

# RENTON *Magazine*

Volume 4 / No 4 April 2009

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page 12



# SOUTH END

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## **publisher's note**

**Q** In a misty, cloudy day, I saw a couple of eagles soaring in a thermal next to the freeway. You don't really expect thermals on a cold, misty day. But, there were the birds, cutting lazy circles in the rising air.

We can focus ourselves on how much we have to work to stay afloat. And right now there's so much tough news to weigh us down. I don't have to repeat it, because we're all sick of hearing it.

But, each of us has some aspect of our lives that is a thermal. Something that we enjoy that buoys our spirits. It might be time with our children, family or friends, reading, going for walks, an art or craft, writing in a journal.

We're fortunate to have gorgeous parks and public spaces. Who can ignore the restorative

powers of Gene Coulon Park? A brief walk, a bite of lunch I've brought or purchased there – really just a brief time and I'm good as new, ready and refreshed.

Every week we learn something about Renton – about the depth of compassion from business and community leaders, the breadth of cultural diversity, how neighbors support one another during good times and tough times. And then we get to write about it, and share it with you. This is, hands down, my favorite part of publishing *Renton Magazine*.



**Diana Kramer**  
PUBLISHER

*Magazine.*

Our editorial meetings are usually fairly long. It takes a while to winnow the many ideas, to the manageable few we're able to write about each month. So while we can't publish everything we'd like to publish, we appreciate the time people take to contact us with story suggestions. And please keep suggesting, because *Renton Magazine* searches for new stories and adventures every month.

When I see people around town, I often get to see them on their thermal. Bob Bridge talking about RentonTutor.com, King County Council member Julia Patterson enthused about working in her garden, Renton Fire Chief David Daniels enjoying jazz at Fin N Bone, and so many others.

Take some time, regularly, to do something that buoys your spirit.

## **RENTON** *Magazine*

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### **cover:**

Rise N Shine takes the stage recently at Finnegan's in Renton, one of several places with live entertainment in Renton and Kent. Those looking for music no longer have to drive to Seattle or Tacoma - it's closer to home. There's much more than we could get to on a single weekend. Photo by Diana Kramer.

## **important phone #'s**

**City Hall**  
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**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

**Police Dept**  
(non emergency)  
425.430.7500

**Puget Sound Energy**  
1.888.225.5773

**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 events

# Cinderella

APRIL 4 & 5

The classic fairy tale of Cinderella comes to life at the Evergreen City Ballet for two days only, combining the music of Respighi and original choreography. Cinderella would love to one day meet her prince, but how will she do so if she can't attend the ball? Soon, a fairy godmother answers her prayers. She can finally say goodbye to her wicked stepmother and her two self-absorbed stepsisters.

Saturday, 1:30 p.m. and 7:30 p.m.; Sunday, 1:30 p.m.

Renton IKEA Performing Arts Center  
400 S. 2nd St.

425-228-6800

Admission:  
\$38/general admission;  
\$28/seniors; \$18/students

[www.evergreencityballet.org](http://www.evergreencityballet.org)



april 4

### Downtown Spring Clean-up

Renton's Downtown Events Committee in partnership with the Kiwanis Clubs of Renton and Greater Renton welcome the public to a Saturday spring clean-up beginning at the Piazza Park downtown. McLendon Hardware's tool trailer will provide volunteers the tools to clean up the area. The event is designed prepare the downtown for upcoming spring events.

Saturday, 9 a.m.

Piazza Park  
S. Third Street and Burnett Ave. S.

425-430-6589

Admission: Free



april 18

### Spring Festival

Join the Piazza Renton Group in its annual Spring Festival held at Piazza Park. The festivities will include vendors, food, and family entertainment. The Spring Festival's fourth annual Downtown Poker Tour will include more than \$1,000 in prizes for the best poker hands as well as a drawing for turning in your completed hand.

Saturday, noon-5 p.m.

Piazza Park  
South Third and Burnett Ave. S.

425-228-1977 (Meri)

Admission: Free

[www.plazzarenton.com](http://www.plazzarenton.com)



april 22

### 2009 RTC Job Fair

Renton Technical College will host its annual job fair, held on campus at the Roberts Campus Center cafeteria. Employers from a variety of industries will recruit employees and promote their businesses. Tables for employers are \$100.

Wednesday, 9 a.m.-1 p.m.

Renton Technical College  
3000 N.E. 4th St.

425-235-2352 ext. 7785 (Michelle Iko)

Admission: Free



## upcoming events

APRIL - MAY 9

### Renton History Exhibits



Ongoing at the Renton History Museum through May 9 is the Smithsonian traveling exhibit, "Key Ingredients: America by Food." In addition, the museum will host an original exhibit, "Sustaining A City," relating the history of food in Renton. The Renton History Museum is the only museum in the Puget Sound region to host the Smithsonian exhibit.

Tuesday through Saturday, 10 a.m.-4 p.m. (except holidays)

Renton History Museum  
235 Mill Ave. S.

425-255-2330

Admission: RHS members and children under seven are free

APRIL 25

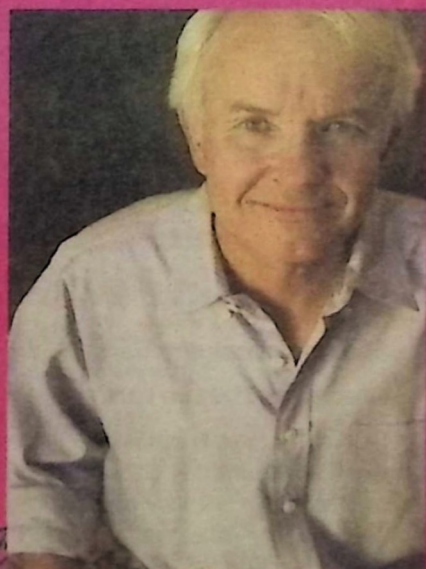


### ARBOR DAY & EARTH DAY

Volunteers are invited to roll up their sleeves and help park staff spruce up Liberty Park for the upcoming season. Volunteers meet at 9 a.m. at Liberty Park Stadium and projects are within a short walk. The day will include a hot dog lunch. Children must be accompanied by an adult. The city asks that volunteers call to register.

Liberty Park Stadium  
Bronson Way North and Houser Way North

Saturday, 9:30 a.m.-1 p.m.  
425-430-6600  
Admission: Free



### Closing the Food Gap | APRIL 4 Three Feet Under | APRIL 16

In conjunction with the Smithsonian traveling exhibit, Renton History Museum will present a spring program series at Carco Theatre. For the first program, "Closing the Food Gap," national bestselling author Mark Winne will examine two food systems—one for the poor and near poor, and another for everyone else—and the dietary contradictions and injustices related to those systems. The second program will be a screening of the documentary, "Three Feet Under: Digging for the Geoduck Clam." The film explores the history of the geoduck in the Pacific Northwest over the past century.

Saturday, April 4, 3 p.m.  
Thursday, April 16, 4:30 p.m.  
Carco Theatre  
1717 Maple Valley Highway  
425-255-2330

Admission: \$10 per person; \$5 per student and senior 65 and up. On April 4 admission is free if you bring a non-perishable food item or grocery gift card to donate to the Renton Food Bank.



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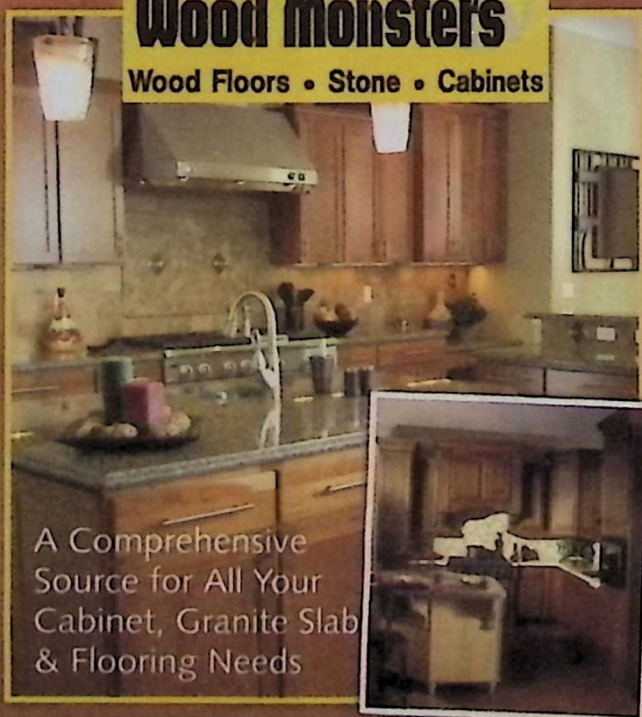
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Saturday  
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Sunday by appointment

## calendar of events



### Youth Theater Audition Workshop

Tuesday, April 28, 6:30 - 9:30 p.m.

The City of Renton presents a free workshop for students interested in auditioning for youth theater productions.

Theater industry professionals will advise, coach, and critique students on the necessary components of a successful musical theater audition. Students can also sign up for the May 4-6 auditions for the summer teen musical.

Carco Theatre  
1717 Maple Valley Highway

425-430-6700 (to register)

Admission: Free

### LOCAL THEATER PRODUCTIONS

#### Renton Civic Theater presents 'Proof'

April 10-25 (check website for show times)

Winner of the 2001 Pulitzer Prize and Tony Award for best play, "Proof" combines elements of mystery and surprise with old-fashioned storytelling. On the eve of her 25th birthday, Catherine, a troubled young woman, has spent years caring for her brilliant but unstable father, a famous mathematician. Now, following his death, Catherine must deal with her own emotions and the arrival of her estranged sister.

Renton Civic Theater  
507 S. Third St.

425-226-5529

Admission: \$22/adults; \$17/seniors and students

www.rentoncivictheater.org

#### 'Sylvia'

April 4-20

Valley Community Players presents this production, written for the stage by A.R. Gurney. After 22 years of child-raising in the suburbs, Greg and Kate make a big move to Manhattan. With more time on his hands, Greg introduces to the family a new dog, which he names Sylvia. The street smart canine quickly becomes a bone of contention between Greg and Kate. Sylvia becomes a rival for affection and thinks Kate just doesn't understand the relationship between a man and his dog.

Fridays and Saturdays, 8 p.m.; Thursday, 7:30 p.m.; Sunday, 2 p.m.

Carco Theatre  
1717 Maple Valley Highway

425-226-5190

Admission: \$15/adults; \$14/seniors and students

www.valleycommunityplayers.org

**YARD SALE**



### COMMUNITY EVENTS

#### Annual Community Garage Sale

Saturday, April 25, 9 a.m.-1 p.m.

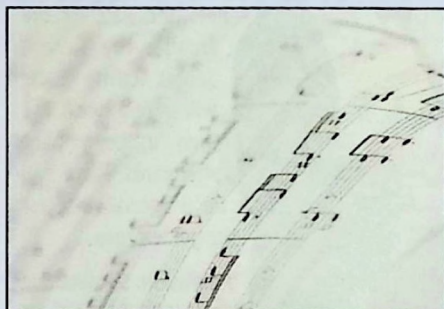
The City of Renton is again giving residents the opportunity to give their place a clean sweep and sell those items that have been collecting dust. Residents may either purchase a 10 x10-foot space to sell their "junk" or just show up to buy some "treasures." Space is limited. Tables are also available for rent.

Renton Community Center  
1715 Maple Valley Highway

425-430-6700

Admission: Entry is free for shoppers





## MUSIC IN RENTON

### West Hill Band Festival

Thursday, April 2, 7 p.m.

This concert band music festival features students from Bryn Mawr, Campbell Hill, Lakeridge, Talbot Hill, Dimmitt Middle School, and Renton High School.

Renton IKEA Performing Arts Center  
400 S. 2nd St.

425-204-3460

Admission: Free

### Classical Concert Three

Saturday, April 18, 7:30 p.m.

Rainier Symphony presents its third classical concert of the season, featuring concertmaster Ilkka Talvi and guest conductor Darko Butorac.

Renton IKEA Performing Arts Center  
400 S. 2nd St.

206-781-5618

Admission: \$17/adults; \$12/seniors and students; under 12 is free

## REGIONAL ENTERTAINMENT

### Avner the Eccentric "Exceptions to Gravity"

Saturday, April 4, 2 p.m.

A master of the art of physical comedy, Avner weaves a spell of poetic simplicity in a show of hilarious predicaments. "Exceptions to Gravity" defies the barriers of language and culture. It's exceptional entertainment for family audiences.

Kent-Meridian Performing Arts Center  
10020 S.E. 256th St. (Kent)

253-856-5051

Admission: \$15/general; \$12/seniors and youth

[www.avnertheeccentric.com](http://www.avnertheeccentric.com)

### Gaelic Storm

Friday, April 17, 7:30 p.m.

Gaelic storm was catapulted onto the world touring stage when they appeared as the "party band" in the hit movie Titanic. Now with six Billboard chart-topping albums, Gaelic Storm continues to electrify audiences with its world-rhythm Celtic music genre. This high-energy band will be joined on-stage by champion dancers from the Tony Comerford School of Irish Dance.

Auburn Performing Arts Center  
700 E. Main St. (Auburn)

253-931-3043

Admission: \$13-\$17

<http://gaelicstorm.musiccitynetworks.com/>

### George Winston

Wednesday, April 22, 7:30 p.m.

George Winston's unique performance style has made him one of America's most popular solo piano artists. His compositions and interpretations are inspired by North American folk traditions, rhythm and blues, and nature. Winston performs more than 100 shows each year in America.

Kentwood Performing Arts Center  
25800 164th Ave. S.E. (Kent)

253-856-5051

Admission: \$26/general; \$24/seniors; \$20/youth  
[www.georgewinston.com](http://www.georgewinston.com)

## EDUCATIONAL EVENTS



### Childhood Matters Conference

Saturday, April 25, 8 a.m.-3:30 p.m.

The seventh annual Childhood Matters Conference provides professional training for child care providers, teachers, and parents to gain skills and knowledge for working with diverse groups

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## calendar of events

of families and children. It also provides an opportunity to network within Renton Technical College's Early Childhood Education community. Attendees will receive State STARS credit for their training and all proceeds go to fund scholarships for students studying Early Childhood Education at RTC.

Renton Technical College  
3000 N.E. 4th St.

425-235-2352 ext. 5741  
(Barbara)

Admission: Early registration post-marked before April 17 is \$50; registration after is \$75.



### Cyclefest

Saturday, April 25, 11 a.m.-2 p.m.

With local cycling clubs, mechanics, and bicycle vendors on-hand, participants will learn about the gear and information they need to have fun and be safe. This event will cater to novice and advanced bicycle commuters, mountain bikers, and road bikers.

REI Southcenter  
240 Andover Park W

206-248-1938

Admission: Free

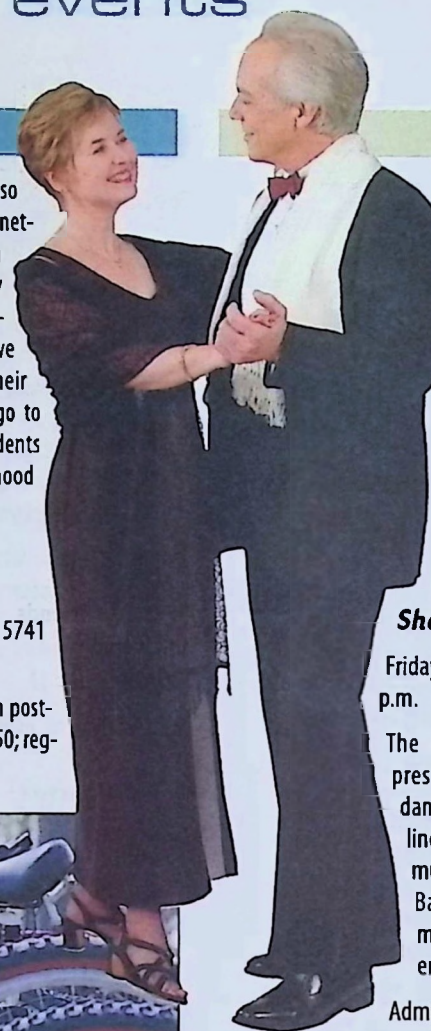
### SENIOR EVENTS

Renton Senior Activity Center  
211 Burnett Ave. N.  
425-430-6633

### Spring Holiday Luncheon

Wednesday, April 8, 11:30 a.m.

The spring parade has arrived. Decorate your bon-



nets and hats for the parade. The Renton Senior Activity Center will have a lunch and then an egg hunt afterwards. There will be a special prize for the golden egg.

Admission: \$3 donation (over 60); \$6 cost for those under 60

### April Showers Dance

Friday, April 17, 2:45 p.m.-4:30 p.m.

The Renton Senior Activity Center presents its annual spring dance. Attendees can waltz, line dance, and sway to the music of The Good Times Band. Evening entertainment will include appetizers.

Admission: \$4 at the door



### Housing Fair for Senior Citizens

Tuesday, May 5, 10 a.m.-noon

The city of Renton has a lot of housing options for senior citizens. The question is: Where does one start? The Renton Senior Activity Center is offering this special program devoted to senior housing options. Representatives from the Renton area will answer questions on the following: retirement homes, adult family homes, low-income housing, affordable housing, assisted living residence, and much more.

Admission: Free

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 [info@pugetsoundpublishing.com](mailto:info@pugetsoundpublishing.com) or call us at 425-271-9300.



kirby unti

# What is happening in Renton



I have been having lunch for the past 35 years with Pastor Chuck Bomgren. Chuck was my internship supervisor at Grace Lutheran in Bellevue when I first entered into the ministry. I have valued his wisdom and sought out his support as he continues to be a dear friend and mentor. You can usually find us dining at Renton Technical College on Friday. It is the perfect place for a good meal and the right setting for good conversations.

The last time we were together he said to me, "Kirby, what is happening in Renton? I can't believe the changes!" Chuck had for the first time driven past the Landing on his way to visit friends in Bryn Mawr. He was hardly prepared for what he saw as the Landing has taken on a much more completed look.

"Why, I had no idea!" he exclaimed. He then went on to compare it to the likes of Redmond Town Square. Chuck was impressed.

There is no doubt about it. In short order, Renton has taken on a very new look and feel. It is making it possible for those of us who live here to stay home in our own community rather than travel elsewhere in search of the amenities we enjoy.

One Friday night my bride Kim said to me, "Let's go check out the new wine shop at the landing." I didn't have a clue what she was talking about, but I was game. It was so nice to arrive to covered parking and then take only a few steps before entering Vino at the Landing.

The place was full of life and laughter. There wasn't a table available. We approached a party of eight and inquired if we could take up the two unoccupied chairs at the end of their table. They were very accommodating, and we immediately

struck up a conversation. They were all young professionals who knew each other as friends and were living in Renton. They were thrilled to have a venue like Vino at The Landing. Before

they left, they were making plans for the following week to do Roving Renton, an evening of wine and appetizer tasting at the Red House, Blossom Asian Bistro, Armondo's, ending at The Melrose

Before long one of the owners, Andrea, came over to our table. We were enjoying a flight of red wines as we extended a warm welcome to Renton and our compliments on their opening. It became clear they could not have been happier with their Renton location. Andrea spoke of the support they had received from the city and the desire for success that so many patrons had already expressed.

"This city is something else." I know what she is speaking of. We have lived here now for nearly 30 years, and you just don't find many places where there is still a strong sense of community.

It is nice to have some upscale places in Renton. We are becoming a destination place. But what is really happening in Renton has been happening for years. Renton people care about this city and want to see everyone have a chance at success. Renton is about community, and it is something people are hungry for. There are a lot of changes happening, but let's not forget it is community that makes Renton, Renton!

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



Kirby Unti  
COLUMNIST

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## April 25th Eldercare School SATURDAY, April 25, 2009 | 8:30AM-4:15PM | Valley Medical Center

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8:30 AM Registration for walk-ins

8:45-9:00 AM Introduction and Welcome

9 - 11:15 AM Liz Taylor, presentation

- Part I - The Basic Building Blocks of Caregiving
- Part II - Putting the Pieces Together
- Part III - The Landmines of Caregiving

11:15 - 12:30 PM Lunch session

**Breakout I - 12:30-1:30PM**

- Starting the Conversation With Your Family
- Home Care Or Residential: How To Decide
- What Caregivers Should Know About Dementia & Aging
- Reverse Mortgages - Is It Right For You?

**Breakout II - 1:45-2:45PM**

- Families Devise a Plan of Care for Your Family
- Low Cost & Modern Means Living Options
- Be Your Best At Any Age
- Choosing a Good Long Term Care Insurance Policy

**Breakout III - 3:00-4:00PM**

- Dealing With Difficult People & Ridiculous Situations
- Getting Help From Experts: Geriatric Care Managers and Free Options
- Fall Prevention
- Getting Help in Navigating the Medicare Maze

4:00-4:15PM Recap, Evaluations, reference upcoming October Eldercare School

(Eldercare School fee is \$25 per individual and \$40 per couple; includes lunch)

The Eldercare School is a program of Renton Technical College in partnership with Valley Medical Center, SHAG, and Landmark on the Sound. For information and to register contact (425) 235-2352, ext. 5727 or email jrock@RTC.edu or go to www.RTC.edu/LIFESTYLE.

Renton Technical College does not discriminate on the basis of race, color, national origin, sex, disability, sexual orientation, or age in its programs and activities.





# C-ROB, SUPERMAN, YO-YO MAN and buddies shoot a mean game of billiards

BY DAVID SUFFIA



RENTON MAGAZINE / DAVID SUFFIA

Charles Robinson, better known as C-Rob to the regulars at the Renton Senior Activity Center's billiards room, lines up a shot.

*I*f you think you play a pretty good game of billiards, bring it on! C-Rob, Superman, Yo-Yo Man and the other guys down at the Renton Senior Activities Center are waiting for you.

You'd better bring you're "A" game, however, because these guys are sharp. Some of them play with custom-made cue sticks and they've been practicing, a lot.

You can play for free at the center's three tables in the billiards room, but you have to be at least 50 years old, and there is no betting for money

— competition is strictly for fun and friendship.

"Is he telling you he's No. 1 in this room?" Charles Robinson, better known as C-Rob, asks in mock seriousness. "Don't let him tell you he's No. 1 here. I'm No. 1!"

Robinson, 74, lives in Seattle, but drives

down to Renton "three or four times a week to play billiards. I can't get away from these guys. I've been coming down here for four years. My wife comes with me on Mondays, but she does other stuff like quilting at the center. These guys are some of the best friends I



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RENTON MAGAZINE / DAVID SUFFIA

John Giuliani, long-time Renton resident and businessman, is a regular in the Renton Senior Activity Center's billiards room.

have."

"I thought I was No. 1," answers Yo-Yo Man, otherwise known as Bob Kelsey, 76, of Des Moines. "I've been coming down here to shoot pool for about 10 years, three or four times a week, too. There are a lot of regulars here every

day and they're all great guys."

John Giuliani, 81, and a long-time Renton resident and businessman, is one of the regulars. Giuliani and his father started John Julian Electric Motors



at the foot of Renton Hill back in 1951.

There's also Ben Grosso, 74, of Lakeridge, retired after driving truck for Boeing for 37 years.

C-Rob was a lab supervisor at a Seattle metals company. He got his street name, C-Rob, from his younger days hustling pool games in his native Los Angeles. Yo-Yo Man was a technical engineer for a cement company.

Then there's John Azzola, 82, a former Safeway store manager, who has a specially-made stick with his name embossed on the handle, "which I'll leave to my son someday."

And Superman, Robert Hill of Renton, a merchant marine who at 60 is one of the youngsters among the regulars.

"These are the best guys anywhere," Superman says, "and I've been around the world, so I know."

"Yeah, they are a bunch of good guys," Azzola echoes.

"We really have a lot of fun here."

"It doesn't cost anything to join us," B.J. Johnson, 73, of Seattle says, "and never a nickel changes hands here. We stay friends that way."

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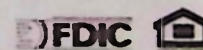
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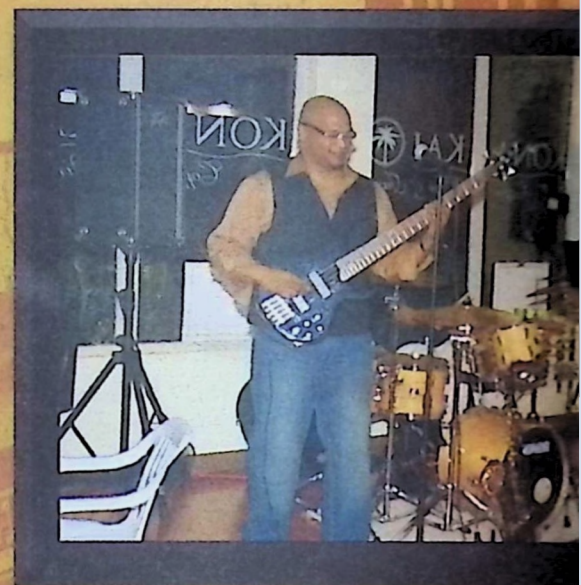
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# Looking for live music

Photos by James Bavendam  
and Andrew Fickes  
Story by Andrew Fickes



## You don't have to go far

Clockwise  
the Wreck  
in Renton

*T*ime was, you had to go to Seattle if you wanted an evening of live music, but in recent years, the scene in both Renton and Kent has been livening up. Options range from rock to jazz, country to reggae.

On a recent Friday night at Touchdowns Sports Bar and Grill in Renton, classic rock cover band Loudmouth Blonde is tearing it up with modern rock standards ranging from Jet's "Are You Gonna Be My Girl?" to The Who's "Won't Get Fooled Again." The encore performance by this Renton group packed the place.

Live country music can be heard at Touchdowns on Saturday nights.

"We have a pretty laid back and casual atmosphere here," says bar owner Andy Alberts. "We thought live country music would be a good live entertainment option because it's not happening within a 20-mile radius."

Alberts said his venue tries to feature country bands with a rock edge. Live music started in January 2009, and there's no cover charge.

"We keep this as an affordable entertainment option versus going to Seattle or Bellevue," says Alberts.

### *Jazz fits the food*

Fin 'n' Bone, a popular steak and seafood restaurant in Renton since December 2005, has made its name as a local spot for Northwest jazz. Well-known jazz guitarist Michael Powers has made Fin 'n' Bone a regular performance venue.

Jerry and Yelina Jackson own the restaurant and say jazz is a genre they've always enjoyed.

"It's something suitable that goes with the food and adds to the ambiance," Yelina says. "Our whole bar menu is half off beginning at 9:30 p.m. for happy hour on Saturday nights."

Jazz is featured Saturday nights from 8-11 p.m.

"We have a laid-back atmosphere," Yelina says. "If people like dancing, they find a place to dance."

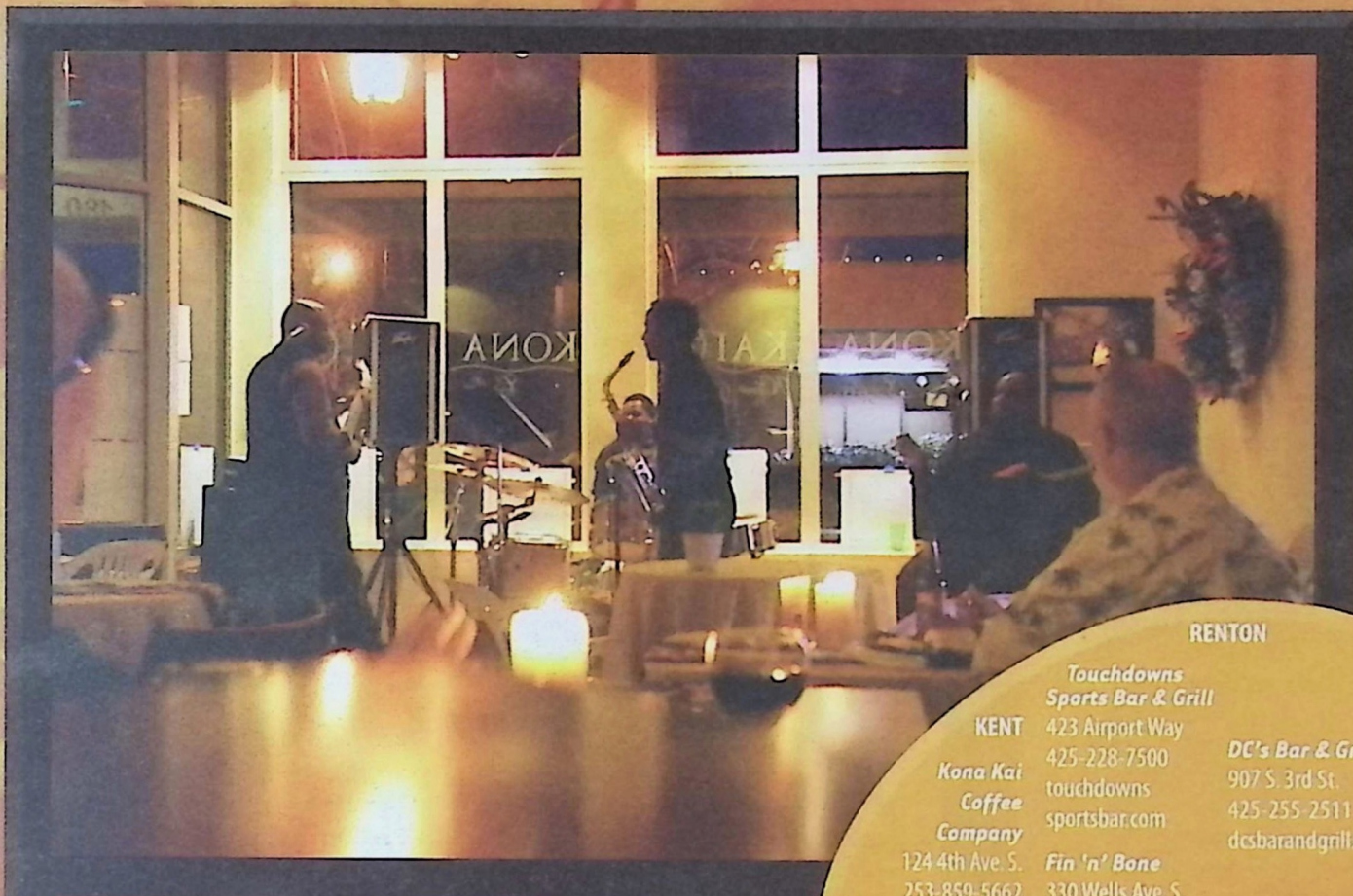
Fin 'n' Bone requires no cover charge, except for its New Year's Eve party.

Owners Xten Barton, Steve Jeffries, and Randy Peterson are developing Finnegan's Irish Pub to become an upscale nightclub. As a part of the new direction, Barton says his business partners are close to unveiling a name change to Finnegan's Sports Bar and Nightclub.

Finnegan's features live jazz Monday-Wednesday and Friday nights. Saturday music ranges from reggae to rock, with belly dancing on the first Saturday of the month. There is no cover charge. The club is known for its annual St. Patrick's Day party, last year serving upwards of 500 pounds of corned beef.



c.?



from left: Peggy Sue fronts Peggy Sue and  
gg Crew at Touchdowns Sports Bar & Grill  
Michael Powers at Fin N Bone, Renton; The

Carter Brothers at Kona Kai, Kent; Carter Brothers;  
Peggy Sue and the Wrecking Crew; Gunshy Band at  
Pat's Bar and Grill in Kent; Crime Scene at Pat's.

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## Warm-up for comics

DC's Bar and Grill on South Third Street is first and foremost a sports bar, but it's also gaining a reputation as a place to tickle your funny bone. A headlining comedian appears on DC's stage every third Thursday of the month beginning at 8 p.m. with a \$5 cover charge. Comedians have included Tommy Savitt, Brad Upton, Lindbergh High School graduate Brooks McBeth (known for his writing on "Mad TV" and "Almost Live") and Jeff Dye (recently featured on "Last Comic Standing").

"We always have good, professional comedians, not amateur," says Pete Olive, co-owner. "It's a good, cozy atmosphere here to watch comedy and have a

good time."

Olive says these aren't the comedians that are striking it rich.

"We're kind of like a warm-up venue for them before they go to a bigger show," he says. "Comedy routines here include everything from observational humor to one-liners."

Olive warns that if you're easily offended, some material may be a little over the top.

Live entertainment venues in Kent include Kona Kai Coffee Company on Fourth Avenue South and Pat's Bar and Grill on Railroad Avenue. Kona Kai Coffee

Company is evolving into a jazz venue. Pat's Bar and Grill features blues on Friday nights and classic rock on Saturday nights for a nominal cover charge.



## Health Topics

**Q:** I fall asleep easily but wake up multiple times a night and often can't get back to sleep. I'm afraid if I talk to my doctor they will just give me a sleeping pill, are there other options?

**A:** Yes. Too often sleeping pills are prescribed as an "easy answer" but they may not be the right answer after all. Often a good look at your sleep history will provide answers and ways to improve sleep naturally. Things that should be considered before trying sleeping pills include analyzing sleep and work habits, caffeine and alcohol use, medication side effects, medical conditions, and sleep disorders such as sleep apnea or restless leg syndrome. Sleep physicians can also teach stress management, relaxation and other behavior techniques which are often more effective than sleeping pills for long term improvements in sleep quality.

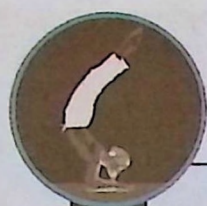


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# pilates

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## An exercise regimen for every body

BY KIMBERLY COLLETTE

Patrick McCabe was first introduced to Pilates after a car accident left him with a shattered heel and unable to walk. He couldn't walk for four months and used a walker.

"Finding Pilates gave me the ability, awareness, and strength to gain my mobility back," he says.

Pilates is an exercise regimen developed in the early 20th century by Joseph Pilates in Germany. He developed his program while rehabilitating World War I veterans, and his regimen is now practiced worldwide.

The Pilates regimen focuses on learning to control your breath, strengthen your torso, and deepen the connection between your mind and body. Pilates is designed to align your spine and teach you how to work your body all the time – whether you're sitting, standing or even driving.

McCabe and his wife Crystal now own a Pilates studio called Core Conditioning in Federal Way. A Renton resident, McCabe also teaches Pilates on Wednesdays evenings and Saturday mornings at the Evergreen City Ballet in Renton.

The class consists of classical mat work.



COURTESY OF MARY ANN ALEXANDER

Mary Ann Alexander's student taking a mat class in Alexander's private studio.

Every move begins with the Pilates breath – a deep inhale through the nose and a long exhale out through the mouth. Correct breathing enhances abdominal work.

After only a few weeks of attending McCabe's class, Christie Maldonado of Renton says she could feel the result in her core. After having a baby she noticed weakness in her lower abdominal area. Doing Pilates has strengthened her abs, and she enjoys the way she feels after exercising.

"You'll feel better when you walk out of my class," agrees Mary Ann Alexander, who operates a private studio called Pilates to the Core from her home in the Fairwood area of Renton. The goal of Pilates, Alexander says, is to create a mind and body connection.

Pilates changes the way you carry yourself. Proponents claim you can appear five pounds thinner just by learning to stand up straight. After 10 sessions, Alexander says, you'll feel better and move differently.

"You'll realize when you're slouching."

The goal of Pilates is to create long, lean muscles by stretching and strengthening them. Even so, it is low impact.

"It's the perfect exercise," says Alexander, who recommends Pilates along with aerobic activities. "It's a great compliment to sports, running and yoga."

McCabe says he helped a Boston marathon runner shave 30 minutes off her race time because Pilates strengthened muscles in ways running alone could not achieve.

The light impact of Pilates allows people to begin the regimen at any stage of life. A beginner and advanced person can do the same Pilates workout, and both gain from it.

"You get what you put into it," says McCabe.

### Where to find Pilates:

Evergreen City Ballet- Renton  
425.228.6800

Pilates to the Core- Fairwood Area  
425.503.7163

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# Cemetery garden

## HONORS ASIAN TRADITIONS



BY DANA E. NEUTS

RENTON MAGAZINE / DANA E. NEUTS

In Chinese tradition when family members die, a "feng shui" master chooses the burial sites based on what time and date they were born and how they lived their lives. Great care is taken in choosing a beautiful, peaceful location because it is believed that following "feng shui" principles will bring good fortune and happiness to the surviving family and future generations. Of particular importance is the site's proximity to mountains and water, both of which are important to the preservation of "qi" in the Chinese culture.

Those traditions formed the setting for the "Garden of Eternal Peace" in Renton's Greenwood Memorial Park. The first of its kind in Washington and Oregon, the garden was first conceived seven years ago by a community group that wanted to create a way to honor the Asian heritage of their loved ones.

The 38.7 acre Greenwood Memorial, located at 350 Monroe, was established in 1911 and is probably best known for its Jimi Hendrix memorial. The Garden of Eternal Peace is symbolic of the staff's efforts to meet the changing needs of grieving families by offering themed but nonexclusive sections.

With the support of Tony Wong and the Greenwood staff, the

Above, Nine fish circle the stone fountain at Greenwood Cemetery. In Chinese culture, the number nine means eternity. Left, With "feng shui" principles as a guide, burial plots and headstones are carefully positioned to ensure that a person's surviving family and friends will be happy and prosperous.

Asian group formed a committee to design and develop the garden using the principles of "feng shui" (literally translated to English as "wind and water"). It is an ancient art of positioning objects, including burial sites, in such a way that they bring good fortune and harmony to their owners.

"We're trying to help families preserve their heritage," said Brian Rodriguez, director of sales.

With a strong Asian theme, the garden was designed to appeal to different family traditions and cultures, honor loved ones and provide a place for families to show their respect for the deceased. The garden has a large pagoda and a flowing water fountain at its center to serve as an area for gathering, remembrances and special ceremonies.

Individual memorials lie in neat rows, east to west, among beautifully maintained gardens and trees. The section also includes bench estates and gated estates, areas where families can pay their respects and perform rituals, such as the burning of paper.

The Garden of Eternal Peace currently has 700 spaces but is expanding into the adjacent Lotus Garden. Featuring a fountain surrounded by nine fish (symbolizing eternity), the garden will offer additional spaces, including those that will lie north to south.

To further honor Asian cultures, Greenwood plans a Ching Ming celebration each spring based on the lunar calendar. This year's celebration, also called Grave-Sweeping Day or Spring Remembrance Day, will be held April 5. Similar to Memorial Day, the Ching Ming Festival honors and remembers loved ones and serves as a day to clean and brighten graves and make offerings. Christian and Buddhist services are held to help families pay their respects. Similar celebrations are held on Veterans Day, Christmas, Easter and other holidays of various cultures.

"These celebrations are an integral part of our community," Rodriguez said. "They celebrate lives and help the community grow and heal."



# The egg and I Ways to use Easter left-overs

BY CHRISTIE KATONA

## Brunch Torta

Serves 6 - 8

As spring begins, we all appreciate the new sprouts of green, budding flowers and, for many, the celebration of Easter. Eggs are plentiful and reasonable in the grocery stores right now, so this month's column features a few new ideas for using them.

The first recipe was the result of entering a cooking contest for Alaska crab. I won an honorable mention – a teapot!



CHRISTIE KATONA

*Christie Katona is the owner of Christie's Catering Inc. in Renton. She attended the Cordon Bleu in London, has authored many cookbooks, taught cooking classes for many years and worked as a restaurant consultant. More recipes and suggestions can be found at [www.Christies-Catering.com](http://www.Christies-Catering.com).*

This is a great dish featuring a tortilla shell filled with sausage, peppers, Mexican seasonings and cheese. You can make it the day before, cover and refrigerate. The next day, simply reheat for a half-hour. Serve with salsa, sour cream and cilantro so people can garnish as desired. Fresh fruit and cornbread make nice accompaniments.

### you will need

2 Tbs. melted butter  
5 – 8 inch flour tortillas  
16 oz. sausage or chorizo,  
crumbled and cooked  
1 each yellow and orange bell  
pepper, seeded and diced

1 can (4 oz.) diced green  
chiles  
1 clove garlic, minced  
1 cup thinly sliced green  
onions  
8 eggs, beaten  
1/3 cup milk

1/2 tsp. chili powder  
1/2 tsp. salt  
1 1/2 cups shredded cheddar  
cheese  
1 1/2 cups shredded  
Monterey jack cheese

### directions

Brush an 8-inch springform pan with the melted butter. Butter both sides of the tortillas and place one on the bottom of the pan. Arrange the remaining four tortillas around the sides of the pan, overlapping slightly. Tortillas will overhang the top of the pan by about two inches. Set the pan on a cookie sheet for baking.

In a large skillet over medium heat, cook the sausage until crumbly. Pour off any excess fat. Add the peppers, chiles, garlic and green onion and cook until softened. Spoon the mixture in the bottom of the pan spreading in an even layer to the sides.

Beat the eggs with the milk and seasonings. Cook eggs in the same skillet, scrambling them softly. Do not overcook. Sprinkle half the cheese over the sausage mixture and top with the eggs. Top with the remaining cheese and fold edges of the tortillas over the cheese. At this point, it may be covered with plastic wrap and refrigerated overnight.

To heat, preheat oven to 350. Remove plastic wrap and keep torta on cookie sheet. Bake for 30 minutes or until lightly browned and heated through. To serve, let stand five minutes, run a thin knife around the edges of the pan. Release the sides and place on a serving plate. Cut into wedges like a pie.



## Crab Pâté

Makes 2 cups

Make this a day or two before you plan to serve it, so the flavors can mellow. It's delicious as an appetizer on crackers or French bread.

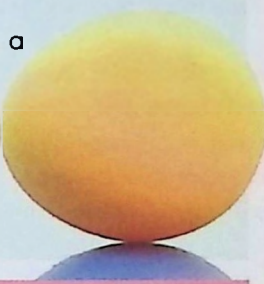
### you will need

- 6 oz. crab, fresh or frozen
- 3 hard cooked eggs, chopped
- 1/2 cup butter, at room temperature
- 1/2 cup mayonnaise
- 1/4 cup minced fresh parsley
- 1/4 cup minced green onion
- 2 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 tsp. horseradish
- 1 clove garlic, minced
- 1 tsp. salt
- 1/2 tsp. white pepper

### directions

Insert the steel knife of a food processor and process the garlic, seasonings, green onion and parsley until coarsely chopped. Add the mayonnaise, butter and eggs and process to combine. Pick over the crab and fold it gently into the mixture. Place in a covered container and refrigerate for 24 hours before serving. Serve in a pretty dish surrounded by crackers and breads.

If you do not have a food processor, simply combine all the ingredients in a mixing bowl in the order listed.



## Spinach and Artichoke Salad

Serves 6 - 8

So many types of nuts taste so much better when toasted. Simply spread them on a cookie sheet and bake for 10 minutes at 350, stirring once. Cool. Other ingredients can be added to this salad as well. Try baby plum tomatoes, crumbled bacon or avocados.

### you will need

- 1 bag (12 to 14 oz) fresh baby spinach
- 1/2 lb. fresh bean sprouts
- 4 green onions, thinly sliced
- 1 small jar marinated artichoke hearts
- 4 hard cooked eggs, peeled and sliced
- 1/2 cup slivered blanched almonds, toasted
- 1/3 cup freshly grated Parmesan cheese

### Dressing:

- Marinade from the artichokes
- 1/2 cup salad oil
- 3 tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. salt
- 1/2 tsp. pepper

### directions

In a large salad bowl, place the spinach, bean sprouts, and green onions. Drain the artichoke hearts, reserving marinade. Cut the artichokes into bite-sized pieces and add to the bowl, along with eggs, almonds and cheese. Cover with plastic wrap and refrigerate up to 8 hours before serving. Make dressing by combining marinade with the other ingredients in a food processor or blender. You can also shake the dressing ingredients together in a jar. Before serving, toss with dressing to coat.

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**BY ELAINE ANDERSON**

**S**pending time in the garden provides a window into the natural world, and gardeners are among the first to notice changes occurring there. Across the country, gardeners have been seeing differences brought about by the gradual warming of our planet. Among the most obvious signs of climate change are earlier-flowering plants and unfamiliar insects (many of them pests) and diseases moving slowly northward. What can we do to help

## Gardeners and global warming: What to do

our gardens adapt to these changes?

Gardeners never tire of buying plants, but they will need to give more careful thought to their purchases. Earlier blooming plants are more likely to be damaged by a late frost, so we should focus on purchasing hardier species. Walk by those "tender" plants, the ones we've purchased in the past, hoping against hope that they'd make it through the winter.

Begin to choose drought resistant plants, because summer water is likely to be even scarcer in future years. Remember, though, that in order to become established, even drought resistant plants require regular watering for one to two seasons. Trees may require four or five years of watering.

Benefit your garden and the environment by taking steps to conserve water. Install rain barrels or a cistern. Water your garden using soaker hoses or drip irrigation, a method that gets water to the roots, where it does the most good. Overhead watering is hugely wasteful and can even be harmful.

Stop nursing plants that are struggling because

they've been planted in the wrong place (too sunny, too shady, too wet, etc.). Either replant them in conditions where they will thrive, or add them to your yard waste. Healthy plants are much more resistant to insect pests and disease than wimpy ones and will have a better chance of survival when faced with new pests and diseases.

Carbon dioxide is not the only gas we should be concerned about when it comes to combating climate change. Methane emissions are also a cause of global warming, and one source of such emissions is the yard and kitchen waste that goes into landfills. Recycle this waste into a backyard compost pile and use the resulting rich organic matter in your yard and garden, giving another boost to your plants' health and well-being.

*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 global warming and other gardening topics, call the Master Gardener Phone Clinic at 206-296-3440.*



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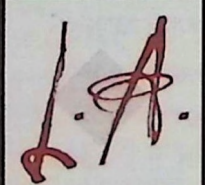
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# Dog years versus human years

BY CHARLIE POWELL

Recently, Washington State University's College of Veterinary Medicine was contacted by an individual of means who wanted to know, why can't we make his Labrador retriever live 30 years?

After a brief conversation, it became apparent this person wanted a long-lived-Lab because he hated to see them go when the time came. Ironically for a man used to ordering others around, it was gut-wrenching for this industry titan to have to break a bond with his best friend. I understand.

We've all heard the adage that a "dog year," is equivalent to seven human years, and chronologically speaking that's about right. However, behaviorally a dog is best considered to be as helpless and mischievous as a 2-year-old child for its whole life.

Nutritionally, by natural history, they are gorge feeders and three meals a day most often results in life-altering obesity and early death. Considering cancer, about 50 percent of dogs over 7 years old will develop cancer, by some estimates. Certainly half of all humans aged 49 or older will not develop cancer. So just how can we look at a dog's lifespan?

On average, purebred and mixed breed dogs both live 10 to 12 years. There is plenty of variation however. The longest-lived breeds include miniature poodles, Bedlington terriers, Chows, Jack Russell terriers, and whippets that top out at 13 to 14 years on average. I owned a Boston terrier that lived 20 years.

Size matters, too. Dogs considered small, say less than 15 pounds, average about 1.5 times more longevity than larger dogs, especially the giant breeds. There is no clear evidence why, but it is not uncommon to see giant breed owners with a 7-



PHOTO COURTESY OF CHARLIE POWELL  
Dr. Matt Powell poses with Bailey (left) and Tanq. Bailey succumbed to acute renal failure at 5 years of age and purebred cousin Tanq recently died at age 15, illustrating the variation in dog longevity.

year-old dog, like the Great Dane, facing end-of-life decisions.

Animals that are surgically sterilized live longer on average, too. For males, neutering only provides modest increases. For females, the longevity can be significantly increased. And while we are on the subject of gender, females live an average of 1.5 years longer than do males.

It's no secret that dogs are routinely inbred to produce desirable traits and purebred lineages. That comes at a price, however, as some genetic disorders can be enhanced by inbreeding or line breeding versus out-crossing individuals to unrelated dogs. Conversely, the so-called Heinz 57 crossbred mutt often dodges many genetic defects, and they live long lives.

Finally, care matters. Dogs that are better cared for live longer. This includes regular health check-ups with your veterinarian, timely vaccination, balanced nutrition, and regular exercise. Sound familiar? It should—it's the same thing that keeps us living, too.

Charlie Powell is the senior public information officer for WSU's College of Veterinary Medicine and the public information director for the Washington State Veterinary Medical Association.

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# Bowling

## fits everyone

### — fit or not

BY ANDREW FICKES

No matter how young or old you are, no matter what physical shape you're in, bowling is a sport that's available for you and all your family.

"Any age can enjoy it and any physical size and shape can enjoy it; that's why it's the No. 1 sport," says Greg Olsen, executive director of the Washington State Bowling Proprietors Association. "In 2008, 74 million people bowled at least once. That's one out of five Americans."

"Families are lucky they're in a region where there's a lot of bowling," adds Olsen.

Renton's Cascade Lanes, Lounge, and Casino at 17034 116th Ave. S.E. is up the hill from Valley Medical Center. The 24-lane bowling center is getting its first major facelift since 1962.

"We're doing a full-scale remodel with brand new furniture, carpeting, new lanes, and all new scoring," says Jeanne Murphy, manager.

Organization of summer youth league bowling is underway. Open bowl is available seven days a week. Game rates are \$3 per person and \$3 for shoes. The lanes are open noon to 2 a.m., Monday through Sunday. More information is on the Web at [www.cascadelanes.com](http://www.cascadelanes.com).

Nearby, in Tukwila, ACME Bowl typically serves 100 fam-

ilies or more each weekend and approximately 20 birthday parties.

To encourage families to come out and bowl, ACME will begin a 12-week summer league for families in June. Individual leagues will be composed of one adult and two children and will compete against other "family" teams. The leagues will be on Saturdays from 9-11 a.m.

"Family team league fees have not yet been determined," said Bridgette Candee, assistant manager. "We will roll out registration May 1."

League fees will include shoe rentals. Leagues will play a series of three games each Saturday.

"What's nice about here at ACME is we have automated bumpers for families," she says. "Families can bowl on the same lanes. Parents can bowl with bumpers or not, if they don't want to."

On a Saturday morning at ACME Bowl, father Aaron Hawkins watched his 2-year-old son Evan as

he jumped in excitement after tossing his ball down the alley.

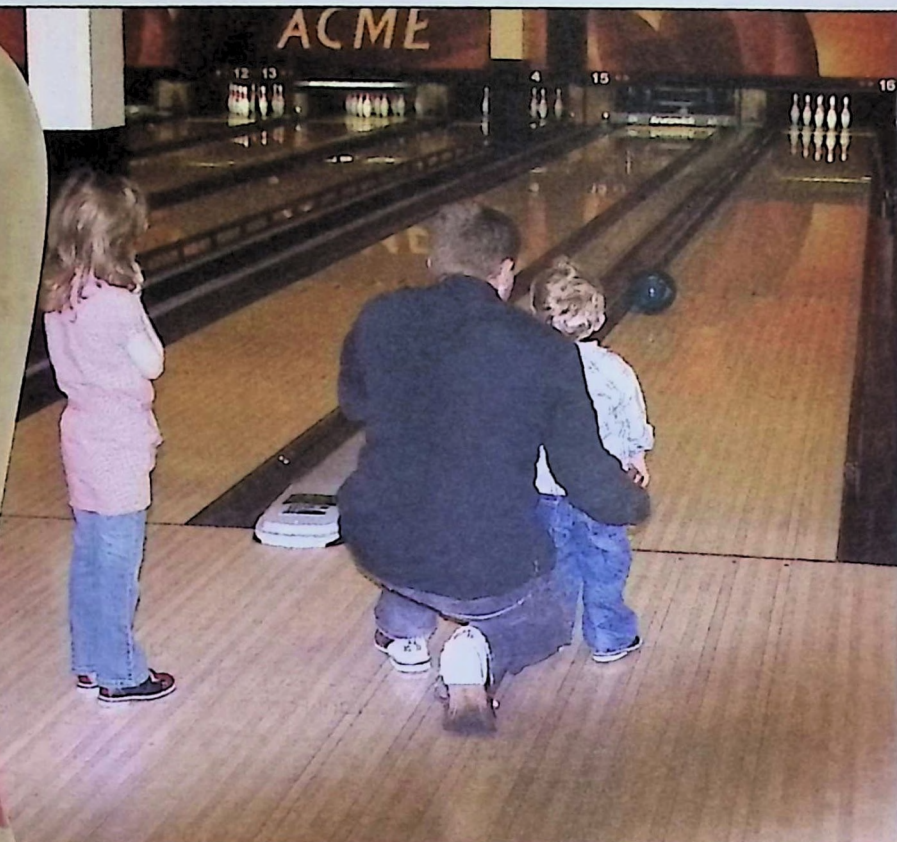
"It's cool to watch the kids' excitement," he said. "It's a simple game for them to play."

The Hawkins family was gathering to honor the memory of their late father, who passed away six years ago, on their parents' wedding anniversary. It's an annual family event, but this was their first time at ACME Bowl.

Aaron's brother-in-law, Justin Wilshire, was watching his 5-year-old daughter Taylor enjoy the sport.

"We'll definitely come back out with the family," he said. "I've never been to a bowling alley this clean."

Rates and hours can be found at [www.acme-bowl.com](http://www.acme-bowl.com), and bowling alleys statewide can be located by zip code at [www.bowlingisback.com](http://www.bowlingisback.com).



RENTON MAGAZINE / ANDREW FICKES

Aaron Hawkins helps his son Evan, 2, throw the bowling ball down the alley at ACME Bowl in Tukwila. Cousin Taylor, 5, looks on. Below, bowling balls at ACME Bowl come in all weights and colors. Seventy-four million Americans bowled at least once in 2008.





# renton history

## From Piemonte to Chef Boyardee

BY ELIZABETH P. STEWART

*I*t's hard for us now to imagine that there was ever a time when Italian food was something new and exotic in Renton. But research done for the Museum's new food exhibit, "Sustaining A City," reveals that olive oil, pasta, and Parmesan cheese only slowly took hold in Renton as Italian immigration increased at the turn of the 20th century.

Renton citizens slowly became familiar with pasta as the Italian population grew. Louis Delaurenti Jr. remembered that when his father arrived in Renton in about 1900, "your macaronis and your spaghettis and all the pasta was very seldom seen in other grocery stores. Mostly in Italian stores you [saw] that."

The influx of new immigrants created a specialized demand for imported food that Delaurenti Sr. was glad to fill. He and partner, Joseph Massucco, happily left coal mining in the early 1910s to open Piemonte Grocery, named for their home region of Italy. Delaurenti Jr. recalled that his father's store stocked imported salamis and cheeses, olive oil, fish, and 30 or 40 different kinds of pasta. The Piemonte also sold 100 pound bags of flour (or 200 pound barrels) for making noodles at home.

The Piemonte Grocery and the Pistoresi Grocery together supplied the Italian community with everything they needed to eat as they had in their home country.

Others also jumped at the chance to supply locally produced Italian food. In about 1914, Batista Agnesani, Augusto Gebenini, and

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COURTESY OF RENTON HISTORY MUSEUM

Renton Bulletin newspaper advertisement for the Columbus Macaroni Factory, 1915.

Oreste Gaspari moved their Columbus Macaroni factory from Black Diamond to Renton. They selected a location at Burnett and Second, then got the railroad to add a spur to bring flour directly in to the factory. Ten employees produced 82 kinds of pasta—then usually called "macaroni"—supplying local grocers.

It was a close-knit company; laborers Guido Scappini and Antonio Fornacciari lived a few doors from the factory, and partner Pelegrino Pigozzi boarded with owner Gebenini. Columbus Macaroni Co. was short-lived, however, perhaps because of the investment in specialized equipment. The factory closed after only a few years.

American taste for Italian food expanded as canned food became more widely available. During World War I the Italian Army experimented with canned spaghetti and ravioli, which was then popularized in the United States in the 1920s by national brands like Chef Boyardee. Spaghetti became as American as apple pie, and Italian food became a Renton staple.

For more food stories, visit the Smithsonian Institution's traveling exhibit, "Key Ingredients: America By Food," at the Renton History Museum until May 9. Elizabeth P. Stewart is the Director of the Renton History Museum. She may be reached by e-mailing [info@rentonhistory.org](mailto:info@rentonhistory.org) or phoning 425.255.2330.

### did you know that...

...the Renton High School Class of 1915 was all female? They were: Jean Dobbs, Pearl Barlow, Marion Gamero, Genevieve Gieldseth, Ida Harris, and Hannah Jones.

...the first American flag flew over Talbot Hill on July 4th, 1913, 90 residents of Talbot Hill sang "The Star Spangled Banner" as the American flag was flown for the first time.

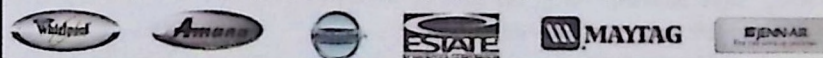
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RV Lifestyle classes are for the experienced RVer, those new to RVing, and those interested in RVing. Topics range from technical and operational aspects of the RV to great places to visit along with RV lifestyle sessions like travel photography, wellness on-the-road, and the benefits of joining an RV club. Learn the basics with classes in:

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# DAWN

## offers hope to battered women

BY ANDREW FICKES

In her work, Sandi Schram sees the faces of women who may seem worlds apart but share a common goal: to escape abusive relationships.

Schram is director of housing for the Domestic Abuse Women's Network (DAWN), which operates a women's shelter where cultural diversity is the norm.

On one occasion, there were six languages being spoken at DAWN's House.

"That was one of the richest experiences we've ever had," says Schram. "With the help of interpreters, women shared their stories to each other."

Last Thanksgiving it wasn't turkey that women and children desired but traditional Injera bread, an Ethiopian staple.

"During this particular week there was a very large demand for the bread, so all the suppliers were out," Schram says. "We traveled 25 miles to find the Injera bread. It was very important to our women."

Schram started with DAWN four years ago. She wanted to serve in South King County where, because of demographics and a higher poverty rate, she says, "the need is the greatest."

South King County has the largest share – almost 35 percent – of the county's population, with twice as many younger families, more families on state assistance and below the poverty rate – frequent factors in domestic abuse.

Despite that, Schram credits the South King community for pulling together in ways to assist less fortunate residents.

"I find the community to be extremely close-knit in



RENTON MAGAZINE / ANDREW FICKES

Left, the library offers a place for mothers and children to curl up together and read. Right, volunteers incorporate different cultures to welcome children to safety.

### GETTING CONNECTED WITH DAWN

The Domestic Abuse Women's Network (DAWN) encourages community members to volunteer. One way to help is by taking calls on the 24-hour crisis line. In 2007, trained volunteers answered 40 percent of calls. A minimum of 50 hours of training is required.

Women in need of DAWN's services may call the crisis line, 425-656-7867, or reach DAWN's House directly at 206-622-1881. More information on programs and services is available at [www.dawnonline.org](http://www.dawnonline.org).

South King County," she says.

DAWN's House, whose location is confidential, is a 25-bed shelter for up to nine women and their children at a time. In 2007, the house counted 7,376 "bed nights" and provided 22,128 meals to 108 women and 156 children. DAWN is the only domestic abuse agency in South King County that provides shelter. The women also receive counseling, and legal services. In all, DAWN served 13,001 clients in 2007.

The agency was founded in 1980 by two women whose friend was impacted by domestic violence. They had temporary headquarters in a church and a budget of \$500. The organization has grown to a multi-program service and is supported by donors, businesses, city leaders, police departments, and volunteers.

The City of Renton is a consistent supporter. City employees recently raised money toward purchasing a washer and dryer. Other city-led fundraising activities have helped subsidize ongoing shelter maintenance.

"DAWN offers free support groups and counseling to women in Renton, financial literacy, and also transitional housing," said Tina Harris, victim advocate with the Renton Police Department. "DAWN really works hard to provide wraparound services to a family so that families can be independent and successful in the end."

Harris said DAWN has a bilingual advocate who assists Renton's Hispanic community. Another program, Safe Nights, provides emergency shelter for short stays in partnering hotels. In 2007, Safe Nights accounted for 325 hotel bed nights to 131 women and children.

Community outreach includes support groups, legal advocacy, an eight-week counseling program for children called Kid's Club, community training to fight domestic violence, and a dating violence prevention program in schools.

In the 2007 annual report, Lee Drechsel, director, said: "We recognize that the services we provide can only be enhanced by creating social change and fostering communities where abuse is not tolerated."

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# Renton School District good news announcements

## **Students honor teachers with breakfast**

Twenty-two Renton High School teachers were recently honored at the first annual "Teacher Appreciation" breakfast. Students planned the event and served their teachers homemade cookies and coffee while presenting them with certificates. They conveyed how teachers are making a difference in their lives. Students praised teachers for believing in them; helping students understand complicated subjects in a competent, caring manner, and even listening and assisting students with issues outside the classroom.

## **Lindbergh freshman attends leadership council**

Lindbergh High School freshman TracyLee Clairmont will represent her school at the annual Congressional Youth Leadership Council conference held in Bellevue. The four-day leadership development program helps young scholars take a personalized assessment of their lead-

ership skills and abilities while building strategies to help them successfully create and implement their role as leaders in their communities.

## **Business leaders, educators merge respective jobs**

Twenty-six teachers and staff in the Renton School District were individually paired with local business leaders as part of the Renton Chamber of Commerce's annual Business and Education Exchange to strengthen partnerships and sense of community. The program allows local business leaders an opportunity to experience first-hand the teaching and learning occurring in schools and classrooms, and in turn places teachers in the workplace with their business partner. Participants experience the similarities and differences in their respective jobs while building understanding and friendships.

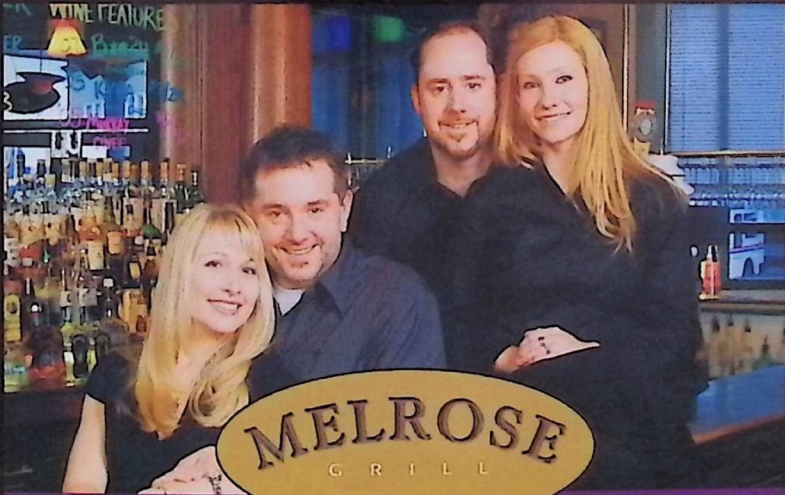
## **Nelsen teacher recognized for photography excellence**

Nelsen Middle School seventh-grade teacher Sarah Cockle recently received sec-

ond place in the 2008 Costco International Photo Contest. Cockle's photo depicted a group of sixth-grade boys reading together in a school in Ejura, Ghana, where she volunteered to teach reading, writing and English in 2007 and early 2008. The photo earned her a \$1,000 Costco card and other prizes.

## **Hazen High staff recognized for charitable contributions**

Staff members at Hazen High School were recently recognized by United Way of King County and the Seattle Seahawks for their efforts during the district's annual United Way/Charitable Choice fund-raising campaign. Hazen staff, led by assistant principal Craig Cooper, dramatically increased the number of staff participating in the campaign and the amount of funds donated. Staff members contributed nearly \$11,000, which is \$4,000 more than last year. For The Seahawks and United Way presented Hazen staff with a Seahawks football helmet signed by linebacker Lofa Tatupu and other gifts.



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**April 14, 2009, 5:30-7:30pm**

Mark Piker, MD

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### **EVALUATION & TREATMENT OF DIZZINESS**

**April 23, 2009, 5:30-7:30pm**

Don Thai, MD

Do you sometimes feel lightheaded, lose your balance, or does the room seem to spin around you? Join us to learn about evaluation and treatment of dizziness.

### **RELIEF FROM SPINAL STENOSIS AND PAIN**

**April 30, 2009, 5:30-7:30pm**

Jason Thompson, MD

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