

RENTON *Magazine*

Volume 5 / No 4 April 2010



**It's time to get dirty
in Renton Parks**

page 10

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Renton Store Entertainment: TWO DAY STAGE EVENT

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Sat., April 10 - 11 am-5 pm • Sun., April 11 - 11 am-6 pm

ON STAGE SATURDAY: Budokan Judo, Angelo Pizarro, Inochi Taiko, Nikkei Horizons Aloha Band, Seattle Kendo Kai, Auntie Manu Lono & the Aloha Serenaders

ON STAGE SUNDAY: Seattle Miyagi-kai Koto, Auntie Manu Lono & the Aloha Serenaders, One World Taiko, Kurose Karate, Budokan Judo, OKK Taiko Group (Okinawan Taiko), and A-Key Kyo (J-Pop Band)



Accepting non-perishable food items and cash donations Saturday & Sunday.

Featuring Food & Health Fair Booths plus a TOFU EATING CONTEST (Sponsored by House Foods) Sunday, April 11th!



Seattle Store Entertainment:

TAIKO: Sunday, April 11 • 1 pm • Kaze Daiko

DEMOS: Saturday-Sunday, April 10-11



Bellevue Store Entertainment:

TAIKO: Saturday, April 10 • 1 pm • Seattle Kokon Taiko

DEMOS: Friday-Saturday, April 9-10

Beaverton Store Entertainment: ONE DAY EVENT

TAIKO & MORE: Saturday, April 10 • Sheridan School Taiko, Fujinami Kai Dancers, Monmouth Taiko, A-Key Kyo (J-Pop Band), Shorinji Kempo, Food, Taiyaki, Shave Ice, Masami Dogs, and Kid's Booth

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Avenue.....	425.228.7827
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Discount Tire Co., Inc.....	425.228.1173
Ed Wyse Beauty Supply.....	425.277.9973
Genki Sushi.....	425.277.1050
Georgio's Subs.....	425.227.8279
Knittery.....	425.228.4694
Lemon Grass.....	425.228.2000
Lotus Hair & Nail Salon.....	425.656.1559
Knittery.....	425.228.4694
Major League Barber & Beauty.....	425.277.0104
McDonalds.....	425.271.3031

New shops

Optics One.....	425.227.8888
Pan Asian Buffet & Grill.....	425.227.8898
Renton Village Cleaners.....	425.226.8830
Rite Aid.....	425.226.3461
Sierra Fish & Pets	425.226.3215
Shane's Big League Sports Cards.....	425.277.3717
Smart Talent	425.271.4225
Starbucks Coffee.....	425.227.9262
Tobacco City.....	425.226.7040
Uwajimaya.....	425.277.1635
Wells Fargo Bank.....	425.228-0101

Rediscover Renton Village



**RENTON
VILLAGE**

One of my fondest memories of my mother is of the two of us, sitting cross-legged on the driveway at a small apartment complex at the start of my newspaper route. We are folding newspapers and slipping on rubber bands. We've found the most aerodynamic fold to help a newspaper fly accurately to the front porch. She's asking about my day at school, and I'm eating a snack she's picked up on the way. When it's over 100 degrees, we search for a small spot of shade. Twice each week for at least a couple of years, she calls with a rendezvous time. I hop on my bike and pedal to meet her, trying hard not to keep her waiting. My mother had an impressive efficiency about her, able to balance full-time work, four children, husband, church, lots of ponies, a home and yard, and serve a home-cooked meal about 6:30. Yet there seemed to be time for everything, and for each of us.

Or the cold morning we were heading to

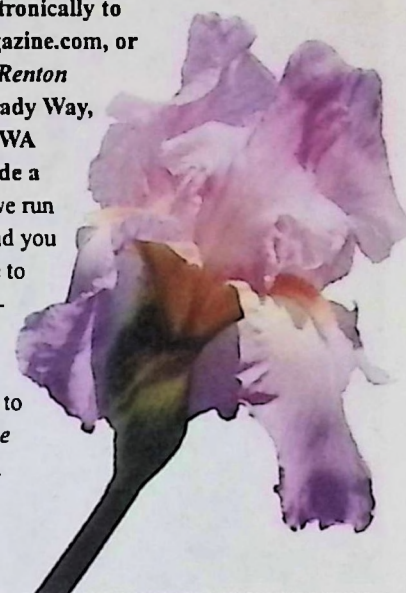
school. Mom started the truck. We heard a horrible screech, and saw the cat jump out from under the hood, its scalp split from a fan belt. No worries – it was a scalp wound. I caught the cat. Mom dispatched one brother for heavy leather gloves, while she ran into the house for supplies. Eric held the cat. Mom used her nurse's training to clean the wound and to stitch momma cat back together. The whole episode took just a few minutes. We made it to school, albeit slightly tardy. Momma cat healed just fine although her ears seemed a little crooked. My mother, the unflappable woman who could fix just about anything.



Ruth Kramer
PUBLISHER'S MOM

There. Two stories about my mother, Ruth Kramer, who remains unflappable. Now it's your turn. I'd like to read your stories about your mother. We'll choose a few to publish in the May issue of Renton Magazine.

Send them electronically to Mom@RentonMagazine.com, or mail them to us at *Renton Magazine*, 15 S. Grady Way, Suite 514, Renton, WA 98057. Please include a phone number. If we run your story, we'll send you a \$25 gift certificate to Armondo's café italiano. Keep them within 150 words; we reserve the right to edit. *Don't wait – the deadline is April 10.*



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cover:

A city parks employee explains a project at the 2009 Arbor Day/Earth Day event. Expanded events are planned for this month. See story page 10. Photo courtesy of Renton Community Services Department.

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

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



Evergreen City Ballet presents its second annual dinner gala—"A Night at the Races." The evening will include food, wine and racing during the opening weekend of the 2010 Emerald Downs season. Attendees are encouraged to come early and catch the last three races of the day. Evening auction items include tickets to see Oprah with a two-night stay at the Omni Suites Hotel in Chicago. Event proceeds will benefit ECB's free education program Dance ALIVE! and its ballet scholarship fund.

Saturday, 4-9 p.m.
Emerald Downs
2300 Emerald Downs Drive (Auburn)
To purchase tickets call 425-228-6800
Admission: \$100 per person or \$680 for a table of eight
www.evergreencityballet.org

April 10
A Night at the Races



april 10

Rhythms of Zimbabwe

Lora Chiorah-Dye, the artistic director for LORA and Sukutai Marimba and Dance Ensemble, will share Zimbabwe culture through storytelling, children's games, singing, and dances. This program is appropriate for children through adult.

Saturday, 11 a.m.

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

Admission: Free with regular museum admission



april 11

Seahawks 12k Run at The Landing

The inaugural Seahawks 12K run at The Landing will also include a 5K run/walk, a non-competitive half-mile kids' run and a block party with free games, activities, and entertainment. Proceeds from the event will benefit the Renton Skyway Boys and Girls Club.

Sunday, 8:30 a.m.-1 p.m.

The Landing
715 N. Landing Way

info@seahawks12krun.com

Admission: \$35/12K run general registration (through April 8)

Check www.seahawks12krun.com for more registration pricing



april 24-25

Princess and the Pea

Studio-East's StoryBook Theater presents this non-traditional but delightful story about big beds, pining princesses, and petite peas.

Saturday, 11 a.m. and 1 p.m.; Sunday, 1 p.m. and 3 p.m.

Carco Theatre
1717 S.E. Maple Valley Highway

1-877-827-1100

Admission: \$9

www.studio-east.org



upcoming events



APRIL 17

Join the Piazza Renton Group for its annual Spring Festival held at Piazza Park. Festivities will include vendors, food, and family entertainment. The Spring Festival's fifth 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 to 5 p.m.

Piazza Park
South Third and
Burnett Ave. S.

425-228-1977 (Spring Fest contact);
425-235-6449 (Poker Run contact)

Admission: Free
www.piazzarenton.com



April 10
Pacific Sound Chorus

Pacific Sound Chorus, an all-women's choir presents its spring concert featuring talented women from around the Puget Sound region.

Saturday, 7 p.m. info@pacificsound.org www.pacificsound.org	Renton IKEA Performing Arts Center 400 S. 2nd St.	Admission: \$12/ general; \$10/ students and seniors
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The Appointment APRIL 18-19, 25-26

This "bonus" production, presented by Renton Civic Theater, tells a light-hearted comedy about Mr. Toemeali who shares a 3 o'clock appointment with two women desiring a visit with God. They all wait in God's waiting room. Mr. Toemeali, anxious and upset, manipulates God's receptionist with unexpected results.

Sunday and
Mondays, 7:30 p.m.
Renton Civic Theater
507 S. Third St.
425-226-5529

Admission: \$15 per
person (includes
dessert)
www.rentoncivic-theater.org



ARBOR DAY / EARTH DAY **APRIL 24**

In celebration of Arbor Day and Earth Day, the Renton Parks Department will have a variety of volunteer projects available within walking distance of Regis Park. This is an opportunity for groups that want to volunteer. Renton's neighborhood program will provide a hot dog lunch to say thanks to volunteers.

Saturday, 9 a.m.-1 p.m.
Regis Park
1501 Ocean Ave. S.E.
425-430-8600
(to pre-register your group)
Fee: Free



calendar of events

LOCAL THEATER PRODUCTIONS

'Rumors'

April 9-April 24 (check Web site for show times)

In this production presented by the Renton Civic Theater, four couples experience a severe attack of farce after the deputy mayor of New York shoots himself. The mayor's lawyer and wife must get "the story" straight before guests arrive for an anniversary celebration. As rumors spread, the evening spins off into classical farcical hilarity.

Renton Civic Theater
507 S. Third St.

425-226-5529 / www.rentoncivictheater.org

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

'Here Lies Jeremy Troy'

April 2-April 18 (check Web site for show times)

Valley Community Players presents this production, written for the stage by Jack Sharkey. A lawyer, up for a partnership, is visited by a school chum who now sponges off classmates for a living. The sponger blackmails the lawyer into putting him up on the very night the boss is coming for dinner. Complications ensue.

Carco Theatre
1717 S.E. Maple Valley Highway

425-226-5190

Admission: \$15/adults; \$14/students and seniors
www.valleycommunityplayers.org

MUSIC PROGRAM

Rainier Symphony Classical Concert III

Saturday, April 17, 7:30 p.m.; Sunday, April 18, 3 p.m.

Rainier Symphony presents its third classical production of the season, featuring horn player David Griffin.

Renton IKEA Performing Arts Center
400 S. 2nd St. (Saturday's show)

Foster Performing Arts Center (Tukwila)
4242 S. 144th St. (Sunday's show)

206-781-5618 / www.rainiersymphony.org

Admission: \$15/adults; \$10/students and seniors; 12 and under are free

EXERCISE EDUCATION

Cyclefest

Saturday, April 10, 11 a.m.-2 p.m.

REI's third annual Cyclefest unofficially launches the 2010 cycling season with advice and inspiration from cycling product vendors, community groups and businesses. Included in the program will be a set of 20-minute mini-classes. Event limited to the first 300 registered.

REI Southcenter
240 Andover Park W.

206-248-1938 / www.rei.com/tukwila

Admission: Free

EMERGENCY EDUCATION

Earthquake Preparedness

Tuesday, April 13, 6:30-7:30 p.m.

The American Red Cross-led course teaches how to prepare for the next big earthquake, including disaster planning, putting together a supply kit, and how to be the best resource for yourself.

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Fee: Free

Fire Safety/Extinguisher Training

Wednesday, April 14, 6-9 p.m.

This course teaches participants what to do if a fire occurs in their home. Participants will learn about most common causes of fires, facts about smoke alarms and the life-saving components included in a home escape plan. Participants will also receive hands-on experience with a fire extinguisher. Dress appropriately and wear sturdy shoes.

Fire Station No. 14
1900 Lind Ave. S.W.

425-430-6700

Fee: Free

Map Your Neighborhood

Thursday, April 22, 7-9 p.m.

This course, offered for ages 15 and up, teaches residents how to organize and lead a 90-minute discussion with their neighbors about disaster

preparedness. The course will teach how neighbors helping neighbors can take an inventory of the special needs and emergency resources in their own neighborhood.

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Fee: Free

COMMUNITY EVENTS

Annual Community Garage Sale

Saturday, April 24, 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 purchase a 10x10-foot space (\$25) to sell their "junk" or just show up to buy some "treasures." Space is limited. Tables are also available for rent (\$10).

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Admission: Entry is free for shoppers

MOMS Club of Renton Easter Egg Hunt

Friday, April 2, 10 a.m.-1 p.m.

MOMS Club of Renton presents an Easter Egg hunt for children up to age 10. Rain or shine, egg hunts start at 10:30 a.m. Remember to bring your basket. RSVP by April 1.

Heritage Park
233 Union Ave. N.E.

info@momsclubofrenton.org

Admission: Free

LIBRARY PROGRAMS

Genealogy Class: The Search Begins

Tuesday, April 13, 7-8:30 p.m.

Have you ever wondered about your ancestors or how to find your family roots? Presented as a community service of the Education Committee of the South King County Genealogical Society, this course helps participants learn how to research their family history.

Renton Downtown Library
100 Mill Ave. N.

425-430-6610

Fee: Free

SENIOR EVENTS

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

Spring Holiday Luncheon

Friday, April 2, 11 a.m.

To welcome spring the Renton Senior Activity Center presents an egg hunt and luncheon beginning at 11 a.m. There will be prizes for the golden eggs.

Admission: \$3 (donation if over 60); \$6 (under 60)

Mariners Opening Day Luncheon

Monday, April 12, 11 a.m. and 11:30 a.m. (lunch)

Renton Senior Activity Center will hold a Home Run Derby and a luncheon to celebrate a new season of Mariner baseball. Everyone will get a chance to hit a home run. There will be prizes for the winners.

Admission: \$3 (donation if over 60); \$6 (under 60)

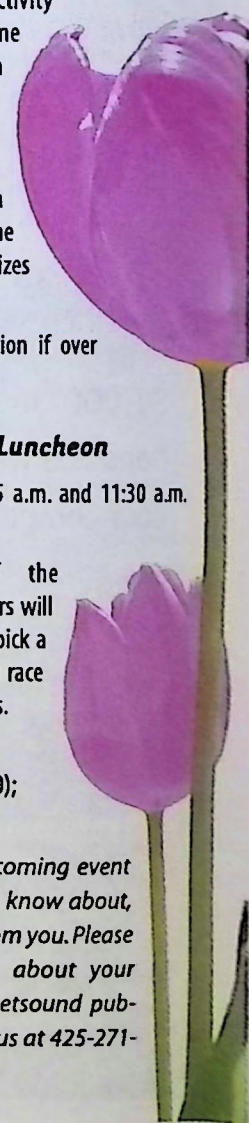
Kentucky Derby Luncheon

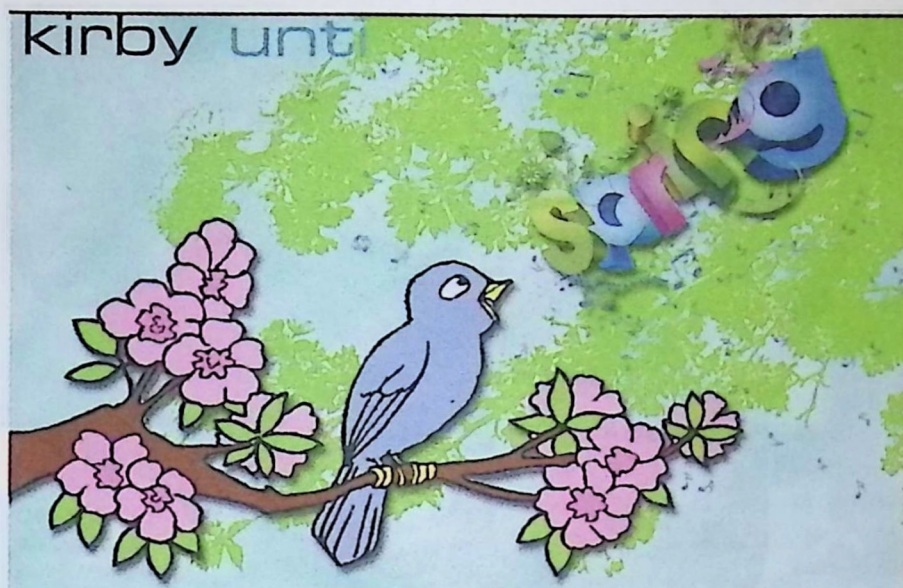
Friday, April 30, 11:15 a.m. and 11:30 a.m. (lunch)

In celebration of the Kentucky Derby, seniors will have their chance to pick a horse and jockey and race in the run for the roses.

Admission:
\$3 (donation if over 60);
\$6 (charge under 60)

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@pugetsound-publishing.com or call us at 425-271-9300.





The song of spring

I heard the song. It takes me by surprise every year. This year the surprise was even more so because it came so soon. It is not like I am waiting for it to happen. It just does.

I am always standing in the same place. Underneath the big skylight in our bathroom. The skylight functions like a giant ear, allowing me to hear sounds and voices as they pass by. I can hear walkers' complete conversations when they have no clue that I am eavesdropping.

This time it was not the words of people that caught my attention but the first song of the birds alerting me that spring is coming. I usually hear that first song in March, but this year it came mid-February.

It is a delightful song, one that no human voice can mimic. It starts with a single bird and turns into an entire chorus as they appear to sing together or perhaps they are just talking to one another. They sound much like a room full of elementary kids completely unaware of the clamor that they are producing.

The older I become, the more exciting it is to hear this first song of the year. For me it is filled with hope and anticipation. I know that the days will be getting longer as the darkness of winter must give way to the light of spring. It means that within days I can count on the cherry and plum trees to burst forth in abundant blossom. And they certainly have.

It doesn't take long to notice that life everywhere around me is literally budding, waiting for that moment when it is warm enough to make a complete entrance on stage.

The first song means it is time to start the lawn mower up and watch it belch and smoke as it, too, recovers from a long but graceful winter. There are other matters to tend to as well. The cars all need a real good washing. It is time for the annual trimming of the goldenrods, which have outgrown their rightful place more than 30 years. I must also wage war with the moss that has gained a strong foothold, not only on the roof but the driveway as well.

Little birds, you bring with you an awful lot of work. But you are well worth it, so please don't stop singing. Not only do I love your songs, it means we can open the windows in our home and give it a good airing out. There is no air more refreshing than spring air. I will lower the window of my car more often now just to breathe it in.

Yes, little bird, your song stirs deep within me a belief that I cling to that death never has the last word. Winter always gives way to spring. I know because I heard your song again this year.

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



Kirby Unti
COLUMNIST

10th
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Featured Speaker
Ed Hume
Vegetable Gardening @ 11 a.m.

Guided Bird Tour
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MAKING SENSE OF INVESTING

Smith Brothers Farms

Takes fresh approach to traditional delivery

BY ANDREW FICKES



Charlie Freeland, 25, is doing pretty much what his great-grandfather did in 1920.

A milkman, Freeland is the great-grandson of Benjamin Smith, who started Smith Brothers Dairy in 1920 with one cow and one truck. Freeland makes his deliveries in an up-to-date truck to customers who can place their orders on-line.

"It's exciting to be a part of a 90-year history and see the family-owned company growing and still holding strong after all these years," he says.

Smith Brothers will commemorate its anniversary in June with a "90 Days of Summer" celebration.

Scott Highland, president, says the company is building a foundation for the next 90 years by implementing modern technologies, including reaching new and existing customers via Facebook and Twitter and allowing customers to order online.

"We're making the back room of our organization as progressive as we can, while keeping hands-on customer service," Highland said.

"In this economy, we're blessed to be in a business that still has significant demand," he says.

Twenty of Smith Brothers' 60 drivers are directly employed by the company. Highland says the dairy plans

to slowly absorb the 40 remaining independent routes. Employee drivers use hand-held computers to keep track of customer billing and orders, while independent drivers still use a paper system.

Starting at 5:30 on weekday mornings, Freeland delivers to some 150 homes daily in Renton and on the Kitsap Peninsula. He enjoys the interaction with customers, even stopping to visit.

"Customers will often make me coffee or pancakes for breakfast," he says.

Thursdays his route includes the Cascade Vista neighborhood in Renton, where at 9:43 a.m., he stops at Vicki Casey's home. Casey gives Freeland a package of chocolate thin mints.

"I love the friendly service," she says. "I love the eggs, knowing they're fresh. I like that there are no hormones in the milk, and it tastes great."

Casey worried, at first, that milk delivery would be costly. But she says she saves money by eliminating a run to the store.

At 10:13 a.m., Freeland delivers to Dawn Osmundson, who says she wakes up early, making sure not to miss him.

"He's got a great personality, nice to talk to, with a smile on his face," she says. "I look forward to every Thursday."

Freeland says he knows every customer's name and preferences.

"You get to know their habits and what they order," he says. He gets a kick out of watching youngsters run



RENTON
MAGAZINE /
ANDREW FICKES

Charlie Freeland makes sure he has an adequate amount

of dairy products in his cooler. Often he'll bring extras in case a customer has a special request.

from their home when they see the truck and scream, "Milkman!"

"Knowing you're the highlight of their day makes me want to knock on more doors and sign up more people," says Freeland.

Home delivery is free with a minimum purchase of two half-gallons once a week. A half-gallon of milk ranges in price, depending on customer location. There are no membership fees and no contracts to sign. Customers can order online from a product range that includes eggs, cheese, half-and-half, coffee, cookie dough, cottage cheese, sour cream, butter, and yogurt.

More
informa-
tion about

Smith Brothers Farms is
available by visiting

www.smithbrothersfarms.com or
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When parents get involved, schools are better off

BY ANDREW FICKES

*W*ithin a school district like Renton's are individual schools with unique needs and not always a sustainable budget to support them.

Parent-teacher-student associations often make the difference.

Renton School District has 19 PTSAs, including three high schools and three middle schools. The PTSAs at Kenndale and Maplewood Heights grade schools are an example of how these organizations can enhance student learning and community building.

Rebecca Gallagher, president of the 300-member Kenndale PTSA, says she thrives on getting together with other parents and building a sense of community at the school.

Community building events include a cultural potluck in the fall, a talent show in January, a sock-hop in February, and an end-of-the-year school carnival in June.

"I feel a tremendous sense of fulfillment in that we're doing some-



RENTON MAGAZINE / ANDREW FICKES

(Clockwise left to right) Kenndale PTSA parents Rebecca Gallagher, Katherine Stein, Shannon Payne, Kim Browne, Priscilla Lee, and Carrie Gesell, wash teachers' cars during Teacher Appreciation Week in May.

thing to help students," says Gallagher. "I'm so grateful that we can make a difference by providing the finances to get the supplies students need."

Maplewood Heights PTSA co-president Deedee Bashaw says her group helps out "wherever the principal and teachers need us."

"I love being a part of a group that's actually making a difference and working with great people that really have their hearts and minds in

the right place," says Bashaw. "Whenever we have a discussion on how to spend our money, it always comes back to the kids."

Gallagher says the Kenndale PTSA helps enhance student learning by purchasing books for the school's "Read Well" program. The PTSA also provides curriculum enhancement grants to a teacher or group of teachers with spe-

PTSA ~ page 19

Saving takes practice.

Like anything we become skilled in, it builds with time and a little dedication.

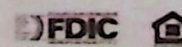
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VOLUNTEERS NEEDED TO SPRUCE UP PARKS

BY DANA E. NEUTS

You don't have to get dirt under your fingernails (the city provides gloves), but you can make a significant difference for Renton parks by showing up at this year's combined Arbor Day/Earth Day celebration April 24 from 9:30 a.m. to 1 p.m. at Ron Regis Park on the Maple Valley Highway.

Following a brief ceremony led by Mayor Denis Law, the parks department will organize volunteers into groups and assign them to projects in the 45-acre park at 1501 Orcas Ave. S.E.

Typically some 150 volunteers show up for the event – now in its sixth year. But, says Terry Flatley, the city's urban forestry and natural resources manager, with less money to work with and a reduced staff, the need for more volunteers is significant.

"This is a huge event for the city, and volunteers are more important than ever this year," Flatley says.

Projects will include replacement of damaged or dying trees, planting 100 shrubs and ground cover plants, tree maintenance and general parks maintenance such as litter clean-up, removal of invasive plants, gravel placement, and bulb and flower planting. The event concludes with a catered lunch for the volunteers. In addition to the projects, the city will provide educational information about plants and trees and host a volunteer sign-up station where residents can learn more about other volunteer opportunities.

Because of the variety of projects available, there is something for every age group and skill level to do, Flatley adds. Young children can plant flower bulbs and spread mulch, while some of the more labor intensive tasks – like tree planting – are set aside for adults. Other projects that require numerous volunteers are ideal for service clubs, neighborhood groups, local schools and businesses.

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PHOTOS COURTESY OF RENTON COMMUNITY SERVICES DEPARTMENT

2009 Arbor Day/Earth Day volunteers plant shrubs at Renton's Liberty Park.

IF YOU WANT TO HELP

Renton's Arbor Day/Earth Day will be held rain or shine April 24. Interested volunteers can call in advance to register or just show up the day of the event. The city will provide tools and gloves, and volunteers should dress for potentially cold, damp weather. For more information, visit the Renton city website (<http://rentonwa.gov>) and click on Working and then Volunteering or call volunteer coordinator Bonnie Rerecich at 425-430-6624.

"It is a great hands-on learning experience and volunteers enjoy going out into the community to help their neighbors," Flatley observes.

As an added bonus, the city is hoping to be awarded the Tree City USA designation during the Arbor Day/Earth Day celebration. The city won its first designation last year, in part, because of its observance of Arbor Day.

"Trees are a vital component of the infrastructure in our cities and towns, and they also provide environmental and economical benefits," John Rosenow, chief executive of the Arbor Day Foundation, says in a press release. "Cities that are recognized with a Tree CITY USA designation go to great lengths to plant and care for the community forest."



Health Topics

Q: What is glaucoma?

A: Glaucoma is the primary cause of irreversible blindness worldwide. In the United States, there were an estimated 2 million with glaucoma in 2000, and that number is expected to be over 3 million by 2020. Early detection and screening are keys to preventing vision loss.

Pressure in the eye may increase, causing damage to the optic nerve. Elevated intraocular pressure is a leading risk factor for the development of primary open angle glaucoma, and is currently the only modifiable risk factor. Other risk factors include: increasing age, family history, African American, Hispanic, or Asian ancestry, diabetes, and thin corneas.

Regular eye exams by your ophthalmologist are the best way to detect glaucoma. Treatment includes eye drops, laser surgery, or drainage type surgical procedures.

For more information or to make an appointment, please call The Eye Center at Valley Medical Center: 425.656.5345



Michael S. Solomon, D.O.
Medical Director, The Eye Center

Valley Medical Center

The Eye Center
3915 Talbot Road South
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hearing

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RENTON MAGAZINE / ANDREW FICKES

Leah Wilkinson Keylard wears an iPod adaptor. The adaptor channels sound into a person's ear at a safe volume, discouraging users from turning up the noise.

Both young and old

The inside story on hearing loss

BY ANDREW FICKES

*i*f a dish is hot to the touch, we immediately pull our hand away. If a dust cloud comes our way, we quickly shut our eyes. And if something smells displeasing, we pinch our nose.

But what if we're close to a very loud noise? How do we protect our ears against permanent hearing loss?

Leah Wilkinson Keylard, an audiologist based in Renton, says our sense of hearing is something we all take for granted on a daily basis.

"We do not consider noise a pollution," she says. "We heard before we ever saw, smelled, or tasted. Hearing is one of the earliest senses we develop in fetal development. It's something we expect to have, and we're surprised when it's gone."

Keylard's words of advice to those listening in: Turn the volume down.

A common culprit of hearing loss today, especially for young men and women, is the iPod or similar device.

"The iPod projects sound at a very close proximity to your ear," Keylard says. "While our brain will adapt to the volume, our ears will not, which makes us want to increase the volume. Our ears eventually can't take it."

Keylard recently examined a 13-year-old patient, already suffer-

ing the consequences of setting her iPod volume too loud.

"The girl was within five decibels of being a hearing aid candidate," Keylard says.

The kind of hearing loss people should be concerned with is in the inner ear. Keylard says the inner ear is coated with hair cells, which act like nerve cells.

"Once they're damaged, they don't regenerate."

Keylard says there is a misperception that hearing loss affects only elderly people. In fact, Keylard says many of her 90-year-old patients hear perfectly well. Hearing loss, she adds, is more likely connected to a person's occupation than age.

"Depending on the cause of the hearing loss, it may not be a progressive condition," she says.

Often times, a disease or physical condition can be a contributing factor to hearing loss. For example, high blood pressure and diabetes can sometimes compromise the health of the inner ear. Medications used to treat conditions like high blood pressure can also pose risks. Keylard says it's important that patients discuss these potential side effects with their doctor.

Hearing loss prevention is often within our control. Noise exposure is the No. 1 culprit. Firearms, says Keylard, are a common source. Parents who target-practice with their children, she says, should be sure to protect their child's ear from noise exposure.

Hearing devices to protect your ears from loud noises, although not covered by health insurance, are an option over simply turning the volume down. Users of the iPod can acquire an adaptor that molds to their ear and better directs the sound into their ear. Consequently, they may not feel the need to increase the volume.

Even musicians have ear plugs that maintain all pitches in the same balance but at a lower level. Concertgoers are advised to use them, too.

**Leah
Wilkinson Keylard**

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This Lawyer really was a lawyer, and a lot more

BY DAVID SUFFIA

If everyone loved Renton as much as Edie-Mae Lawyer does, the city would be standing-room-only.

"I love this town. It's been very good to me and my family," says Lawyer, who is a retired attorney, opera singer, and civic volunteer and activist. "So much has changed over the years. Renton has become a big city but it still has a small-town heart."

Whatever Renton has done for her, Lawyer has done, and continues to do, a lot for the city in return.

The granddaughter of Irish immigrants who came to Saskatchewan, Canada, then British Columbia, then Renton in 1904, Lawyer has done enough in her 76 years to fill two or three lifetimes.

A graduate of Renton High School (class of 1952) and the University of Washington, she practiced law for 42 years, specializing in labor and human relations.

At the same time, she sang with the Seattle Opera for 19 years and did Gilbert and Sullivan for several years. She appeared in everything from "Aida" to "HMS Pinafore."

"My whole family sang and played the piano," she says, "except my father, who was kind of tone-deaf. Mother had a beautiful voice. I grew up singing in the back seat of the family car. We'd go for a Sunday drive and my mother would tell my sister and me to sing louder to drown out Dad."

"I'm fortunate; I have a four-octave singing range and I can sing in seven languages."

Lawyer still puts her voice to good use, singing frequently at charity and other volunteer occasions.

"I still have a lot of fun with it. There is something about music. It's a way into a person's soul."

She grew up in North Renton and remains attached to the area, volunteering every week at the Renton Senior Activity Center:



RENTON MAGAZINE / DAVID SUFFIA

Edie-Mae Lawyer was a local attorney for 42 years, sang with the Seattle Opera for 19 years, raised a family, and still found time to be a civic activist. At 76, she still volunteers at the Renton Senior Activity Center and is on several civic boards.

"Renton does a wonderful job with the senior center and is very committed to this place. I love volunteering here; it's probably the most fun I've had in my life."

And her life has included a lot. Besides her practice of law and singing, she raised a son and two daughters. She was active in planning the city's centennial; is an ambassador for the Renton Chamber of Commerce; is on the executive boards of Allied Arts, Excellence in Education for Renton High School, and the Renton Piazza and Farmers Market. She's also president of the mayor's Senior Advisory Committee.

Widowed after her first husband died, five years ago Lawyer married Gene Gannon, who also is active in the community.

"We lived across the street from each other when we were children," she recalls.

"I've had a very good life. I love this city and the people who live here."

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LYDIAH KAIRIUKI

A little taste of AFRICA

Trying to describe African cooking is a bit like trying to describe American cooking: There is an infinite variety of ingredients, recipes and methods of cooking.

One of my first exposures to African cooking occurred when I met Lydiah Kairiuki, a native of Kenya. Fluent in four languages, she began her culinary career in a five-star hotel in Kenya. That led to her arrival in the United States, where she attended culinary school in Portland at the Westin Culinary Institute. She graduated in 1998 and began working for the Hilton and Doubletree Hotel



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.

BY CHRISTIE KATONA

chains as a sous chef.

Lydiah started her own catering business in 2001, specializing in Kenyan and African foods. The popularity of one of her specialties, samosas, was the motivation for her to begin manufacturing these delightful appetizers in her own USDA-approved facility in Federal Way.

Samosas are a popular street food served around the world. They are made from a simple, flour-based dough. The triangular pieces of dough are filled with an assortment of spicy mixtures. Some are vegetarian; others contain beef, chicken or lamb. Samosas are usually deep-fried but they can also be baked in the oven. They are often served with a chutney, mint or lime sauce or lemon wedges.

There are many different ways to approach the traditional dough, and I have found recipes using puff pastry, pie crust, phyllo dough, crescent rolls, egg roll wrappers and won ton wrappers.

You can learn more about Lydiah's company by visiting www.TamuFoods.com. There are many filling recipes and methods on the Internet as well.

SAMOSAS

Makes about 12 samosas

Make the samosa filling first. Here are two different kinds, one meat and one vegetarian.

meat filling

2 tsp. fresh ginger, grated
3 cloves garlic, minced
1 pound ground lamb or beef
2 large onions, coarsely chopped
1 tbsp. curry powder
1 tbsp. Garam Masala
1 tsp. salt

directions

In a large skillet, combine ginger, garlic, meat and onion. Cook over medium heat, stirring occasionally, until meat is cooked through and beginning to brown. Drain off accumulated juices and sprinkle with the spices. Remove from heat, set aside to cool.

pea and potato filling

3 medium potatoes, peeled
2 carrots, peeled
1 cup frozen peas, cooked until tender – microwave is easiest
2 tbsp. oil
1 onion, finely chopped
2 tsp. freshly grated ginger
2 cloves crushed garlic
1/2 tsp. crushed coriander seeds
2 tbsp. chopped fresh cilantro
2 tsp. lemon juice

directions

Cut potatoes and carrots into chunks. Boil until tender, drain and cut into small cubes, about half-inch size. Combine with peas. Heat the oil in a skillet over medium high heat; add onion, ginger and garlic. Sauté about 5 minutes until softened. Mix in coriander, cilantro and lemon juice. Remove from heat and combine with the cubed potatoes and carrots. Gently stir in peas.

Samosa Dough

2 cups all purpose flour
3/4 tsp. salt
1 1/2 tbsp. oil
1/2 to 3/4 cup water

directions

In a large bowl, stir flour and salt together. Make a well in the center of the mixture and quickly pour in oil and water. Stir to combine, adding more water as needed. Dough should be slightly moist and stick together.

On a lightly floured surface, knead the dough for 10 minutes or until smooth and elastic. Cover dough with a damp towel while forming samosas.

To assemble, break off a piece of dough the size of a golf ball. Roll each ball into a circle about a tenth-of-an-inch thick and five inches across. Cut the circle in half. On one side of the circle, put a spoonful of the filling. Fold the other half of the circle over to make a triangle. Seal by brushing a bit of water along the edges, pinching the top over to make a triangle. Heat 2 inches of oil in a skillet to 375 degrees. Fry Samosas, about 4 or 5 at a time, in the oil until golden brown, about 2 to 3 minutes, turning once. Drain on paper towels.

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RENTON MAGAZINE / DANA E. NEUTS

Sales associate Lisa Wiscomb displays some of the ornamental shrubs at the Renton McLendon Garden Center on Rainier Avenue.

BY DANA E. NEUTS

Just north of Renton, Minter's Earlington Greenhouse got a jump start on spring. Owner Paul Farrington was seeing a number of gardening trends develop, including an interest in container vegetable gardens.

"Small space gardening is really what's happening. People have less time," Farrington said. "A lot of people who have downsized are doing tomatoes, lettuce and other vegetables in containers."

Gardeners aged 30 to 45 are buying a lot of dwarf fruit

Short on time? Small space gardening is what's happening

trees now, Farrington said, with the hope of getting their kids interested in planting as well as provide their own fruit. Honey Crisp apple, cherry, plum and Asian pear trees are among the most popular. Seed sales also increased as local gardeners were eager to start their plants inside early. Tomatoes, peppers, sweet peas and basil are big sellers.

People have been gravitating toward organic products in recent years. They are buying more organic fertilizers, insecticides and pesticides than they have in the past. Conventional products are becoming safer too, Farrington explained, lessening the impact on the environment and their danger to pets and other plants.

As for gardening tools, Farrington expects soaker hoses and sprinkler timers to be popular this year, primarily because our winter was dryer than normal; gardeners will want to conserve water while properly caring for their plants and trees. He is also seeing a greater variety of pots for container gardens, including his new favorite, a pot made from tire retreads.

The garden center at McLendon Hardware at 440 Rainier Ave. S. in Renton is seeing similar trends as well as a few new ones, including increased interest in rhubarb and asparagus. The sales associates at McLendon say this trend indicates how serious people

are about gardening now; these plants usually take at least a year or two before they can be harvested.

McLendon is also selling a lot of vegetable seeds this year including peas, lettuce, broccoli, cauliflower and brussels sprouts and onion sets, which start from bulbs. Walla Walla onions and potatoes are among the garden center's best sellers.

"I've been here 32 years and from day one, potatoes have been popular because they're so easy to grow," says Lisa Wiscomb, sales associate.

In addition to fruit trees including a self-pollinating espalier tree, organic products, and a wide range of fruits and vegetables, Wiscomb said shoppers want to make growing easier. In keeping with that trend, their top four sellers are the Topsy Turvy tomato grower, the Earthbox, a potato bag, and frame-it-all, do-it-yourself raised beds.

Another trend she is seeing is the gravitation toward solar lighting, primarily for decoration. This includes more traditional types of lights as well as decorative lighting on bird feeders, sun catchers and wind chimes.

"Solar lighting is a big thing people are doing right now," Wiscomb says. "People enjoy seeing their gardens lit up at night."

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Crazy about Tulips

BY ELAINE ANDERSON

In early April, while nature is budding and singing and buzzing about, tulips draw our eyes back to the earth with serene beauty. Their design is simple - a strong stem, a few linear, upward-reaching leaves, and a simple flower. But, what a flower! Tulips bloom in shades from deepest purple to white, and they open to the sun like cupped hands holding in the warmth. An English folktale bestows upon tulips the honor of being cradles for sleepy pixies.

There were no pixies in central Asia, where tulips originated. Their name comes from the word foreign travelers used for turban. The Turks were major tulip growers for nearly 200 years before the plant came to Europe in the mid-1500s. It wasn't long before tulips were

being cultivated around the world. They found a most hospitable home in Holland, which became the world's greatest grower of tulips and now produces 3 billion bulbs each year. During World War II, the Dutch ate tulip bulbs to keep from starving.

Between 1634 and 1637, the demand for tulips had become so great that Dutch speculators drove the price of a single bulb upward until it reached the value of a fully furnished luxury home. The main cause of tulip mania, as this craziness is now known, were flowers with variegated feathery patterns, spectacular colors caused by a virus. This madness came to an equally spectacular end when the market crashed. The virus weakened plants, growing them made little economic sense (as if buying them did), and it has now been almost completely eradicated.

Our climate is ideal for growing tulips, and one of the famous sites of growers' fields is in

the Mount Vernon area of Skagit Valley. This year's tulip festival is April 1-30, with an early bloom time expected. If you'd like to have tulips blooming in your garden next spring, plan to plant bulbs in late autumn. Choose a variety that bloom at different times, and you'll have flowers from April through early summer.

Not everyone loves the tulip. In a poem composed around 1660 by Rector Thomas Fuller, a jealous rose refers to the tulip as "A well complexion'd stink, an ill favour wrapt in pleasant colours ..." I prefer to think of them as pixie cradles.

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

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Protecting your dog from poisoning



PHOTO COURTESY OF
HENRY MOORE JR., BCU/WSU

BY DR. KATHLEEN CONNELL

*H*omeowners often turn to commercial baits to rid their property of mice, rats, gophers and other pests. But poisoned baits are often palatable to pets too, resulting in some accidental poisonings and criminal acts against companion animals.

Dogs are generally curious and investigate their environment, putting them in danger of accidental or intentional poisoning. What can you do to protect your pet?

Be aware of your dog's environment. Walk your property to inspect for trash or items left there. Consider that incessant nuisance barking can attract malicious poisoning, as heinous as the act may be. It's always best to keep your dog controlled, either fenced or leashed while out walking to prevent exposure to baits or ingestion of poisoned rodents and birds.

Keep all medications, cleaning solutions and other poisons out of reach of children and pets. Keep phone numbers handy for your veterinarian, the veterinary emergency clinic and Poison Control.

In February, three dogs in Spokane died after they were targeted with poisoned meatballs. Samples were sent to the Washington Animal Disease Diagnostic Laboratory at Washington State University. Laboratory results confirmed strychnine in at least some meatballs.

Commercial strychnine baits are a pelleted product, often dyed red or bluish-green. Strychnine is highly toxic to most animals, affecting the nervous system and causing uncontrolled muscle movement. You may

see signs of strychnine poisoning 30 to 60 minutes after ingestion.

Strychnine-poisoned dogs initially show apprehension and nervousness. Rigidity or muscle stiffness, an elevated heart rate and difficult or slow breathing follows. Seizures can occur spontaneously or be triggered by touch, sound or bright light. The poisoned dog eventually develops a "saw horse stance" because of its stiff, outstretched legs. With constant, uncontrolled muscle movement, the dog becomes overheated with temperatures of 104-106 F and has difficulty breathing. Death is inevitable without treatment.

Strychnine poisoning is an emergency, so you should seek immediate veterinary attention. Some resources advise inducing vomiting, but that requires that an owner determine if the dog is alert and not having seizures. In most cases, it is better to spend the time getting the animal to a veterinarian who can treat all the effects of the poison quickly.

Treatment and supportive care will decontaminate, control seizures and prevent suffocation, dehydration and overheating. Your veterinarian may use gastric lavage and activated charcoal to empty the stomach and adsorb the toxin. Anesthetics may be necessary to control seizures. IV fluids will maintain hydration and kidney function. Poisoned dogs will also be monitored and treated for overheating.

The patient is kept in a quiet, darkened area to prevent triggering additional seizures. Commonly, blood tests are run to rule out other metabolic diseases or poisonings causing similar symptoms. Depending upon the amount ingested and the treatment, most of the toxic dose is eliminated within 24 to 48 hours.

Dr. Kathy Connell, DVM, owns and operates Foxglove Consulting in Olympia.

PTSA from page 9

cific needs.

Activities for the 100-member Maplewood Heights PTSA include a multicultural night each March. Parents, students, and teachers are exposed to the many nationalities represented in the school through music, food, and class presentations.

The group funds school assemblies, field trips and distributes a stipend to each of the school's 27 teachers to offset costs for classroom supplies.

"We make certain we can fill whatever gaps the school has in its budget," she says.

The group starts off the school year with bingo night in October, serving pizza and salad and providing a prize for each child. Other activities this school year

included the annual holiday craft fair and scholastic book fair.

Bashaw says the PTSA is blessed with many active volunteers.

"We have parents that work that still come in to volunteer," she says.

PTSAs like Kennydale and Maplewood Heights receive funding totally through their own fund-raising efforts. Safeway provides a program that allows shoppers to designate a PTSA recipient for

a percentage of their purchases. That netted \$4,000 for Maplewood Heights last school year.

Gallagher will wrap up her second and final term as president of the Kennydale PTSA in June.

"Personally, I'd like to see our membership reach 100 percent," she says. "We have a lot of gifted volunteers and I hope that continues to thrive."

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Trauma Center

Gastroenterology

General & Specialty
Surgery

Heart & Vascular
Services

Joint Replacement
& Orthopedics

Neuroscience,
Stroke & Spine

Ophthalmology

Primary & Urgent
Care Clinic Network

Psychiatry &
Counseling

Rehabilitation &
Therapies

Sleep Medicine

Urology

Women & Children's
Health



Valley
Medical
Center

Remarkable things happen here.™

