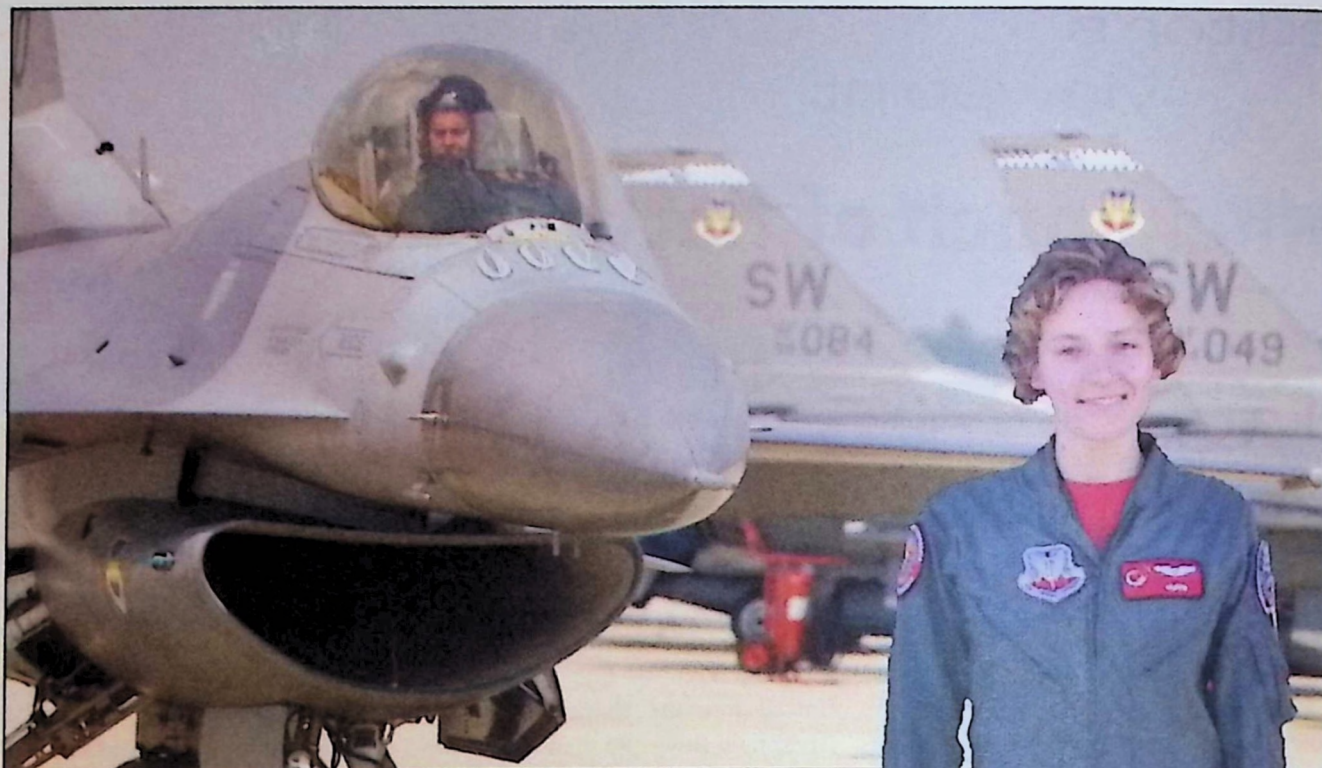
jim.sullivan.bwrk@statefarm.com



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P056006 03/05



F-16 photo courtesy of Lockheed Martin

Kristin Lee Hubbard: Flying to new horizons

BY MANNY FRISHBERG

George Vanni remembers his former student Kristin Lee as destined to soar to new heights. That is precisely what she has done as one of America's new class of F-16 jet fighter pilots.

Vanni, who taught Kristin's freshman English class at Liberty High School and coached her in softball, says she talked about wanting to fly when he first got to know her, so he was not surprised when she became an Air Force flying ace.

"That was something she wanted to do and she was going to do it any way she could," he said. "She talked about that right from the start."

Kristin, 26, who now goes by her married name, Hubbard, recalls her early ambitions somewhat differently, though she remembers Vanni as one of the people who inspired her to reach high.

"I never knew exactly what I wanted to do. I knew I wanted to travel and I was a math-oriented person," she said, "but I knew I wanted to do some kind of engineering. That was really the extent of what I knew I wanted to be when I was in high school."

Vanni said he knew from the way she approached softball that she was destined to achieve whatever she set her sights on. He said she approached the game "just the way she did everything else — she worked very hard at it.

"She was a very bright young lady, very active and many times had to be gotten after to settle down a little bit," said Vanni, now retired after 20 years as a teacher and Liberty's athletic director. "But I mean in a fun way."

After graduating from Liberty in 1998, Kristin went on to study aeronautical engineering at the University of Washington. She became interested in an Air Force career, and a friend suggested she try ROTC.

"I had no idea what pilot training was or what the military was in general," she said. "I picked that up to see if I would like it, since I have no military experience. I absolutely loved it — not even just the idea of eventually flying, but the people in the community and the challenge of it was awesome."

To earn a pilot's training slot she had to compete with more than a dozen other students in the UW's Air Force ROTC program. Women have been allowed to fly fighter jets for the military only in the past 15 years, but Kristin says she has never felt handicapped by her gender.

"It is a fraternity that women are finally breaking into," she said, adding the change has required more adjustments from the older men in the program than it has for her. "I've gone in with an open attitude. So have they, but they've gone in with past experiences, where everything for me has been a new experience so far, and I just go with the flow."

Kristin says she doesn't think she deserves to be seen as something special,

"There's people who have done way more amazing stuff than just to get the opportunity that the Air Force has allowed me, to fly an F-16," she said. She does not balk, however, at providing an example of what young people can achieve.

"I think it's very important for guys and girls to know that the opportunity's out there," she said. "Not just the military. I just want to open kids' eyes up to the fact that there's more out there than just what you see your parents doing. They're all great but there's other opportunities out there."

We all need a good storm

I t was approaching 5 p.m.

I was in my office working feverishly to put lesson plans together for the class I was to teach that evening when the phone rang. My wife Kim was asking what my plans were for canceling the class.

Her question confused me.

"Why would I be canceling class?"

"Have you looked outside?" she asked.

Obviously I hadn't because when I did, I couldn't believe my eyes. The parking lot was covered in snow.

Kim now had my attention. I huddled with the only remaining staff member, and we put together a plan to notify the participants in our class and other scheduled activities. We finished our phone calls, I changed the message on the answering machine and then headed for my car.

It was pushing 6 p.m. My cell phone rang as I was walking out the door.

"When are you coming home? It is snowing like crazy."

By now the snow was over two inches deep. I had no coat. I was in my suit and dress shoes. My car was covered in a blanket of snow. The windshield wipers could barely push the load off. The snow clung to my side windows when I made the mistake of rolling the driver's side window down. I was now bathed in cold, wet snow.

I headed out of the parking lot feeling smug that my Mini Cooper was doing quite well in the deepening snow. I chose a route home that avoided the hill at 12th and Sunset. It took me a little longer, but I was real glad when I passed that intersection and saw the cars struggling to make it up the incline.

I drove east on Sunset and became increasingly aware of how slippery it was as the pickup truck in front of me fish-tailed continuously. In a few minutes I would be home, where I could enjoy the snowfall from my big chair in front of the



Kirby Unti
COLUMNIST

fireplace.

It was when I turned the corner to head up Union Avenue that I was met with disaster. Several cars were stuck on the incline while a line of other cars moved into the oncoming lane to go around them. I found myself joining the moving traffic only to have the car in front of me fail to make it to the top. I was dead in my tracks with no way to get traction.

Fortunately I made it into the correct lane of traffic as other cars, including another Mini Cooper, went buzzing by. Adrenaline was now making its way into my blood stream. Chaos was all around me as a growing line of cars became stuck.

I began to back down the hill, sliding into the oncoming traffic lane, nearly backing into a pickup truck that was parked at the curb, headed in the wrong direction. Ever so carefully I managed to join him alongside the curb.

Meanwhile a team of complete strangers formed to help one another out. It was a wonderful sight. One guy with a four-wheel drive pickup was towing car after car up the hill. Others joined in directing traffic while still others were there to help push and shove.

Two of these wonderful Samaritans came over to where I was stuck and offered to help me get turned around and headed down hill. They were strangers even to each other; one was thanking the other for helping out. They had me turned around in no time. I rolled down my window and shouted, "Thanks a million!"

I was able to take another route home coming in off Duval. An hour later, I was still shaking from the ordeal, yet ever so grateful for the help of complete strangers. That group of volunteers could have represented a gathering of the United Nations. We were people from many different ethnic backgrounds. But on this night we had one thing in common. We were neighbors.

Thank you, my dear neighbors, for helping me out. I hope I can return the favor. Sometimes we need a good storm to draw us together.

Renton Magazine columnist Kirby Unti is pastor of St. Matthew's Lutheran Church in the Renton Highlands.

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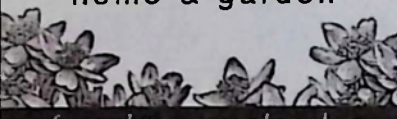
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RENTON MAGAZINE / Denis Law

Steve and Marcie Maxwell hand out a grant to help promote better education in the Renton community.

Renton Community Foundation awards \$50,000 in grants

The Renton Community Foundation recently awarded approximately \$50,000 in grants through its 2006 Circle of Giving Campaign and Maxwell Fund for Youth and Families.

The 2006 Circle of Giving Campaign raised \$40,325. The 2006 Maxwell Fund for Youth and Families raised \$9,000.

Of the \$40,200 offered through the Giving Campaign, \$10,000 was awarded to the Renton School District to replace musical instruments, buy teaching models, books and art supplies. Other grants were made to organizations, including The Salvation Army, Renton Technical College, Allied Arts of Renton, the Renton Clothes Bank, 40 Assets, Vision House, and Skyway Boys and Girls Club.

The Circle of Giving Campaign began in 2000 as a way to promote the newly created Renton Community Foundation. In its first year, the campaign solicited \$11,000 in donations. This past year the amount increased almost fourfold to \$40,325. Donations are solicited by phone and mailings during October and November. During November and December, the foundation decides where the grants will go. Grants are awarded in January. Last

year, the campaign solicited 38 \$1,000 donors

Steve and Marcie Maxwell started the Maxwell Fund out of their passion for education and the need to provide for children and families. Of the \$9,000, \$1,000 each was given to the Renton High School Band, Team Hazen Stacking Team, the Renton School District's Diversity Advisory Committee and the Communities in Schools of Renton mentor program. Other programs benefiting included 40 Assets, Hillcrest PTA, CAST for Kids, and the after school program at St. Matthew's Lutheran Church.

Community foundations are one of the fastest growing segments of philanthropy, totaling more than 650 across the United States and representing more than \$30 billion in assets.

The Renton Community Foundation was established in 1999 through a partnership between the City of Renton, the Renton Chamber of Commerce, Renton Technical College, Valley Medical Center and the Renton School District. The foundation is governed by a volunteer board of directors. It manages more than \$3 million in funds.

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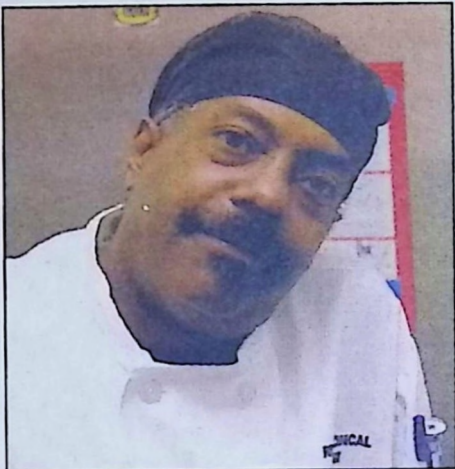
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**Renton Community
Foundation**

recipe of the month

Jerk chicken is an easy way to spice up dinner



CHEF ROBERTO ATHERLEY

This special recipe for jerk chicken is provided by Roberto Atherley. Chef Roberto started his career in his native country of Panama. As a successful soccer player, he

helped coach youth soccer until he decided on a career in culinary arts.

He attended Renton Technical College (RTC) Culinary Arts program and graduated top of his class in 1996. Upon graduation he joined RTC's catering department as the lead cook. He has successfully provided for hundreds of weddings, private functions, and catering events.

His previous experience included working at Seattle University and Bon Appetite as the chef de cuisine. Recently, Chef Roberto accepted the position as catering operations manager and oversees the college's catering department.

Jerk Chicken

- 1/2 teaspoon ground nutmeg
- 1/4 cup olive oil
- 1 tablespoon ground allspice
- 1/4 cup soy sauce
- 1 tablespoon dried thyme
- 1/2 cup orange juice
- 1 1/2 teaspoons cayenne pepper
- 1 lime (juice)
- 1 1/2 teaspoons freshly ground black pepper
- 1 habanero pepper
- 2 tablespoons onion powder
- 3 green onions – finely chopped
- 1/4 teaspoon ground cinnamon
- 1 cup onion – finely chopped
- 2 tablespoons garlic powder or fresh garlic
- 4 - 6 chicken breasts
- 1 tablespoon brown sugar

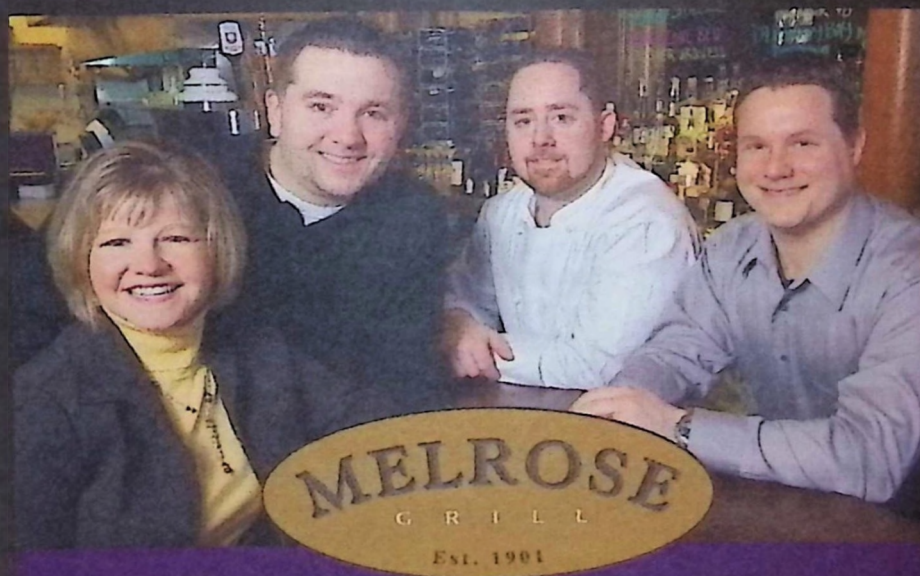
Trim chicken of fat. In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, onion powder, nutmeg, cinnamon, garlic powder and brown sugar. Add salt to taste. With a wire whisk, slowly add the olive oil, soy sauce, orange juice, and lime juice.

Add the habanero pepper, onion, green onion and mix well. Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible.

Preheat oven to 350° F.

Roast chicken for 30 minutes in the oven or until the chicken reaches an internal temperature of 165°F.

Serve with sweet mashed potatoes and Cole slaw.



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Young couple opens Renton's newest bar and grill

BY ANDREW FICKES

Washing dishes. Sweeping floors. Bussing tables. Tending bar. Casey Reinke learned the restaurant business from the bottom up at an early age.

As a youth, Reinke traveled from Spokane to Montana each summer to help at his grandfather's bar and grill, waking up at five in the morning to get the restaurant up and running for the day.

During his college years at Washington State University, where he earned a business degree, he tended bar to make ends meet.

"It's definitely been a constant in my life," Reinke said. "I love the activity of it. I also love the interaction with people. I truly love learning from people."

Today, Reinke and wife Daniela Lapizco are enjoying that passion full time with their new venture, DC's Bar and Grill. Located at 907 S. 3rd St., the bar and grill is the newest addition to Armondo Pavone's and Denny Dochnahl's redevelopment of a city block in downtown Renton's historic district. "DC" stands for Daniela and Casey.

"We're trying to be the neighborhood bar and grill that people can come in for a drink," Reinke said. "We want to be ingrained in the community. Great service is paramount to us. We want to know our neighbors and have our neighbors know us."

The pub is nicely laid out in dark, muted colors with hardwood floors. A pool table sits in one corner of the 1,400-square-foot dining area. Six 42-inch flat screen televisions are on the walls. In the back, is a 900-square-foot kitchen.

"We want to be able to prepare anything we



RENTON MAGAZINE / Denis Law

Casey Reinke is living his lifelong dream of owning a bar and grill. He and his wife Daniela opened DC's Bar and Grill in Renton in late December.

It's definitely been a constant in my life, I love the activity of it. I also love the interaction with people. I truly love learning from people. ~Casey Reinke

choose to," Reinke said. "The grill is very important to us."

The building has been through many incarnations, once housing a Chinese restaurant. Pavone and Dochnahl gutted the space. Late last August, Reinke and Lapizco began rebuilding.

"We poured the cement. We carpeted, added the hardwood floors, and painted it. We did everything. It came literally from a dirt floor," Reinke said.

The couple met at an Alaskan Airlines training course in Seattle several years ago. At the time, Reinke was a station operations manager at Los Angeles International Airport; Lapizco worked for Alaskan at the airport in Mazatlan. A native of Mexico, she also was attending the University of Sinaloa, working on a degree in tourism. They married in 2003.

After living for some time in Los Angeles, the couple moved to the Kent area and eventually chose Renton.

"We wanted to live in Renton to be a part of a community," Reinke said. "There's such an ownership from the folks here in Renton."

Reinke and Lapizco like the direction in which Renton is heading with redevelopment of the downtown.

The couple said they want to be conscientious about

what they put on their menu and the quality of the selections. The menu includes appetizers, soups made from scratch, fresh fish, gourmet hamburgers and sandwiches with the freshest ingredients. They also have 12 beers on tap.

Since the soft opening on Dec. 20, the pub has had enormous response from surrounding residents and the downtown business community.

"People have been very eager to offer suggestions and generous accolades," Reinke said. "We couldn't have asked for a better opening."

"The support from local businesses has been tremendous," said Lapizco. "We have had many to-go order requests from local businesses."

Reinke and his wife have considered a breakfast menu for early morning games. And opening additional pubs isn't out of the question, but first they'd like to get this one under their belt.

Above all, Reinke and his wife say they are having great fun, and they hope it's contagious.

"One of the things we're striving for is for our workers to have a good time while they're working and for that to carry on to our customers," Reinke said.



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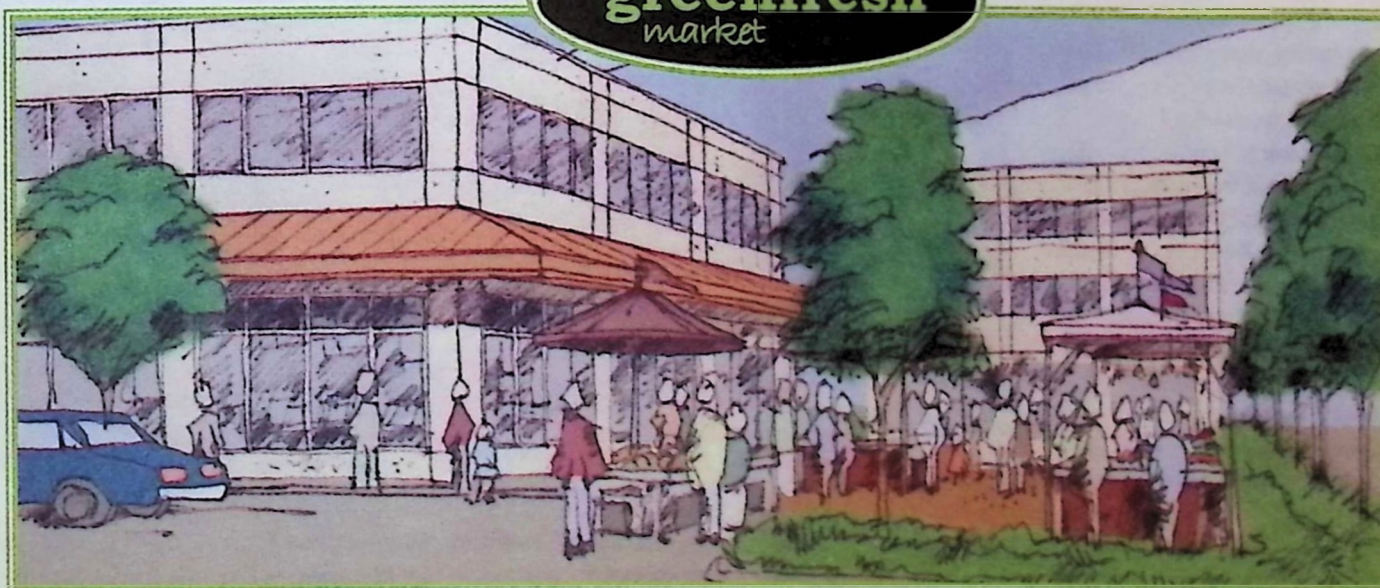
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Craig Landon's memorabilia



Story by David Suffla

Photos by Denis Law

The pump at Craig Landon's place says gasoline is 16 cents a gallon, plus 6½ cents more for taxes, for a total of 22½ cents a gallon.

Unfortunately, it's just a collector's time warp.

The pump is a relic of yesteryear, just part of a fantastic collection of old service station paraphernalia Landon has amassed and lovingly restored.

He has what is probably one of the finest collections of Tidewater Oil Company service station memorabilia anywhere in the country. A step into the family room of his Renton-area home is like walking into a Flying A service station from decades ago. For those too young to remember, Flying A stations were the West Coast outlets for Tidewater Oil. Founded in 1859 in Pennsylvania, Tidewater was one of the oldest oil companies in the U.S. before it was absorbed by others.

Landon, 54, became a collector of Tidewater memorabilia, as well as vintage automobiles, partly because of his childhood. His father, Bob, now 83, owned Landon Fuel in Burien. The company delivered Flying A home heating oil. The younger Landon grew up immersed in the oil business, driving the Landon Fuel truck at an early age.

"I started collecting around 1990 when I found a guy with a building full of old stuff. He had been in the oil business too and it turned out he was a distant cousin by marriage.

"Dad also had a lot of old stuff in the attic. Then I



really got into it and started going to auctions around the country to buy pieces for the collection," Landon recalls.

Landon's collection is immense. It used to reside in his garage. When he and his wife Cathy remodeled their home a few years ago, much of the collection went into a large family room.

"My wife said I could bring it inside the house, but only if I kept it contained in this one room."



The room has restored vintage gasoline pumps; recreates an old service station office, complete with credit card slide; and displays of Tidewater employee service pins, oil and lubrication cans, credit cards, lighters, tool kits, manuals, and other Tidewater memorabilia.

One area of the room has a display of large glass stools used to sit atop gas station pumps, each displaying from various Tidewater brand names.

recalls the romance of the road



Landon's family room is filled with reminders of a time gone by.



as I used to be. I still go to swap meets around the country but I'm not as urgent about it as I used to be. I go to Hershey, Pennsylvania, every year because it's the big one, and two or three in California and Iowa that are car and gas industry-related."

If you're wondering why Landon has the time to indulge his hobby passions, he and a co-worker started a small company that developed bar code scanners and became very successful. He sold out in 1989 and retired.

The history of the petroleum and service station industry is fascinating to Landon, who points out that "gasoline was originally a byproduct of making kerosene, and was thrown away. Now almost no one uses kerosene anymore and gasoline is almost \$3 a gallon."

"Having this collection just brings back memories of going into the old-style service stations to pay for gas and seeing all the car-related products. Now you go in, pay for your gas and do your grocery shopping."

have the largest collection, but I'm told I have one of the best-displayed collections.

"Someday I want to build a replica of a gas station out in the back yard. A guy in California salvaged the cake-top-style roof of an old station and is saving it for me. I just have to go down and arrange to bring it up here."

While much of Landon's Tidewater collection is in his family room, a lot is still out in the garage, where Landon collects and restores vintage cars. He has a 1931 Ford he acquired while in high school, a 1957 Chevrolet corvette, and his pride — a 1931 Ford AA Express long-bed truck, one of only two in existence, according to Landon.

"I have friends who also restore old cars who come over on Tuesdays and Thursdays and we work on cars together."

Landon's collecting has slowed down, he says.

"I'm really happy with what I've got. I'm not as passionate

"I have all the globes that were used except one. An example of that one sold recently at an auction but I thought that it sold for too much," Landon says wistfully.

At the far end of the room is a replica Landon built of the back end of the bright red Landon Fuel truck. Landon taps a key pad on the wall, and a shelf under the truck opens and a large-screen television monitor rises to entertain guests.

"A lot of guys collect this kind of stuff," he says. "I don't

a alcove that
maps and a
badges, hats,
ps, cigarette
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globes that
colorful logos

A teen and single mom: At the top of her class



RENTON MAGAZINE / David Nelson

Deena Dawson recently graduated from Sartori Education Center with top honors.

BY ANDREW FICKES

When sixth grade teacher Karen Piche first met Deena Dawson, she knew she had a bright and determined student on her hands. As soon as Dawson, a student at Dimmitt Middle

School in 1998, finished her class assignment, she'd have her nose in a book, said Piche.

"She was already a well-matured, intelligent student," Piche said. "She always did extremely good work."

Dawson and Piche would meet again five years later at Sartori Education Center, where Piche was now teaching.

Dawson, at age 15, had given birth to a daughter, Genevieve, in August of 2003. Determined not to give up

When I was pregnant, I thought I would be lucky just to go back to high school.

on school, she was accepted to Sartori. Because of her daughter, the importance of a college education came into sharp perspective.

"When I was pregnant, I thought I would be lucky just to go back to high school. I had given up on my lifelong dream to become a nurse," Dawson would later write in her personal profile as part of her graduation portfolio. "The pride I have for myself has been one of the best rewards of returning to school. Education is a gift in our society that is rarely appreciated but is fundamental to our American lifestyle."

Dawson first dreamed of becoming a nurse when she was in the fourth grade. She considered being a doctor but chose nursing because, she says, it offers more interaction with patients.

To give herself the flexibility to support her child, Dawson registered at Sartori. Marcia Lynch, program manager, assigned her to the contract learning program taught by Piche.

"When I saw her in the office, it was like, 'Oh, grand reunion!' And here was this little bouncing baby girl that she had. When she got assigned to me, we were so glad to be back together," said Piche.

"She's my other mama and also my therapist," said Dawson. "Some days we'd just talk about life."

Dawson appreciated the flexibility offered by Piche, who accommodated Dawson's irregular schedule so she could attend class. That allowed Dawson to care for her

DAWSON - next page



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DAWSON from page 16

daughter and not put the baby in day care.

"I had the privilege to be a stay-at-home mother and watch my daughter grow," said Dawson. "My daughter has definitely been the one getting me through school. I want to send her to a good school and give her a good life. So, it's important for me to get a good education and a good job."

At the beginning of her senior year at Sartori, Dawson took a step toward realizing her dream of becoming a nurse. Piche and Lynch introduced her to a program administered by King County and Renton Technical College called Youth Nursing Careers for All (YNCA). Dawson applied, was accepted and began the program in the spring of 2005.

She took her prerequisites for her Certified Nursing Assistant certificate at the Veterans Administration Hospital on Beacon Hill in Seattle. After becoming certified, she was hired as a CNA at the VA Hospital last July. She recently was hired at Park West Care Center in West Seattle.

"It's definitely been hard to have a child and go to school," she said. "I have to pay for my transportation, too. I'm 19 and still haven't bought a car because of the money. Without a car, it takes more time for everything else because you have to take the bus. I plan on getting a car soon

and starting my education up again in the spring. That ought to be easier, because it'll mean more time I'll get to spend with my daughter."

Dawson will begin her Licensed Practical Nurse program at RTC. After completing that program, she'll begin applying for scholarships to enter the nursing program at the University of Washington.

She recently graduated from Sartori with high marks. Her class log is marked with all A's. Her long-term goal is to be a nurse practitioner one day and own her own practice.

"Being a single mom never hindered Deena's determination to finish her education," Piche stated at Deena's graduation. "I have every bit of confidence that someday I'll be sitting in a similar crowd that we have today to witness Deena receiving her RN degree."

Sartori Education Center

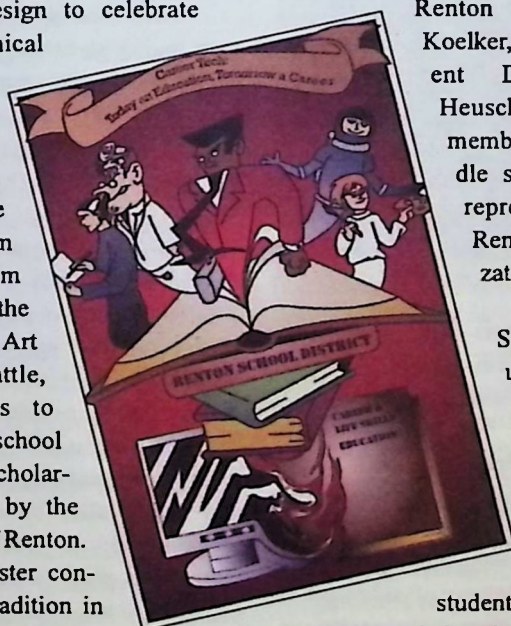
Sartori Education Center, 315 Garden Ave. N., is one of two alternative education institutions in the Renton School District. Sartori serves students, 16 to 21 years old, who are usually referred by a school counselor or administrator. The program at Sartori emphasizes work habits, attitudes, and job skills students need for transition to the work world. For more information, contact Marcia Lynch, educational liaison, at 425-204-4508.

Poster celebrates education as the path to careers

Hazen High School student David Dudas earned a \$500 scholarship with his winning poster design to celebrate Career and Technical Education Month in February.

Dudas, enrolled in the graphic arts program taught by Jim Goodboy, will use the scholarship at the Art Institute of Seattle, where he intends to enroll after high school graduation. The scholarship was donated by the Greater Kiwanis of Renton.

The annual poster contest is a 15-year tradition in the Renton School District. This year's entries were based on the national theme: "Career Tech:



Today an Education, Tomorrow A Career."

Entries were judged by Renton mayor Kathy Koelker, school superintendent Dr. Mary Alice Heuschel, city council member Denis Law, middle school students and representatives of Renton service organizations.

The Renton School District will use the poster to highlight its comprehensive career and technical education program. The program goal is to help

students make practical use of the knowledge they gain in school as well as develop professional and leadership skills.

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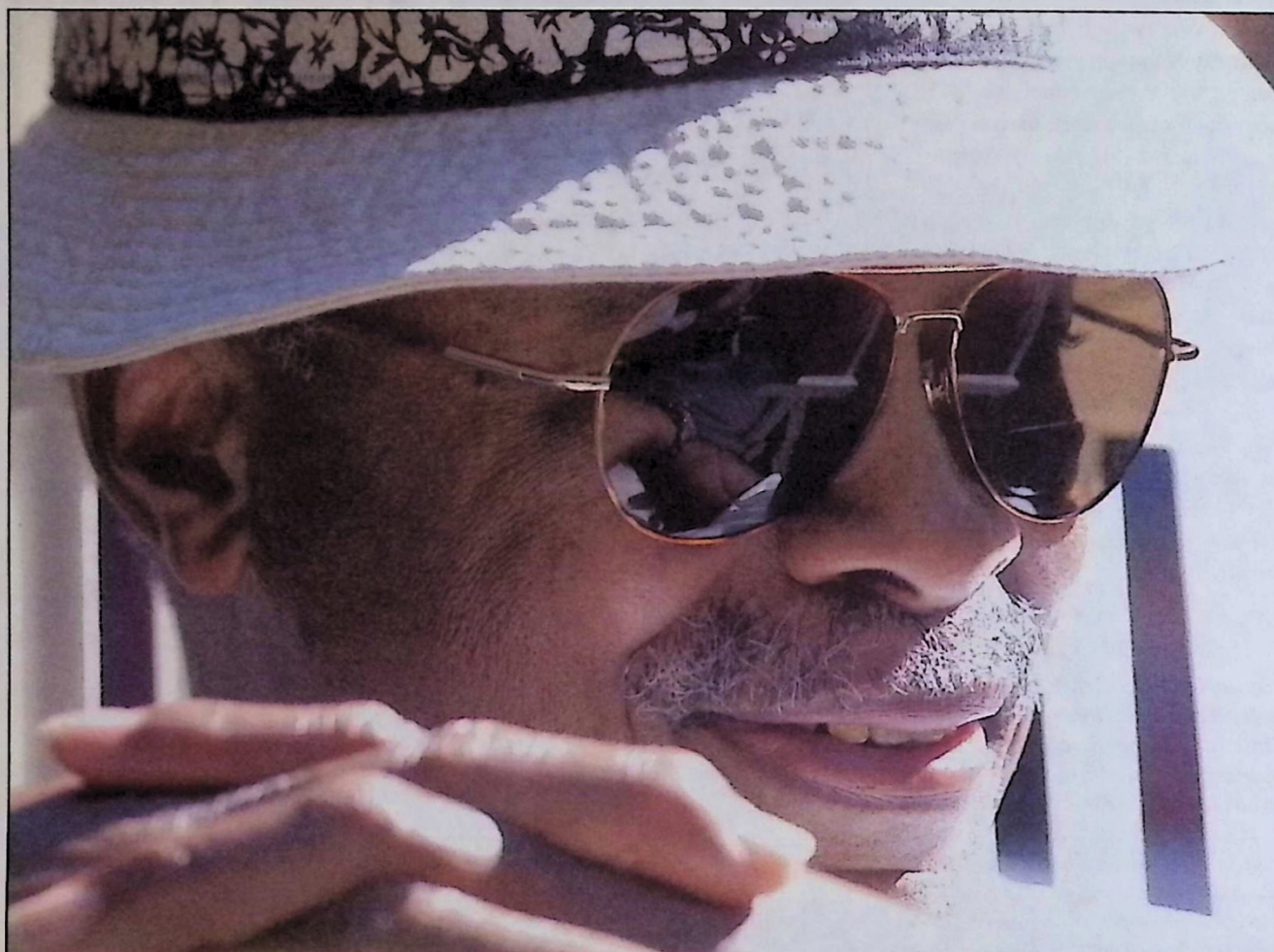
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Al Talley: Renton's real life superman



RENTON MAGAZINE / Denis Law

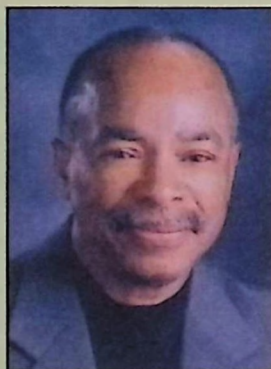
"Mentoring is truly a joy," Talley says of his work with kids.

BY ANDREW FICKES

Al Talley's position as outfield rover in the Puget Sound Senior Softball League requires him to cover all parts of the outfield. It's just like everyday life for a guy who manages to cover the field of family, business and community service.

"When people ask me how I run my business and still have time to serve the community of Renton I say, 'I don't have the time. I make the time because I enjoy what I do,'" he says.

Talley has much on his plate: He is on the Renton School District board of directors and has served as president; he is president of the senior softball association; he was previously chairman for the Renton Chamber of Commerce; he is a member of Rotary, and he is on the board of directors for Communities in



Regardless of who a child belongs to, it's important to show that there's someone else who cares about them outside their home.

Schools of Renton.

He has personally mentored students for the past 11 years.

"Regardless of who a child belongs to, it's important to show that there's someone else who cares about them outside their home," he said. "Mentoring is truly a joy. Kids have an anticipation that I'm going to be there. It's something they look forward to each week."

Every Friday, between 10 a.m. and

1 p.m., Talley mentors three boys from third, sixth and ninth grades. He has worked with seven students over his 11 years of mentoring.

"He is a true supporter of the mentoring program," said Bob McBeth, chairman of Communities in Schools of Renton. "His work with the mentoring program is above and beyond. He's not afraid to get in there and roll up his sleeves and really get down to helping kids."

Talley said he views his community

services as time well spent and not a burden.

"As soon as I see these activities as a job or something I have to do—I won't do it," he said.

Talley is president of Alcan Building Maintenance, Inc., which he has owned for 21 years. His company provides maintenance services to office buildings in the Renton area.

In 2005, Renton named him Citizen of the Year, and he's humble about it.

"There's a lot of people in this city who do what I do. It felt good to receive the award, but I thought, 'Why me?'" he said.

At 72, Talley looks to be in his 50s. He's got a solid build, a firm handshake and a contagious smile and laughter. He has no retirement plans.

"I have difficulty sitting down and doing nothing," he said. "As long as I am physically able to work, I'll be doing it as long as I can."

Talley met Candis, his wife of 52 years, in Renton. Their four children all went through Renton schools, and Talley proudly tells of his grandchildren. Two granddaughters are graduating from Hazen High School, and there are grandsons in eighth grade at McKnight Middle School, tenth grade at Renton High School and ninth grade at Issaquah's Liberty High School.

Busy as he is, "My wife and family come first," said Talley.

His good friend King Parker says the Talleys remind him of newlyweds.

"They have a mutual affection. It's a very loving partnership," said Parker.

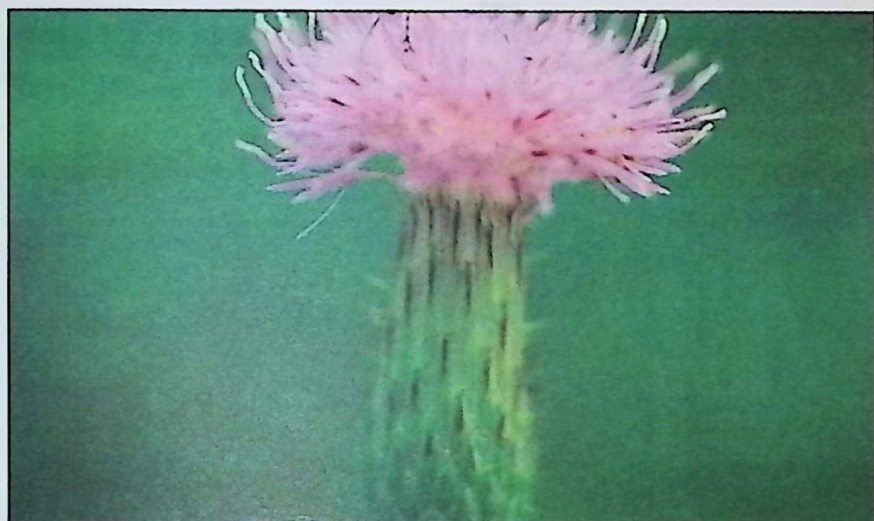
"He does everything, and he does it all very well, too," said Candis of her husband. "He has always helped me around the house. We work together. We're a team."

"Al loves to tease," she said. "We've been teasing each other for 52 years. You've got to have a sense of humor when you're in a marriage."

Parker gave an example of Talley's generosity. A couple years ago, Talley began the Appreciation Patrol, a program to show appreciation for Renton teachers and staff. Talley bakes cakes and takes them around to teachers, visiting with them and saying thank you.

"The guy is a tremendous Renton booster," Parker said. "I can't believe he works the way he works. His energy level is supersonic."

around the garden



What!? Weeding in winter?

BY ELAINE ANDERSON

*I*f sipping a hot cup of tea, looking out your window, and feeling how nice it is to have all your gardening done, at least for a while, seems too good to be true, it is.

I know, you've cut back all the brown mushy stuff that was left of your herbaceous perennials. You've pulled out the brown stalks that once were colorful annuals. And, you've cleaned up all the debris that was blown in from who knows where during our last windstorm.

What could be left to do? Well, you might want to get out and weed.

Weeds don't always realize that the growing season is over. In fact, for winter biennial weeds, it has just begun. They are called biennial weeds because they have a two-year life cycle. They germinate from seeds in the fall and use our mild, wet winters to establish a sturdy root system and a compact cluster of leaves.

Often these leaves take the form of a rosette that can be as large as a pancake. Canada thistle, field bindweed or quack grass, and common mullein are all winter biennial weeds.

In my garden, these sneaky intruders often choose to begin life tucked under or among established plants that have remained green. I swear it's a conscious decision. It's too clever not to be. Hidden

away, they are able to get a good start in life.

It's up to us to outsmart them, and now is the time to begin. Weeds are much, much easier to uproot when the ground is wet. If you wait until summer to pull these guys, they'll make you work. They will have established root systems by then, and the dry soil will not give them up as easily, even when you attack them with your favorite weeding tool.

In fact, if you've been ignoring them long enough, you and your weeding tool might not seem up to the task. You may be tempted to reach for an herbicide. Now, herbicides aren't always the worst thing. In fact, sometimes they are the only thing. But, why use them if you don't have to?

Put on your boots and your Sherlock Holmes rain hat and go weed-stalking right now. Then, come into your warm house, pull off your boots, put up your stockinged feet, and have that hot cup of tea.

Thanks to Master Gardener Austin Watson for his contribution to this article.

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by King County and WSU, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about bulbs and other gardening topics, call the Master Gardener Phone Clinic at 206-296-3440.

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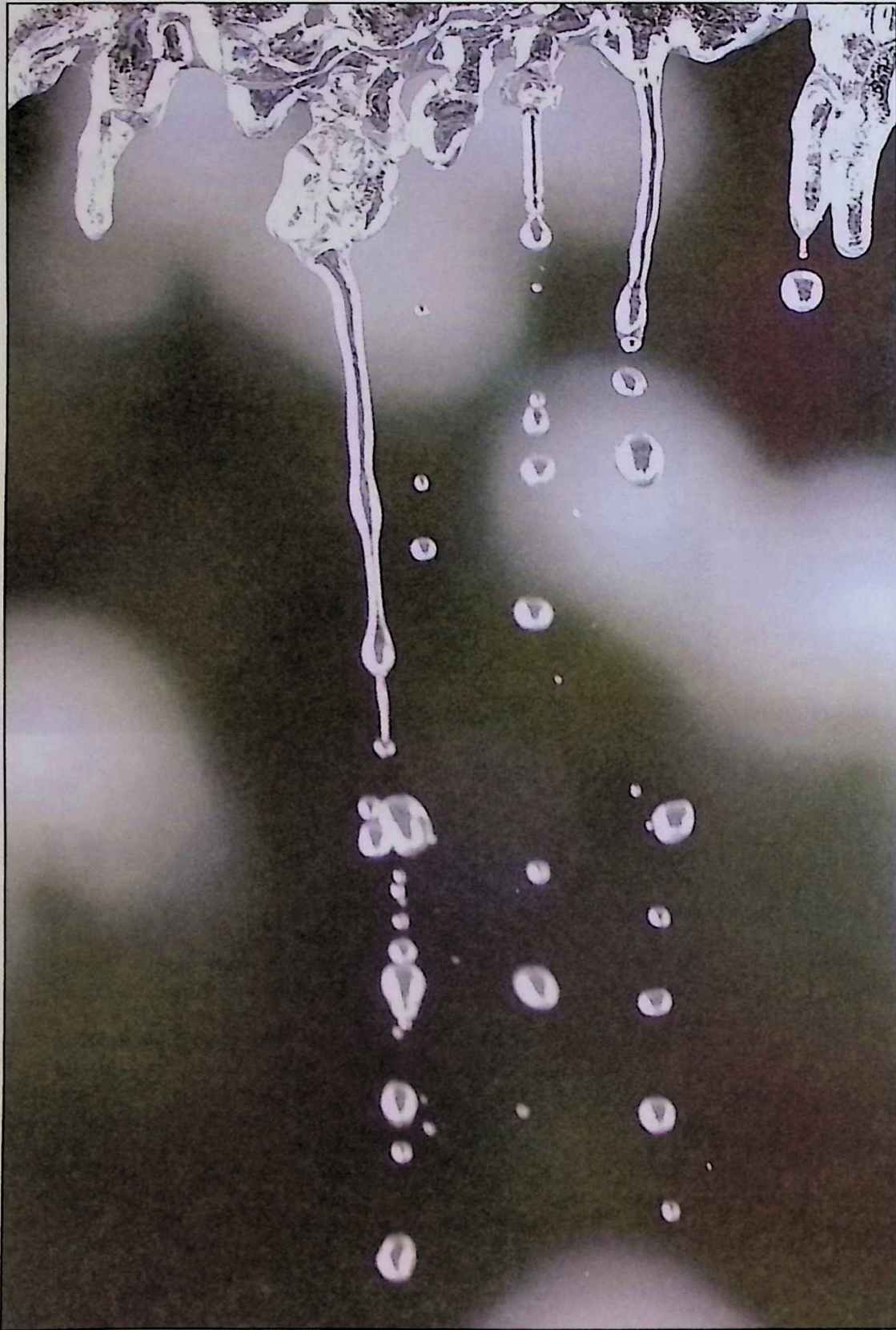
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scenes
around town

January deep-freeze

Gene Coulon Park became a winter wonderland during the January snow storm / Photos by Denis Law



Renton School District good news announcements

Lindbergh High student recognized for academics

Lindbergh High School senior Evan Edgerton has been selected as a National Merit Commended Scholar. Evan was recognized for outstanding academic promise, scoring in the top percentage of the more than 1.4 million students who took the Preliminary SAT/National Merit Scholarship Qualifying Test. Evan is now a candidate for special scholarships sponsored by corporations and businesses.

Lindbergh High senior receives scholarship

Lindbergh High School senior Jan Rey Ploquinto has won the Achievement Award Scholarship from Washington State University for his academic achievements.

Jan Rey met the requirements of a cumulative grade-point average of 3.6 or higher and SAT score of 1,200 or higher. The scholarship is \$5,000 over two years.

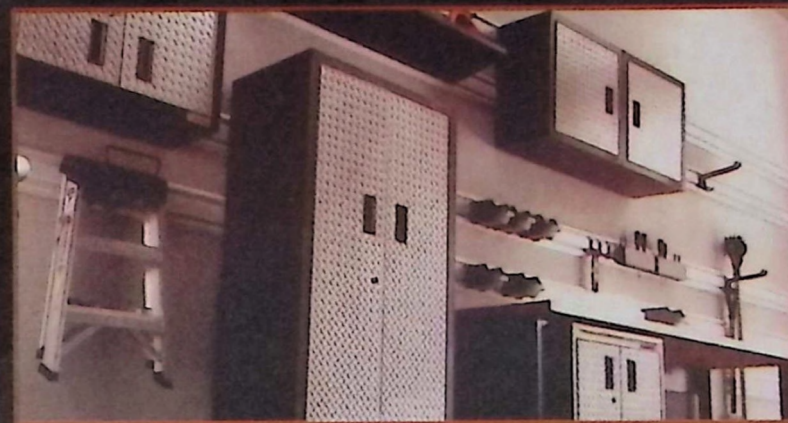
McKnight lead custodian saves food and money

During the big December wind-storm and resulting power outages, McKnight Middle School lead custodian Dale Green thought to gather food and other perishables from Judy Douglas' home economics class and refrigerators in the staff lounge. He stored the perishable items in the main school freezers, which were running on back-up generators.

Green's quick thinking saved Douglas and the school the cost of replacing the food and allowed everyone to return to school without the smell of rotten food.

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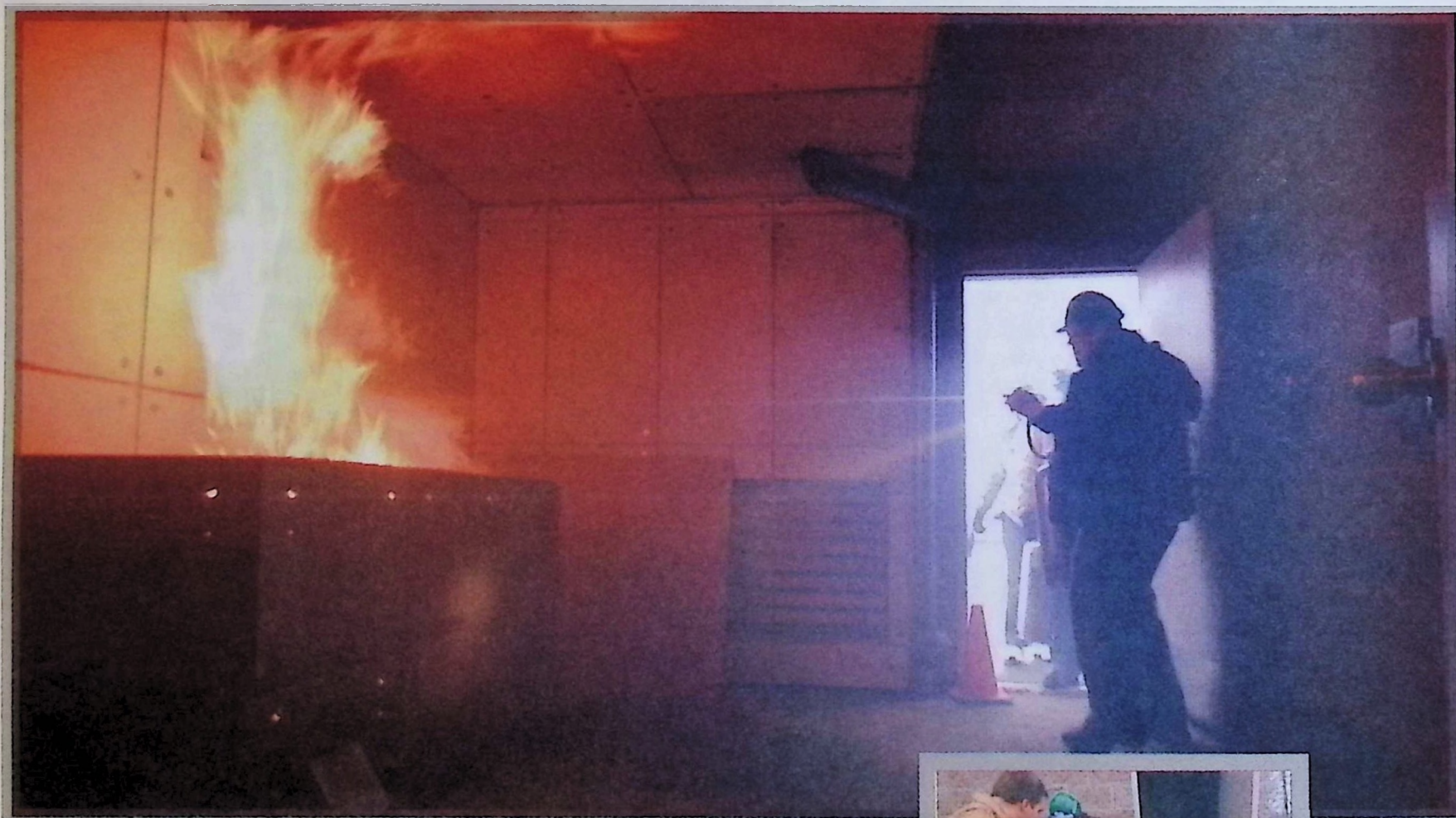
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When disaster strikes

CERT: Neighbors help neighbors to survive



RENTON MAGAZINE / Denis Law

Residents learn how to perform some basic emergency tasks including rescue, firefighting and first aid.

BY MANNY FRISHBERG

*A*s we all were vividly reminded before the New Year, disasters often come upon us with little or no warning. When disaster strikes, we rely on the police, fire fighters and emergency workers to be "first responders."

But when a disaster strikes an entire community at once, it can overwhelm emergency resources. In some cases, the

event itself makes getting to people in need practically impossible for hours or even days. At times like that neighbors need to be able to hold themselves together until more help arrives. That is the idea behind a program called CERT being rolled out by the Renton Fire Dept.

CERT stands for Community Emergency Response Team. The training program, created and sponsored by FEMA, is designed to equip volunteers in areas such as search and rescue and disaster medical assistance. CERT members could offer critical care for their neighbors until first responders arrive.

"There will be a day when the fire department won't be able to help for a variety of reasons," said Renton Fire Chief David Daniels. "How do we help people to be able to help themselves, thereby reducing the likely risk to them if such an event occurs? That's what CERT's about."

The goal is not to turn neighborhood residents into professional first-responders, "but we are trying to help them fill the gap in the period of time that it takes



between the event occurring to us actually showing up," Daniels said. "It's about making sure people

are prepared above the level of normal."

Al Withers, the Kenndale Neighborhood Association's go-to guy for disaster preparedness programs, has been involved with CERT nearly from the outset in Renton. He was in the city's first

DISASTER - next page

DISASTER from page 22

training class and has taken on the job of what he calls CERT registrar.

"I'm the one that keeps track of people who said they're interested and I'm the one that gets the word out to CERT graduates when there are refresher classes or drills," Withers explained. So far, he said, the fire department has given two training sessions and graduated about 35 or 40 people. Daniels said he hopes to have another two or three sessions during 2007.

"The CERT program seems to be gathering momentum and Renton Fire is starting to think that they've got a good thing here," Withers said. "The chief wants to put a greater emphasis on disaster prep."

Norma McQuiller, who coordinates the city's efforts to publicize the CERT program through neighborhood associations, took the latest training to become a team member.

"We actually did some training where we had to go into a building that was pitch dark and there was some role-playing," she said. "We had to try and find this person who was crying out for help in the pitch black – try and find that person, talk to them constantly to not only find out where they were, but to reassure them that you were there and you were going to help them."

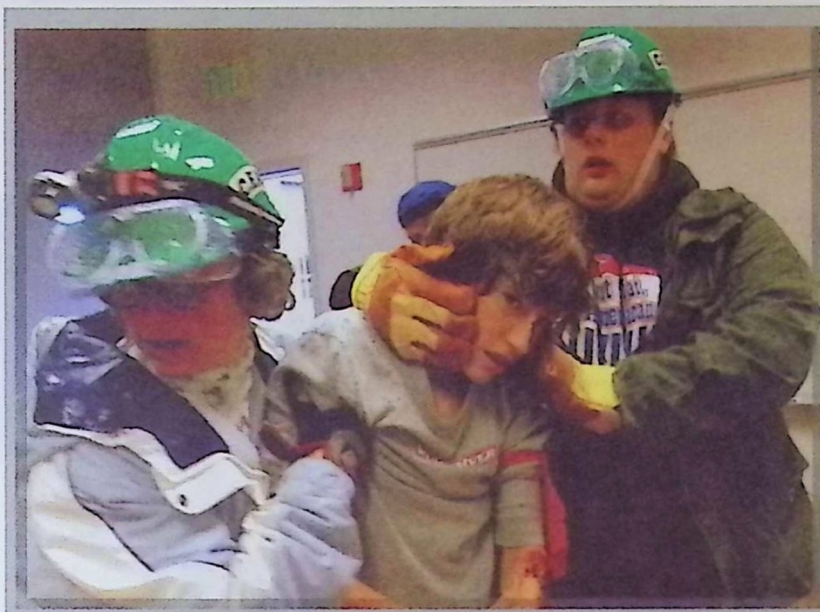
Withers said the training covers first aid for disasters, "which is much different from first aid for regular life."

Said McQuiller: "They taught us how to set up a triage area to take those folks someplace stable in the neighborhood and how to prioritize the injuries, when to transport and when not to transport." She said they also learned what to include in their emergency medical kits.

"You learn about search and rescue, you learn about disaster psychology, especially as it affects the responders themselves," said Withers. "Then, you learn basic utility control and do a little bit of work on communications."

Withers said the Kennydale Neighborhood Association has been working with the fire department as a sort of prototype for a citywide rollout of the CERT program over the next couple of years.

"The more that we are able to take care of our own neighborhood without depending upon outside resources, the better off we're going to be in case of an emergency such as an earthquake," McQuiller said. "It's going to be 72-plus hours before any outside help can get to



RENTON MAGAZINE / Denis Law

Citizen volunteers assist a "victim" during a mock disaster.

any given neighborhood during a crisis. It's going to be upon us to reach out to our neighborhoods and to take care of those residents within our neighborhood, so we're not going to be relying so much on the fire and police and those folks to get to us.

"If we can do that," she said, "if we can educate one neighborhood at a time, then when an emergency does happen, the city of Renton and their neighborhoods are going to be far ahead of the game."

Chief wants to meet with neighborhoods

Renton Fire Chief David Daniels is looking for opportunities to meet with neighborhood groups to develop disaster preparation.

"Top-down emergency preparedness does not work, has not worked, never will work," said Daniels, who joined the department as chief last year. "It's absolutely not possible for anybody at the top to prepare everybody. It's got to start with individual preparedness, then, are the people that I hang out with ... are they prepared? We can help coordinate neighborhoods, coordinate business efforts, that sort of thing."

Daniels noted Community Emergency Response Teams are designed to work at the neighborhood level.

"My overall goal is to have a number of CERT teams across the city – hopefully one in each neighborhood, at the very least," he said. "That means we still have some work to do in order to get out to the neighborhoods."

He is looking for opportunities to meet with every neighborhood association in the city, as many as possible in the first six months of this year.

"Whenever they have opportunity and time to have me in to chat, I'd like to talk to them about the importance of having a CERT team in their neighborhood," Daniels said.

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Lions clubs leading the pack in sight and hearing assistance

BY ANDREW FICKES



RENTON MAGAZINE / David Nelson

Lions Club Presidents, left to right: Phil Johnson, John Thompson and Gary Wulf.

When a student at Hazen High School developed serious vision problems last year, it was logical for members of a local Lions Club to step in and help. Vision and hearing assistance are a major focus for the local Lions clubs and their international organization of 1.3 million men and women. "The kids are what really matter to me," says Kennydale Lions Club president Gary Wulf. "No kid should be struggling in school if they can't hear or see."

Kennydale, Fairwood and Renton Lions are the three local chapters among 45,000 clubs in 200 countries. Each year Renton's three clubs join forces during Renton River Days to offer free screenings for sight, hearing, diabetes, high blood pressure and glaucoma. Phil Johnson, president of the Fairwood Lions, says the group screens approximately 350 people during the celebration.

"Lions Clubs are all armies of one," says Johnson. "We're trying to do positive things in the community and have fun at the same time. Our 'payday' is helping somebody else."

Chicago businessman Melvin Jones founded Lions International in 1917. Eight years later, at a Lions International conven-

tion, Helen Keller inspired the group to devote its efforts to helping people who are hearing and vision impaired.

The organization provides 600,000 glaucoma screenings and makes 25,000 corneal transplants possible each year. The group supports many of the world's eye banks, and collects more than 30 million pairs of eyeglasses for distribution to developing countries.

The Renton Lions Club was established in October of 1938, followed by Kennydale in 1947 and Fairwood in May of 1969.

Fairwood Lions

The Fairwood club raises several thousand dollars from its Christmas tree sale, its largest annual fundraiser, said Johnson. All proceeds go back to the community.

"Our core mission is to sight and hearing," he said "We have provided to those in need of glasses, hearing aids, computers, and guide dogs.

"We've also donated to victims of the recent tsunami and the flooding in New Orleans," says Johnson.

Renton Lions Club

Renton Lions have developed a special connection with youth. For more than 30 years, they've provided concession services at Renton High School stadium events. That generates \$10,000 to \$15,000 per year, a large portion of which supports the Renton Lion's Memorial Youth Camp.

The camp, located eight miles south of Renton on SR 169,

was developed on 14 acres of land donated by local banker, Robert Theinhardt, in 1940.

"The camp includes a cooking shelter, a baseball diamond, bathroom facilities, caretaker's home, and three sleeping cabins," said Wyman Dobson, a member since 1963. The camp is used by several youth organizations including Cub Scouts, Girl Scouts, Boy Scouts, the Maple Valley Youth Baseball team and the YMCA.

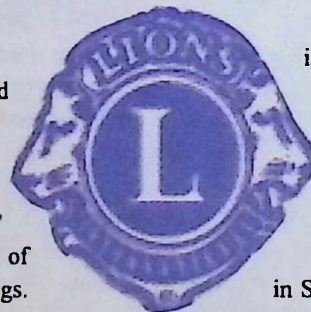
Kennydale Lions Club

The Kennydale Club's concern for visually impaired youngsters made a significant difference last year for Carlos Onofre, then a Hazen junior. Onofre initially needed glasses, so the club purchased a pair for him. But when Onofre could no longer see out of one eye, they wanted to do more.

With the help of the Lions International office in Seattle, the club was able to acquire a device that takes the place of an eye for Onofre. The device—called a scleral cover shell—was provided by Erickson Labs Northwest, a firm in Kirkland.

The company provided the device at a reduced rate and included in the cost the fitting and a one-year follow-up appointment. Wulf said it changed the young man's life and gave him renewed confidence.

Last year, the Kennydale Lions Club covered the cost for more than 20 eye exams, including glasses, to Renton students in elementary through high school.



healthy advice

by dr. bob thompson

Ways to keep the aging memory sharp

*M*emory is a remarkable function of the human brain. I will never forget the day our first child discovered the marvel of memory. At age two, she declared, "Mommy, I can walk backwards in my mind!" Scientific study has taught us much about our most complex organ, but understanding how memory works will likely remain a mystery.

Why can we remember every word to a song we haven't heard in years, yet we can't remember the punch line to a joke we heard earlier today? Why does a particular smell, like fresh baked cookies, or sound remind us of an old memory? Shared memories help bind us together as families and communities. It is no wonder that losing one's memory has such widespread and devastating consequences.

An estimated 4.5 million Americans

suffer from Alzheimer's dementia, a disorder of the brain's nerve cells that progressively impairs memory, thinking and behavior and leads ultimately to death. A certain amount of forgetfulness is part of the normal aging process. An old adage provides a general guideline: "You need not worry if you forget where you put your car keys. You only need worry if you forget what they're used for."

In general, people with dementia are unaware of any mental problems. In contrast, people with memory loss not caused by dementia usually complain about it.

The Alzheimer's Association has developed a list of warning signs for Alzheimer's disease:

1. Memory loss that affects job skills
2. Difficulty performing familiar tasks such as



Dr. Bob Thompson

3. Continually forgetting simple words or substituting unusual words
4. Disorientation to time and place, such as where you live on your street.
5. Poor judgment such as dressing improperly for the weather
6. Problems with abstract thinking such as balancing a checkbook.
7. Misplacing things in inappropriate places, i.e. wristwatch in the sugar bowl
8. Changes in mood or behavior
9. Changes in personality; easygoing to fearful and angry
10. Loss of initiative

If you recognize these warning signs in a family member or friend, accompany them to a health professional (family physician, internist, neurologist or psychiatrist) for an evaluation.

Although aging and genetics play a major role in the risk of developing Alzheimer's, here are some general guidelines for maintaining a healthier brain:

Physically protect your brain, wearing seat belts and helmets

Relax with stress reduction techniques such as prayer, meditation, deep breathing,

or massage.

Exercise 10-30 minutes after each meal, three times per day. Do aerobic and strengthening exercises.

Eat a 20 percent low fat, 40 percent lean protein, 40 percent complex carbohydrate (fruits and vegetables) diet with superfoods for the brain: blueberries, spinach and seaweed.

Take a high potency vitamin and mineral capsule daily

Avoid smoking and excess alcohol consumption

Stay mentally active. Take a class, learn a new language, try your hand at painting, play board games, work crossword puzzles, read, write and stay socially engaged.

Dr. Bob Thompson is a family practice physician with 25 years of experience in Renton, and is Valley Medical Center's Director of Recruitment and New Program Development.

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New full-service tennis supply store opens in the Highlands

A businessman and a tennis pro have joined forces to provide a convenient, full-service tennis store, Aces Tennis, in the Renton Highlands.

Located at 401 Olympia Ave. N.E. in the Creative Workspace building, Aces Tennis is set to provide racquet stringing, customization, lessons, leagues, summer camps, racquets, equipment, shoes and apparel. The store is open and will have a grand opening on Feb. 10.

"It includes anything your tennis heart desires," said owner Steve Bergquist. "We'd love to just spread tennis opportunities to the community as a whole and offer opportunities to people who may not have had them until now."

Bergquist graduated from Hazen High School 10 years ago and was two-time league champion. Since 2000, he has been head tennis pro at Newport Hills Swim and Tennis Club, where he has established high caliber youth and adult programs. He also is varsity tennis coach at Lindbergh High School.

"I've been a member of the tennis community for 10 years and have always had to go out of Renton to get my tennis stuff," Bergquist said. "Hazen High School has more than doubled its tennis team in the last five years. We plan on supporting



Steve Bergquist left, and Gary Nevins, at the opening of their new store.

the growing high school tennis market."

Partner Gary Nevins has known Bergquist for several years. Nevins brings business expertise to the enterprise, having owned businesses for the

past 20 years. Nevins is also a passionate tennis player and has captained U.S. Tennis Association league teams the past two years.

"We consider the store as a step-

ping stone in our long-term goal of bringing an indoor tennis facility to Renton," said Bergquist. "We'd like an indoor facility in the next five to ten years."

renton library news

Library's Sartori room holds lots of local history

BY LAURIE FINLAYSON

Nearly 100 years later, Renton residents continue to benefit from a generous gift by a wealthy couple who didn't even live here. San Franciscans Ignazio and Jennie Sartori owned some property in Renton. According to local historians, Ignazio's brother Raphael — who was a Renton resident — persuaded them to donate a tract of land to the City of Renton for a library building site.

This gift made it possible for the community to obtain a grant from the Carnegie Foundation for the construction of the first Renton Library. Library serv-

ice was provided at this site from 1914 until 1966, when the present building was constructed over the river.

Today, the Pacific Northwest collection at the Renton Public Library is in the Sartori Room, which sits on Sartori's land on the north side of the Cedar River.

The Sartori Room is an area designated for quiet study. Its large windows let in natural light, and study carrels and tables have outlets for laptop computers. The Pacific Northwest collection has many treasures for those who are interested in local history, government, or recreation.

You can find biographies of Northwest pioneers and early government leaders. Recreation books abound on hiking (including those showing trails

on nearby Cougar and Tiger Mountains), boating, bicycling, fishing, and more. Plant and wildlife identification guides are specific to plants and animals in our area.

Curious about rock formations visible along state freeways? Check out a roadside geology book or driving tour. Ever wonder how Puyallup got its name? Look it up in Washington State Place Names. Interested in local companies, such as Boeing, Paccar, Weyerhaeuser or Nordstrom? The PNW collection contains books about all of them and more, even several on the Pike Place Fish Market.

Maps and travel books can help you find hotels, restaurants and site-seeing opportunities throughout the Pacific

Northwest.

For school projects on obscure Pacific Northwest topics, the Sartori Room houses a complete collection of Oregon Historical Quarterly magazines from 1900, which is indexed for easy access. Other historical resources that patrons find interesting are Renton phone books dating from 1947, world almanacs from 1949, and bound copies of the Renton Chronicle, the forerunner of the King County Journal.

The next time you come to the Renton Library, take a step back into our history and explore the Northwest in the Sartori Room.

Laurie Finlayson is reference librarian for the Renton Public Library.



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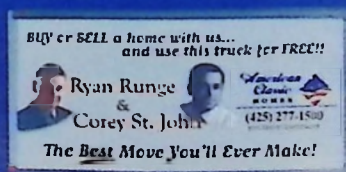
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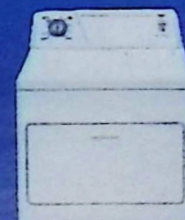


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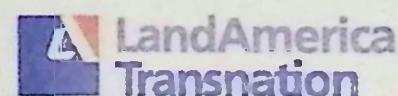
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