

RENTON Magazine

Volume 3 / No 5 May 2008



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than the beach
page 14

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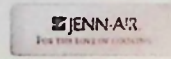
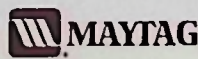
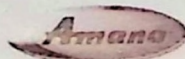
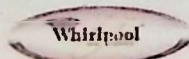
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upcoming events

may 14

SoCoCulture Open House

The South King County Cultural Coalition welcomes the public to an open house at the Kent Senior Center to learn more about the group's mission. The coalition, comprising more than 40 organizations and growing, aims to increase the visibility and participation in South King County cultural programs.

Wednesday from 5:30 p.m. to 8 p.m.

Kent Senior Activity Center
600 E. Smith St. / 425-226-1211

Admission: Free



may 17

Green and Clean Saturday

Volunteers will be able to enjoy spring weather while teaming up with the City of Renton to make a difference. All the family is invited to spend the afternoon at the park, and it's an opportunity for high school students looking to complete required community service hours.

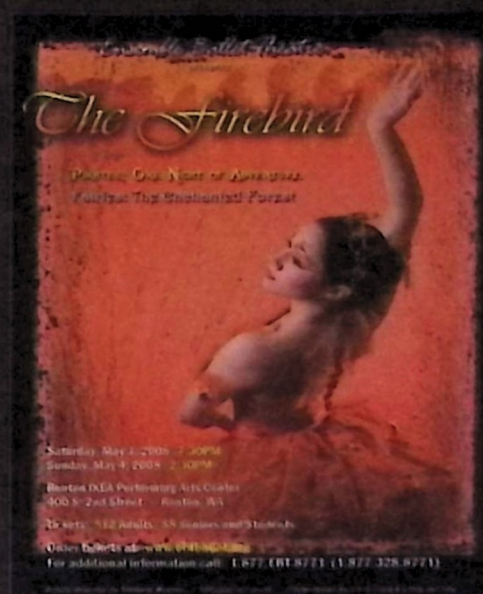
Saturday at 1:30 p.m.

Thomas Teasdale Park / 425-430-6600

now playing

The Firebird

Ensemble Ballet Theatre presents "The Firebird" along with "Pirates: One Night of Adventure" and "Fairies: The Enchanted Forest." Firebird is a classic story of good versus evil. Based on a Russian fairy tale, a prince saves a princess under the evil spell of a wicked sorceress. The princess uses a magic feather to call the Firebird and make the enchanted guardians dance themselves to sleep, breaking the evil spell.



Saturday, May 3, 7:30 p.m.; Renton IKEA Performing Arts Center
Sunday, May 4, 2:30 p.m. 400 S. 2nd St.

1-877-EBT-8771 / www.ebtballet.org Admission: \$12/adult; \$8/student, child and seniors 62+



GODSPELL

Liberty High School's Patriot Players re-envision the ultimate 1970's musical. This iconic production features classic folk-rock songs such as "Day by Day" and "By My Side." "Godspell" has been a mainstay of American musical theater since its off-broadway debut in 1971. Liberty's production approaches the script as literature rather than scripture. Cultural references have been updated. Choreographer Jimmy Scheider has infused the dancing with a dynamic hip-hop flavor and stomp-like rhythm sections.

<http://www.liberty.issaquah.wednet.edu/>

Thursday, May 1, and Friday, May 2, at 7:30 p.m.
Saturday, May 3, at 2:30 p.m. and 7:30 p.m.

Liberty High School Auditorium
16655 S.E. 136th St.

Admission: \$9/adults; \$7/students with Liberty
ASB, seniors, and children under 12.

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Suzhou: Lingering Garden, Tiger Hill, Hanshan Temple and the National Embroidery Institute

Hangzhou: Economic Development Zone and Lingyin Temple

Shanghai: Yu Garden, Bund Park and the Pudong Economic Development Zone

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For more information or to register

425.226.4560

www.GoRenton.com

calendar of events

DRAMA PRODUCTIONS



Jack and the Beanstalk

Saturday, May 3, 3 p.m. and 7 p.m.

Missoula Children's Theatre presents this classic tale, giving kids in the area the opportunity to get on stage with theater professionals. This production cast approximately 60 roles for students from kindergarten through 12.

Carco Theatre
1717 Maple Valley Highway

425-430-6706

Admission: call for ticket information

www.rentonwa.gov



Wizard of Oz

Thursday, May 8, 7 p.m.

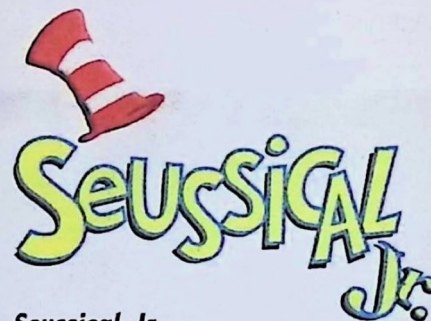
Hazelwood Elementary presents its rendition of

the classic, "Wizard of Oz." Follow Dorothy and Toto along the yellow brick road where she encounters the Munchkins, Scarecrow, Tin Man, Cowardly Lion, the good witch, and the wicked witch, as she approaches the Emerald City. Seating is limited.

IKEA Performing Arts Center
400 S. 2nd St.

Call 425-204-4550 for ticket information

www.renton.wednet.edu/ipac/default.html



Seussical, Jr.

Tuesday, May 13, 7 p.m.

Dimmitt Middle School takes on the adventures of Horton, an elephant who hears voices coming from a speck of dust. Horton has always known that "a person's a person, no matter how small." The story transports Dr. Seuss favorites like the impish Cat in the Hat, Jojo, Mayzie, Gertrude McFuzz, and whole planet of Whos.

IKEA Performing Arts Center
400 S. 2nd St.

Call 425-204-2844 for ticket information

www.renton.wednet.edu/ipac/default.html

EDUCATIONAL EVENTS



Ahead of the Class Awards

Tuesday, May 6, p.m.

The Renton Chamber of Commerce and local area

businesses show their support for education. Selected teachers are recognized for their excellence.

IKEA Performing Arts Center
400 S. 2nd St.

425-226-4560

Admission: Free

www.gorenton.com

Renton

SCHOOL MUSIC CONCERT



Guest Composer Concert

Saturday, May 17, 5:30-8 p.m.

The Nelsen Middle School Concert Chorus welcomes back New York jazz pianist and composer Pete Malinverni along with his wife, jazz vocalist Jody Sandhaus. The production will also feature the works of two Seattle composers, Scott Warrender and Wes Weddell, and the 62 voices of the Nelsen Concert Chorus along with conductor, Brian E. Hoskins.

Carco Theatre
1717 Maple Valley Highway
425-430-6706

Admission: \$10/adults; \$7/students and seniors
www.renton.wednet.edu

High School Multi-Cultural show

Friday, May 9, 7 p.m.

A showcase of talent from various cultures to increase appreciation for and understanding of multiculturalism.

IKEA Performing Arts Center
400 S. 2nd St.

For more information call
425-204-3459

www.renton.wednet.edu/ipac/default.html

SENIOR EVENTS

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

www.rentonwa.gov/living/default.aspx?id=40

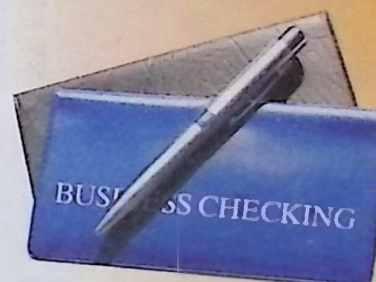
CALENDAR ~ page 8

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calendar of events



Senior Stage Revue

Thursday, May 8, 1 p.m.; Friday, May 9, 7 p.m.

The annual Senior Stage Revue features dancing, singing, acting, comedy, and more. All are welcome to enjoy entertainment by Renton seniors.

Carco Theatre
1717 Maple Valley Highway

Admission: \$3



Mother's Day Luxurious Luncheon

Friday, May 9, 11:30 a.m.

All mothers will be honored with some traditional

Mother's Day treats.

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

May Mixer

Friday, May 16, 4 - 7 p.m.

An evening of mixing with friends along with music and food. Evan and Charlie Brown will entertain. A light supper of Sweet 'n' Sour meatballs over rice and dessert will be served from 4-5 p.m. Tickets must be purchased by May 14.

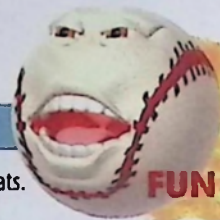
Admission: \$6

Day of Games

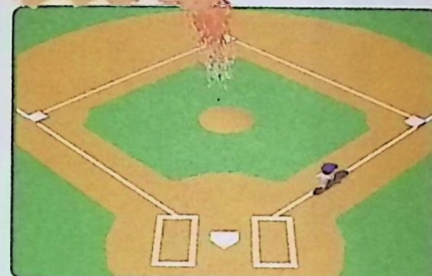
Tuesday, May 27, 10 a.m.

Students from Talbot Hill Elementary School will visit and join seniors in an array of games and activities: bocce ball, putt putt golf, bean bag baseball, and horseshoes, to name a few.

Admission: Free



FUN FOR YOUTH



Take Me Out to the Ballgame

Saturday, May 10, 5:30-11 p.m.

For ages 11 to 17. Watch the Seattle Mariners take on the Chicago White Sox at Safeco Field. Participants must provide their own money for food and souvenirs. Meet at North Highlands Neighborhood Center.

North Highlands Neighborhood Center
3000 N.E. 16th St.

Admission: \$25 for residents; \$30 for non-residents

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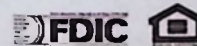
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The thrill of believing



KIRBY UNTI

*I*t is a trip we have been planning for five years, ever since we lost Kim's mother to death. She would have delighted in knowing she made it possible for her four grandchildren to take in the wonders of Disneyworld, the Kennedy Space Center and the Hunt family's old habitat, Cocoa Beach, Fla.

Our daughters are adults now, but they still hold that childhood fantasy that the Magic Kingdom knows how to stir. And I did my best to be enthused at the Princess Breakfast.

The highlight for me was visiting the Kennedy Space Center, which has done a marvelous job of capturing the history of the space program.

Kim's father, Al Hunt, was the chief engineer for Boeing's Apollo program. Boeing was responsible for the first stage of the launch vehicle. We were able to see his chair in the command center, which has been preserved in all of its details.

The trip brought back a flood of memories from my childhood. I was living in Jamestown, N.D., and was late

to school the day Alan Shepherd was launched into space. Later, after we moved to Washington, my dad would wake us up in the wee hours of the morning to watch each launch. Little did I know then that my future wife was standing on the sands of Cocoa Beach, looking north, watching the real thing.

I couldn't help but remember how thrilling and full of hope the future was. It seemed like everyone in America was caught up in the challenge of what it would mean to put a man on the moon. Accomplishing this goal meant far more than beating the Russians. It instilled in us a belief that we can make the world a better place for all.

What saddened me was the realization that my daughters are not growing up with the same view of the future. Their world is filled with depressing news about a war where nobody wins, an economy that is threatening to collapse, daily doses of ethical violations committed by people in trusted offices, environmental nightmares being forecast and the fear of raging global epidemics.

We have chosen to focus on all that is wrong with the world while at the same time losing our ability to come together for causes greater than ourselves. I long for a leader who will place before the American people a cause that will bring us together. If I were to choose that cause it would be ending our dependence upon oil by the year 2020. I know it is a daunting challenge but certainly no greater than the challenge of putting a man on the moon. I deeply believe it is a challenge that people could get behind. The space program revealed to an entire nation our capacity to do great things.

I am delighted my kids had the thrill of Splash Mountain. Now I want them to know the thrill of believing in a future that holds the real promise of a better life for all.

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

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Youth can act up at Carco Theatre

BY ANDREW FICKES

Auditions for Carco Theatre's 23rd annual summer teen musical production are just days away, and artistic director Vincent J. Orduna is anticipating a great turnout.

Orduna says last year's successful production of "Seussical" provided 30 students acting parts and seven students technical production opportunities.

"The upcoming teen musical, 'Once Upon a Mattress,' is really funny with a good balance of girls' and boys' parts and a really strong script," says Orduna, who is in his fifth year at Carco Theatre.

When the City of Renton's theater program began in the mid 1980s it started out as a grassroots effort, providing area youth acting and improvisation classes. Since that time it has grown to be one of the premiere youth acting programs in the Puget Sound region.

"My mission here is to facilitate and support an affordable way to expose kids to act-

Auditions coming soon for teen musical

Open auditions for the 2008 summer teen musical, "One Upon a Mattress," will be held May 4, 5, and 6 at Carco Theatre. To sign up, students may call 425-430-6706. Students need to be prepared with 16 bars of an upbeat song and a one-minute monologue.

Tuition for the teen musical is \$100 for Renton residents and \$125 for non-residents.

ing who wouldn't otherwise be exposed," says

Orduna.

"I see this program as focusing on process over product. I focus on teaching to students the art of acting and let the end product take care of itself."

"Kids are successful when they come away feeling great about their experience," Orduna says.

Renton's theatrical arts program is open to any students who want to try out. Orduna says he'll often get students auditioning who have no acting experience, and he says that's OK. He encourages kids to come forward.

For the student who needs a crash course on auditioning, Orduna provides a spring workshop. Students pay tuition to participate in the musical, but the city provides scholarship assistance.

"The city has been very supportive in underwriting

productions to help keep tuition cost low," says Orduna.

Several acting courses are provided through the school year. Orduna says 5- to 13-year-olds are especially eager to act, and earlier this year he provided a class for this age called "Youth Ensemble." The class culminated in a private performance for family and friends.

Random Harrison, a mentee of Orduna, became

involved with Carco Theatre in 2004 when he played the part of the baker in "Into the Woods." The 24-year-old aspiring stage actor plans to move to New York City in the fall and says he owes much of what he knows to Orduna's mentorship.

"VJ has been an invaluable resource to me," he says. "He's so willing to give of his time to students and help them through the acting process and also help them to find the right college to pursue acting."

Harrison is an acting coach at Carco and says he and Orduna also teach students how to design props and run the production side of theater.

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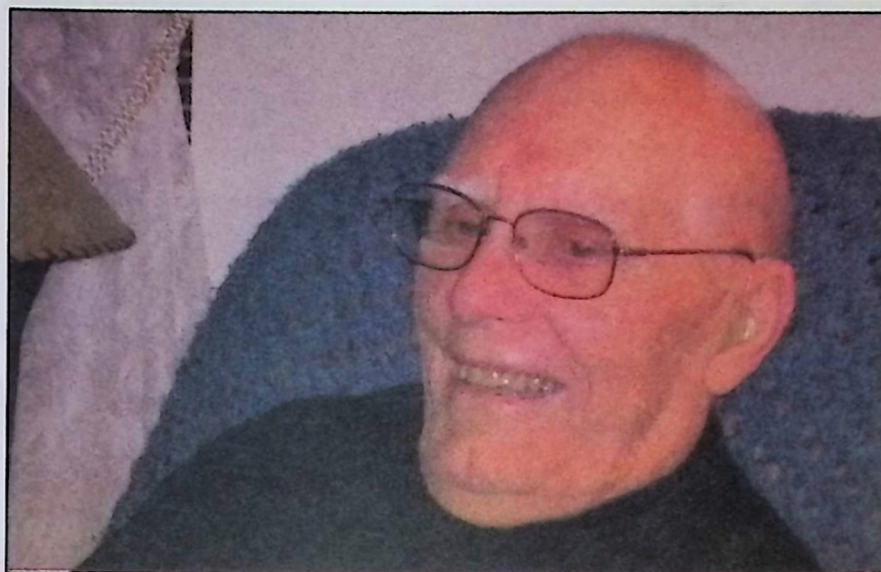
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Old downtown Renton surely suited him

BY SARAH ZUGSCHWERDT

When Floyd Hughes laughs, he falls into each joke or story with spirit, riding a wave of memory to the end. Having just celebrated his centennial birthday, this Renton Highlands resident quips, "I'll tell you one thing—the first 100 years are the worst!"

Much of Floyd's story is about selling men's clothing; it's what he did for nearly half of his 100 years. Dropping out of high school to care for his sick mother, he found work at Bowen's Department Store in Yakima where the manager taught Floyd merchandising in A-plus style—how to buy clothes, how to "trim" windows, how to sell.

"He wanted you to get that customer's name. So, he says, the next time he comes through that door, you can say, 'Good morning Mr. So-and-so or Mrs. So-and-so, or good afternoon So-and-so. You know you got 25 percent of a sale made when you say that and you make people feel right at home.'"

It wasn't long before Floyd prospered, the money he made supporting himself and his mother, who remained ill for five years. During that time he proudly bought a model-T Ford for drives to Seattle, and later, an engagement ring for his sweetheart, Jessie, whom he married in 1930.

After moving to Renton in 1942 to

manage Renton Clothing, Floyd proved his mentor's teaching as Boeing opened and Renton boomed. Floyd bought Renton Clothing in 1955, and in 1966 doubled his 20-by-90 foot store by incorporating the former Pioneer Bakery next door.

"Downtown Renton used to be a hive of activity," he remembers. One of three men's stores in downtown, Renton Clothing was located between Rubatino's cafe and Garland Jewelers on 3rd Avenue. Crown and Tonkin's Menswear, three women's stores, four drugstores, and JC Penny's on the corner of 3rd and Burnett completed the downtown scene. All thrived until a lack of parking lured JC Penny's to Renton Center.

"That was the battle all the years was for more parking. I look at that big parking garage they got down there and I thought, 'Oh my god, if we had that when I was in business!'"

The move didn't hurt Renton Clothing, but downtown was never the same. Floyd is pleased with Renton's downtown revitalization. "I think they did a beautiful job there remodeling," he said.

After 36 years, two robberies, and one man who dropped his pants mid-store to try on another pair, Floyd closed Renton Clothing in 1978. Despite his mercantile exodus, and new developments like the Landing at the forefront, Floyd still finds "old Renton" hard to match.

"To me, old downtown Renton still has a charm to it." And, it seems, so does Floyd.

ALL THINGS WINE

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renton museum



PHOTO COURTESY OF RENTON HISTORY MUSEUM #41.0175

Renton's Carnegie Library in 1935.

One that got away

BY ELIZABETH P. STEWART

*M*ay is Historic Preservation Month, which has made me think about some of the Renton buildings "that got away," old treasures that were lost to the drive for progress. The Carnegie Library, on the site of present-day Liberty Park tennis courts from 1914 to 1968, certainly qualifies as one of those.

When Renton began talking about a library in 1913, the city had fewer than 3000 citizens. Yet one foresighted woman, Neva Bostwick Douglas, took the initiative to apply to the Carnegie Foundation for funds.

Libraries were one of philanthropist Andrew Carnegie's pet projects, and his foundation assisted in the construction of 2,500 of them across the country. Mrs. Douglas's application succeeded in winning \$10,000 in grant money for the new Renton library.

It was built with Denny-Renton bricks on land donated by Rafael Sartori. Although some complained that the site was too far out of town, ultimately the building became a sturdy Georgian showpiece of the city's aspirations. When Renton opened its Carnegie Library on March 11, 1914, it was only eight years behind Seattle's library.

As early as the 1930s Renton began to outgrow the library. By the time a \$150,000 bond issue was passed in the early 1960s, the old Carnegie Library had been pushed aside for the vision of a civic center on the Cedar River. Renton resi-

dents were captivated by the prize-winning design for a new library that would straddle the river, near a new city hall, theater, and park grounds.

Some sought to save the Carnegie Library as home for a city museum, but the design was deemed unsuitable and a retrofit too expensive. Even some of the Carnegie Library's former champions were happy to see it demolished to make way for the new.

"That building can't be torn down too soon to suit me," declared longtime librarian Winifred Daniels.

The Record-Chronicle attributed the library's demise to "the influence and enthusiasm of the community's disciples of progress."

"No longer will [the library's] early-20th-Century [sic] architecture mar a landscape graced by the new over-the-river library and the junior-skyscraper city hall," the newspaper concluded.

Yet some were disappointed to see the stately building go. Publisher John Fournier lamented the fact that classic architecture was quickly being replaced by "modern glass hothouses and concrete structures which have little form and less beauty. We wonder if we are on the right path."

Surely cities can make room for the best in the old and the new.

For more information, go to <http://www.rentonwa.gov/living/default.aspx?id=13330>. Elizabeth P. Stewart is the Director of the Renton History Museum, info@rentonhistory.org, (425) 255-2330.

recipe of the month

Chef John Fisher at Renton Technical College offers something different this month - When It Gets Warm Salad with Asian Dressing.

He has been senior chef instructor at RTC in the culinary arts program since 2003. He is a 1966 graduate of Renton High School and a 1967 graduate of the RTC culinary Arts program himself.

Fisher was the academic director of the culinary arts program at the Art Institute of Seattle for six years, as well as a culinary instructor.

He has 39 years of experience in the hospitality industry.

"When It Gets Warm" Salad w/ Asian dressing

you will need

Yields 4 salads

1/2 lb Mixed Greens mixed with butter lettuce, radicchio, and leaf lettuce

1 cup cooked and diced golden beets

1/2 cup fine julienne of celery root

1/2 cup fine julienne of carrot

1/4 cup toasted peanuts or cashews

12 snow peas (de string)

3/4 lb smoked turkey-diced

directions

Toss greens, beets, carrots, celery root and snow peas with the Asian dressing.

Place into a bowl.

Place the smoked turkey on top and sprinkle with chopped peanuts.

Garnish with crispy Chinese noodles (optional).

For Asian dressing

you will need

Yields 2 3/4 cups

1/2 tsp Dijon mustard

1/2 cup rice wine vinegar

1/4 cup of walnut oil

1/4 cup sesame oil

2 tbsp minced garlic

3 tbsp minced shallots

2 tbsp cilantro

4 tbsp honey

1/2 tsp ground black pepper

Salt to taste

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Kennydale

Renton's Garden



BY ANDREW FICKES

On a clear, sunny day, Darius Richards and wife Vicki, residents of Renton's Kennydale neighborhood, enjoy a panoramic view of Mercer Island and Lake Washington through their 8-by-5 foot living room window.

"Often times, I watch Paul Allen do touch-and-goes with his helicopter off his yacht," says Richards.

The Richards are among many who chose Kennydale because of its affordability, "close-in" location to Bellevue and the Eastside and downtown Renton to the south, stunning mountain views, and easy water access.

In 1976, when Richards purchased his waterfront home, built in 1945, it cost him \$46,000. In 2007 the original structure was torn down and replaced with a home, Richards guesses, that would probably be priced at more than a million dollars.

Five-thousand-square-foot lots on the waterfront still exist from when Kennydale was first platted at the turn of the 20th century. Small cottages of that

era have been converted into or replaced by mega-houses, sometimes just 10 feet apart.

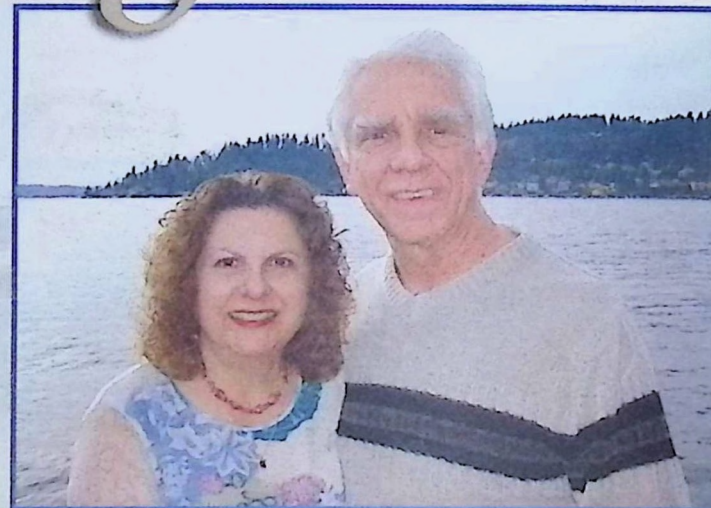
Kennydale was first marketed to prospective buyers as The Lake Washington Garden of Eden tracts in the early 1900s. That was the marketing tag developed by C.D. Hillman, who turned out to be a crooked realtor. In 1906, he would name the township Kennydale by combining his brother-in-law's name with his wife's maiden name.

Only in the past 15 years has Kennydale really been noticed by prospective homebuyers, say realtors.

"Kirkland was once the affordable waterfront place to live and now it's become Kennydale," says Linda Knowle, co-owner of Kennydale Realty with husband Glenn.

Marcie Maxwell, president of the Kennydale Neighborhood Association and a Renton School District board member, says she moved into the area 15 years ago so she could take in the breathtaking views and beautiful sunsets.

But the neighborhood's most remarkable asset, she says, are the people. "These are very friendly and helpful people who take pride in their neighborhood," she says.



RENTON MAGAZINE / ANDREW FICKES

Darius and Vicki Richards, longtime residents in lower Kennydale, live on the shores of Lake Washington.

"I think that what is most unique about Kennydale is that it has a neighborhood association that really works."

~ Resident Alvina Vaughn

KNA's annual picnic at Kennydale Lions Park attracts upwards of 600 to 700 people.

"I think that what is most unique about Kennydale is that it has a neighborhood association that really works," says upper Kennydale resident Alvina Vaughn.

Vaughn's lifestyle represents the Kennydale of yesteryear. She lives on a 1.6-acre lot, home to a horse, Jackie-O the donkey, and two female goats: Butterball and Miranda.

The center of attraction is a bronze metallic horse that Vaughn's late husband Lee bought from an artist in Jalisco, Mexico.

Although many pieces of open space have been developed around her, Vaughn is holding onto her property. It's a lifestyle she cherishes.

Kennydale doesn't lack in hometown celebrities. Renton Mayor Denis Law lives there with wife Patti so does former state governor Mike Lowry.

"Some of our excitement in our neighborhood is in welcoming the Seahawks on our northern border and The Landing on our southern border," says Maxwell.

of Eden

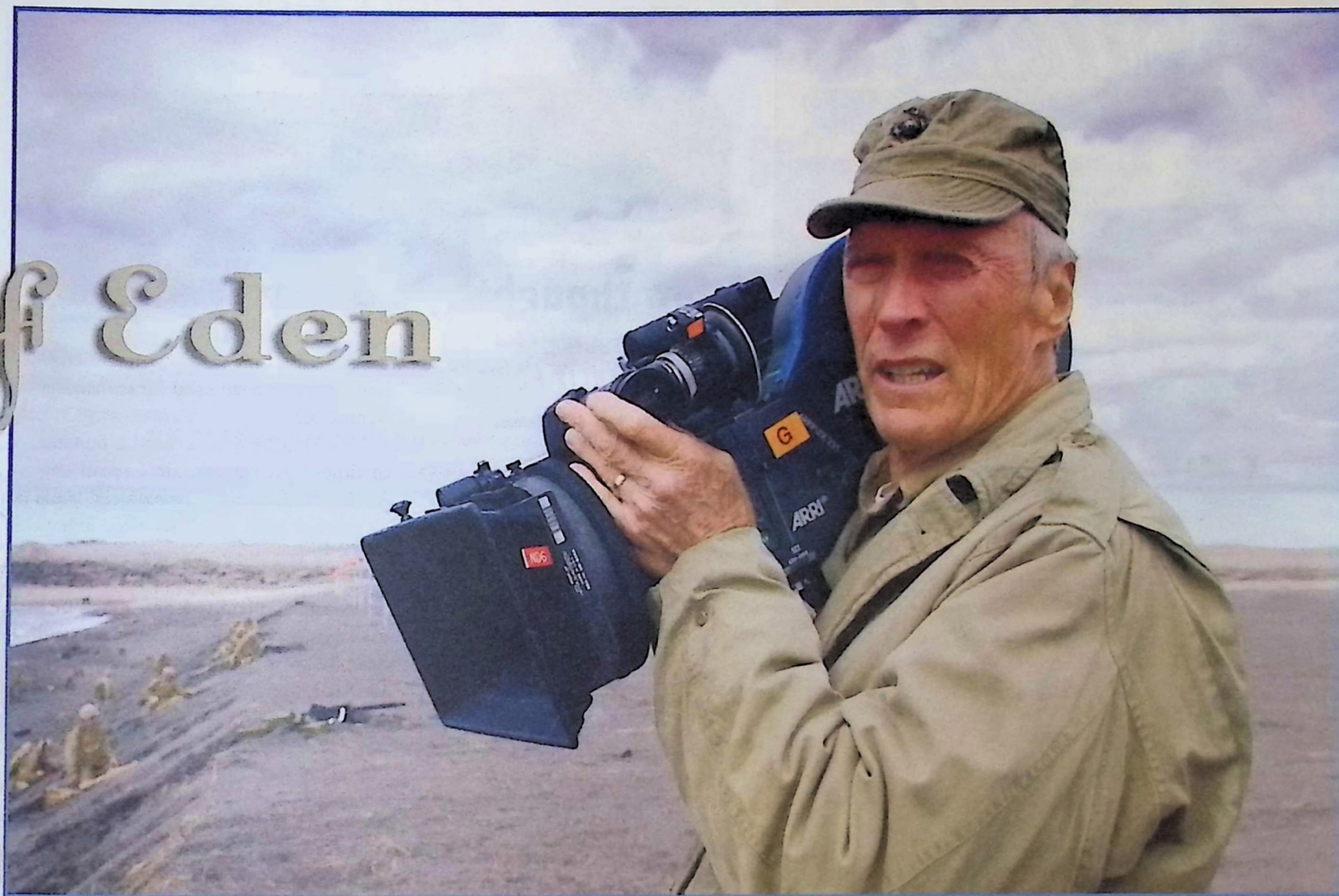


PHOTO COURTESY OF MALPASO PRODUCTIONS

Director Clint Eastwood on location filming his 2006 epic *Flags of Our Fathers*. He fondly recalls his time as a Kennydale lifeguard.

'Dirty Harry' was a lifeguard

Before launching his successful movie career, Academy Award-winning actor/director Clint Eastwood was a lifeguard/swimming instructor at Kennydale beach in 1953. In a recent phone conversation, Mr. Eastwood spoke to *Renton Magazine* about his time in Kennydale.

"My feeling from that time about Kennydale is very good," says Eastwood, 77. "It was very rural back then. Kennydale beach was very active, with kids especially. And we didn't lose anyone while I was there so I guess we did all right."

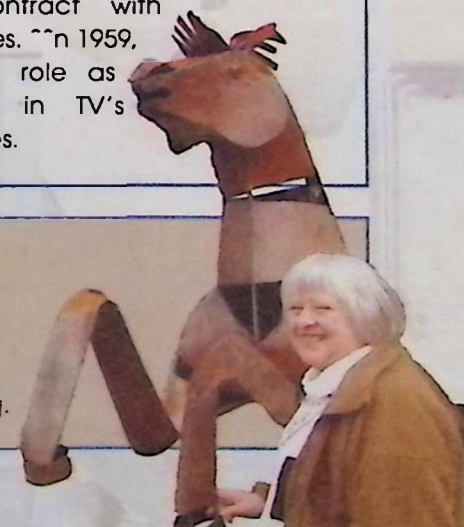
Eastwood was then just 23 years old. A

year following his stint as a lifeguard he trekked to Los Angeles where he eventually signed a contract with Universal Pictures. In 1959, he began his role as Rowdy Yates in TV's "Rawhide" series.

Kennydale at a glance

- Who's living there: retirees, working professionals, and families
- Average real estate price: \$400,000 to \$4 million
- What's the attraction: "close-in" community to waterfront and employment centers

- Amenities: Kennydale Lions Park, Gene Coulon Beach Park, and Kennydale beach
- Info about Kennydale happenings can be found at www.kennydale.org.



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pet care



A few thoughts on a tough subject

BY CHARLIE POWELL

When a pet owner faces euthanasia of a companion animal, there is often a flood of emotion. We question ourselves over these tough decisions.

A gentleman who was facing his second euthanasia contacted me in April. The first had been traumatic; he witnessed his dog's eyes widen, which he interpreted as distress and panic. He now had some guilt and serious concerns about the procedure.

The definitive source for information is the American Veterinary Medical Association's Guidelines on Euthanasia, revised less than a year ago in June 2007. You can access this 39-page document at: www.avma.org/issues/animal_welfare/euthanasia.pdf. This important document goes into great detail about how each of the euthanizing agents works and how they cause the intended death. It also lists recommended methods of euthanasia for each species and why.

So what does an animal experience immediately before it loses awareness? That's a complex subject and virtually impossible to determine conclusively. The AVMA guidelines address this issue and discusses what causes things like facial expressions, sounds, and other behaviors that may be expressed at the time of death. I believe this review is the best that is known today.

Perhaps humans have a similar experience when we undergo general anesthesia for surgical procedures. In fact, some of the same

classes of drugs used to anesthetize humans have been used for euthanasia in animals.

I've had major surgery a number of times. At no time do I recall any feelings of panic, despair, or pain associated with the anesthetic induction.

Furthermore, I worked for seven years as a surgical technician and first assistant in human orthopedics and have been in attendance when thousands of humans lost consciousness to anesthesia. To my recollection, I do not recall seeing any patient display any signs that could be interpreted as distress at induction. Additionally, I never had a patient tell me at any time during post-operative care that they had felt this way or experienced pain or distress.

In fairness to this man's concerns, animal euthanasia is significantly different in many ways and very similar in some ways to human anesthesia. I offer the above only as my thoughts and experiences.

For those facing a euthanasia decision, there is additional help available through WSU's Pet Loss Support Hotline at: www.vetmed.wsu.edu/PLHL/ or by calling (866) 266-8635 or (509) 335-5704. You can talk with veterinary students who have been trained by our two in-house psychological counselors to help people deal with their grief.

One does not have to wait until a pet passes to begin receiving this help. In fact, it is often better to begin to discuss your feelings with knowledgeable people early in the process.

Charlie Powell is public information director for the College of Veterinary Medicine at Washington State University.

around the garden



BY ELAINE ANDERSON

*I*f you've been gardening for any length of time, you've come to accept weeds as a part of your landscape. Arriving at this state of acceptance relieves a gardener of much tension and turmoil. Having a plan for dealing with weeds, and following that plan, will also make your battle with them easier to win. Following your plan will drastically reduce, and maybe even

Using good sense for weeding and feeding

eliminate, dependence on chemicals for weed control.

I'm a fan of hand weeding. In a densely planted landscape, spritzing a weed with a chemical is more than likely going to damage foliage that does not belong to a weed as it is to damage foliage that does.

Here's your plan: Use mulch (see my article in the *Renton Magazine* or www.rentonmagazine.com April issue). Remove weeds with your favorite weeding tool when they are little and spindly and can't put up much of a fight. Do not let them grow up and go to seed! Before you put newly purchased plants in the ground, be vigilant and remove any weeds that may have hitched a ride in their pots.

You will never eliminate weeds,

but their nuisance factor will go way down, and you'll have energy to spare for more pleasant garden tasks. Most importantly, you'll be doing your part to preserve the quality of our surface and ground water by minimizing runoff of chemicals.

Most plants in your garden do not need fertilizer. Some – annuals, roses, container plantings – are the exception. Use fertilizer only when necessary and apply it according to directions. More is not better!

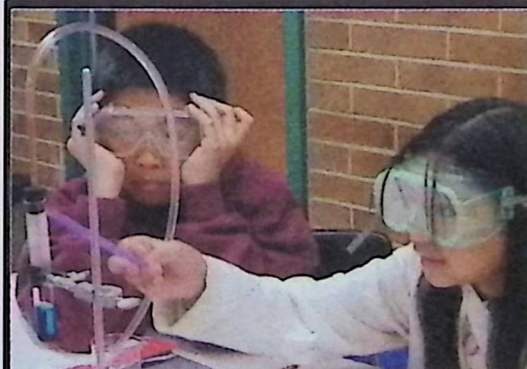
Lawns should be fertilized four times a year, in mid-April, early June, early September, and mid-November. A healthy lawn – one that is fertilized, mowed, and watered properly – will have very few weeds. Do not fertilize your lawn using a weed 'n' feed combi-

nation product. You'll be applying an herbicide in areas where it's not needed. This is an environmentally unsafe practice.

Fertilizer and pesticide (includes herbicides) runoff is a major cause of water pollution. Weed and feed sensibly, and enjoy your lawn and garden with a clear conscience.

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 gardening all year long, call the Master Gardener Phone Clinic at 206-296-3440.

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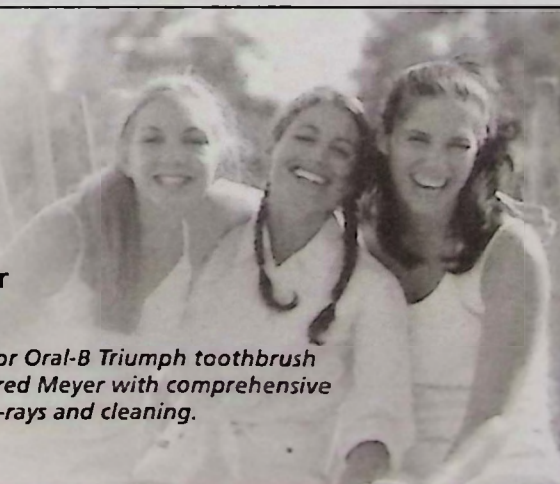
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helicopters

Beauty or Beast?

Story and photos by James Bavendam

One theory claims that helicopters are so ugly, the earth repels them into the sky. No matter how you think helicopters fly, for the average person, helicopters seem pretty remote from our daily lives.

Talk with Mike O'Leary, owner and president of WorldWind Helicopters in Renton, and you'll change your mind. Mike started WorldWind in 1992 with one pilot and one helicopter. WorldWind has expanded to four of each, with two new helicopters on the way. Whether it's your family, your power, your safety or your entertainment, World Wind has touched your life.

"Our helicopters regularly patrol power lines and pipelines, looking for problems," said O'Leary. "When windstorms hit, Puget Sound Energy is on the phone to us. We fly their inspectors into mountainous areas to find the broken lines. A couple of years ago, we helped PSE find a break in a major line between Issaquah and Easton. PSE said that if we hadn't found it, people would have been without power for a week because there were so many lines down."

Super Bowl heroes

Another windstorm happened the night before the Super Bowl. O'Leary smiles.

"We have a letter from the President of PSE saying that over 250,000 people got to watch the Super Bowl because we found the break so they could get their crews to the right spot."

When avalanche danger shuts down I-90, WorldWind is one of the few companies authorized by the state to drop explosives on the unstable snow so the road can be reopened.

World Wind also provides services on the ground. Its large maintenance shop is used by the KOMO 4 and KIRO 7 traffic helicopters, and the hangar is a dandy party place after high school graduation.

"Every year for the high schools, we are part of the all-night, no-alcohol parties put on for graduating seniors," said O'Leary. "We clear out the hangar. They have decorations, music, games and refreshments; and we give helicopter rides. We think it's worth it to give them a safe alternative to drinking and driving after graduation."

When hikers or skiers need to be flown to the hospital, WorldWind is called because the standard helicopter ambulance isn't trained to go into the backcountry. When I-5 was flooded earlier this year, WorldWind was busy flying patients to Seattle hospitals because no regular ambulance could drive through the flooded areas.



Mike O'Leary and his Bell 205++ Helicopter. It will be eclipsed by a Bell 210 in a month or two.

Part of daily life

"In the next few weeks we have to re-qualify all the pilots for fire season and water bucket drops" said O'Leary. "So, if you look out over the lake, you will be able to see the helicopters practicing with their water buckets."

"We also help with evacuations. Not long ago there was a group of Boy Scouts in the way of a fast moving fire. We got rid of the water bucket and flew to their campsite and flew out 14 Boy Scouts." This saved emergency crews from having to go in to get the kids.

World Wind even gets into the area of entertainment. "The Amazing Race 10" started at the docks just south of the company hangars. World Wind provided helicopters as camera ships for the Jennifer Lopez movie, "Enough," carried film crews for "Gray's Anatomy," and had an on-screen role as the medevac for the season finale in 2006. That was shot on the top of the KOMO 4 building in Seattle.

O'Leary shakes his head. "A lot of things we do affect people's daily lives in ways they don't think about. I hear people say helicopters are dangerous and they don't like helicopters, until they actually need them."



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Glenn Knowle

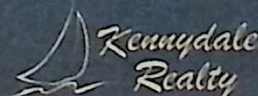
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Parents get kids organized for summer fun

BY DANA E. BLOZIS

If you have three children and one on the way, summer requires organization and planning. That's why Fairwood mom Kendra Cabrera already has her family's summer mapped out.

When choosing summer activities, Cabrera considers whether programs are safe, fun and physical and get the kids away from the television. This includes socializing with children outside their normal group of friends.

"We try to keep the kids active. We want them to be a part of some other environment besides home," Cabrera said.

In addition to out-of-town travel, the Cabrera children (a 10-year-old daughter and sons ages 2 and 7) will participate in a variety of activities. Cabrera's daughter, for example, is active in Girl Scouts and will attend a six-day resident program at Camp River Ranch near Carnation and Maple Valley Day Camp. You don't have to be a Girl Scout to participate, said Cabrera.

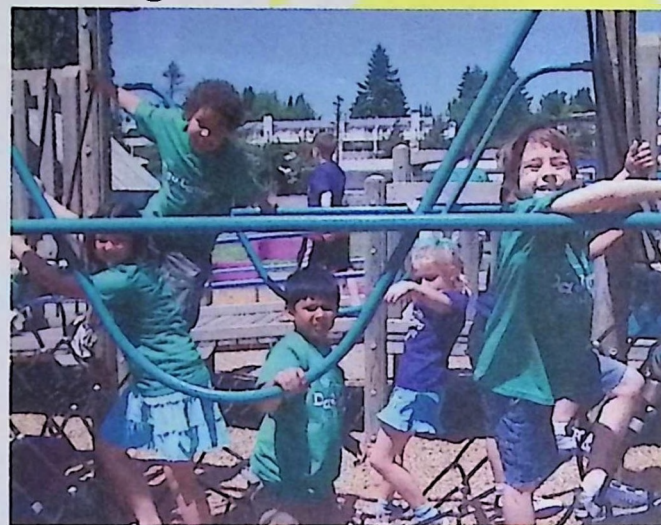
The Cabrera children will also participate in local sports programs through Renton Community Center and Kent Commons. Another family favorite is the Henry Moses Aquatic Center on Maple Valley Highway. This water park features a 26-foot high water slide and several pools for swimmers of different ages and abilities.

The Renton area offers ample opportunities for children and families looking for challenges and excitement during the summer.

For one week each month during the summer, Lee's Martial Arts in downtown Renton offers a day camp for kids between the ages of 5 and 12.

"It's a chance for kids to hang out at a martial arts school, go on field trips and get an introduction to Tae Kwon Do," says instructor Micah Graves. For more details, call 425-255-4549 or visit the web site.

Particularly popular among a variety of specialty camps at the Renton Community Center is a technology workshop called iCAMP, says recreation specialist Jennifer Spencer. Kids in grades two through eight work on computer skills including graphic design, engineering,



Playground fun with the Sum-R-Craze kids

PHOTO
COURTESY
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robotics and more. Information and registration are on the web site.

Cartooniversity is a week-long day camp for kids ages 9 to 15 taught by professional cartoonist and humorist Jeff Johnson.

Youth Acting Camp is a two-week day camp where kids ages 8 to 12 will perform the musical, "A Year with Frog and Toad."

The community center is also offering several tennis camps including Junior Tennis Camp in partnership with Aces Tennis and a one-week Gail Ellis Tennis Camp for ages 8 to 12.

Girls ages 3 to 8 will enjoy Steppin' Together Dance Camp which features week-long themes including "Fairies of the Forest," Cinderella, Little Mermaid and Beauty and the Beast.

Spencer says one of the most popular programs is Teen Camp. Designed for

ages 11 to 15, Teen Camp is a theme-based program offering structured activities, games, crafts, field trips and more. Last year the camp had 191 participants. Themes this year include "Start Me Up!," "Anything Goes," and "Hit the Beach!"

Kidz Kaleidoscope is a day camp for kids ages 6 to 11. With themes like "Zap into Fun," "H2O on the Go" and "All Washed Up," the camp features activities, games, crafts, trips, swimming and more. Kidz Kaleidoscope is held at the North Highlands Neighborhood Center Monday through Friday, except July 4.

Sum-R-Craz, held at the Renton Community and Highlands Neighborhood centers, is a theme-based day camp with games, swimming, songs, field trips, arts and crafts. This program is also offered Monday through Friday, except July 4. This year's themes include "Carnival Craze," "Cool as Ice" and "Wet and Wild."

Another exciting program offered this summer is Yoga Girrlz, taught by Danielle Walters. Girls ages 11 to 14 will learn basic yoga postures and breathing techniques to cope with challenges of life as a teen girl. They'll learn how to stand up to peer pressure, manage a painful break-up, accept themselves and their bodies and develop more coping tools through the use of yoga.

For more information about Renton Community Center programs, call 425-430-6700 or register online.

These programs represent only a portion of summer activities available in Renton and the surrounding area. For more information, contact your local school, library and community center.

Link up with summer activities for kids

Aces Tennis - www.acesennis.net

Children's Technology Workshop

(iCAMP) - www.ctworkshop.com

Girl Scout Camp River Ranch -

www.girlscoutswa.org/node/2013

Henry Moses Aquatic Center - <http://rentonwa.gov/living/default.aspx?id=190>

Kent Commons - www.ci.kent.wa.us/kentcommons/index.aspx?id=1248

Lee's Martial Arts -

www.leesmartialarts.org

Renton Community Center - <http://rentonwa.gov/living/default.aspx?id=55>

(On-line registration - www.cybersignup.org)

Renton School District good news announcements

Lindbergh soccer team cleans up park

The Lindbergh High School soccer team recently volunteered to clean up the Ginger Creek Community Park. The president of the Tiffany Park Neighborhood Association recently bid for the work during the school's Booster Club auction. He expected about five team members would show up for the work. Instead, 18 team members turned out, accomplishing weeks of work to clean up the winter's mess in just one day.

Benson Hill Elementary celebrates culture

Benson Hill Elementary School staff recently held a reading and cultural night to share the many cultures of Benson Hill families. Many families made displays and donated food representing their culture. The evening also included songs and dances shared by Benson Hill students and their families. All students left with a new, free book.

Lindbergh senior honored for community service

Matthew Lemke, a senior at

Lindbergh High School, has been honored for his exemplary volunteer service with a state level Certificate of Excellence from the 2008 Prudential Spirit of Community Awards program. The award is presented to the top 10 percent of all applicants by Prudential Financial and the National Association of Secondary School Principals to honor young people across America for outstanding community service.

Hazen senior awarded NASA scholarship

Hazen High School senior Laure Thompson has been awarded the NASA Space Grant Scholarship to attend the University of Washington and pursue a degree in engineering, math or science. Laure was awarded the competitive scholarship based on her high school academic achievement, standardized test scores, personal essays, recommendations, and future academic promise. She is the daughter of McKnight staff specialist Mary Thompson.

These Good News Announcements are prepared by the Renton School District Community Relations department. Contributions may be offered by contacting Randy Matheson at 425-204-2345 or at randy.matheson@renton.webnet.edu.

Smart Moves Can Help Women Achieve Financial Goals

All of us face challenges in our efforts to achieve our long-term financial goals, such as a comfortable retirement. But if you're a woman, the unfortunate truth is that you may have more hurdles to overcome than a man. However, knowledge is power, and as long as you are aware of what you are up against, you can take steps to boost your chances for success.

*What are the special issues facing women?
Here are a few to ponder:*

- **Longer life expectancies than men** - No matter when you were born, your life expectancy is going to be longer than that of your male age-group peers. Obviously, these "extra" years of life mean more expenses.
- **Lower earnings than men** - In 2006, women who worked full time earned, on average, 81 percent of what their male counterparts earned, according to the U.S. Bureau of Labor Statistics. In the future, this gap may narrow, because the earnings of younger women entering the work force today are very close to those of men. But if you've been in the workforce for many years, there's a pretty good chance that your earnings trail those of your male peers.
- **More time out of the workforce** - To raise their families, women spend far more time out of the workforce than men. During those years away, women are not contributing to Social Security, pension plans or 401(k) plans - which means they'll have less retirement savings than men.



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These figures may seem somewhat depressing, but they don't have to lead to gloomy results. You can actually do quite a bit to improve your financial fortunes. Consider these suggestions:

- **Take an active interest in your investments.** Whether you are single or married, make sure you are familiar with your investment portfolio. Know what you own and why you own it. Work with a financial advisor who understands your goals and risk tolerance and who can help you make the right choices for your individual situation.
- **Contribute as much as you can to your retirement plans.** Each year, put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan. And when you get a raise, increase your contributions. Also, if you don't have a Traditional or Roth IRA, open one - and try to fully fund it each year.
- **Invest for growth.** Some evidence suggests that women may be more conservative investors than men. Of course past performance is not an indication of future results, but if you're going to achieve your long-term objectives, you'll need to invest for growth - and that means you'll need a certain amount of your portfolio devoted to stocks, which have traditionally outperformed all other asset classes. It's true, of course, that you can lose some - or even all - of your principal in stocks. But if you purchase a variety of quality stocks and hold them for the long term, you can potentially reduce the effects of market volatility and inflation and potentially earn a rate of return that can help you make progress toward your objectives.

You may not be able to single-handedly change the social and institutional forces that can create problems for women striving to achieve their long-term goals. But by becoming an informed, active investor, you can better improve your chances to go a long way toward achieving the financial freedom you deserve.

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You can help *beautify* Renton parks as a volunteer

By ANDREW FICKES

A view of the Cedar River is a sight most Renton residents expect when walking the Cedar River trail, unless it's shrouded by 15-foot tall brush.

Fortunately, that's when volunteers with Renton's parks division come in to save the day. Clearing brush is just one of the many tasks that volunteers take on in the spring and summer months.

"Invasive plant removal is important," says Jeff Nasset, park maintenance and volunteer lead. "We do this so there's a better sightline along the pathways and so park users feel safe."

Prior to August of last year the city did not have a parks volunteer coordinator position. Instead, full-time park maintenance staff would work overtime and supply their own tools. With the need to provide volunteer projects in the parks, Nasset's job was created. He supervises some 25 volunteer projects in three-quarters of Renton's parks.

In April last year, more than 200 volunteers planted

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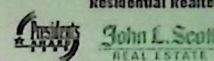
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new trees and flowering plants around the rock areas and signage in Heritage Park. Last month, they continued the work, planting 1,200 shrubs and 25 to 30 trees, replacing trees that did not make it through the winter.

In the fall, spring, and summer quarters, the city also designates one park project for its Green and Clean Saturday. On May 17, park volunteers will go to Thomas Teasdale Park (next to Talbot Hill Elementary) where work will include invasive plant removal, park clean-up, edging, pruning, and pulling weeds.

"We try to plan park projects that engage all age groups," says Bonnie Rerecich, community services resource and funding manager. "If a group or individual is interested in volunteering, they can contact me and I will try to make a match depending on their interest. And if I don't have an immediate match, I'll refer them to other volun-

teer needs in the community," she said.

Both Rerecich and Nasset say the program has been successful thanks to a "Tools on Wheels" partnership with McLendon Hardware, which provides tools for volunteers as well as a trailer for storage and transport.

"Everything is so compact and in one unit," Nasset says. "Everything I need is right there."

The trailer provides access to more than 200 tools, including rakes, shovels, pruners, gloves, safety vests, brooms, buckets,

loppers, trowels and more.

Nasset says he works with all ages from kindergartners up to age 80. He figures he'll need volunteers for 35 to 40 more projects before the end of the year.

"The most rewarding thing about volunteering in the parks is the camaraderie," he says. "It's exciting to see the different walks of life and see the smiles on all their faces. They're taking pride in ownership over the work that they've done."

To volunteer for a parks project, contact the community services department at 425-430-6600. Also, check out the volunteering link at www.rentonwa.gov for more information.

There is a volunteer opportunity for you or your group

The city of Renton has a rich history of volunteerism. Most departments need volunteers all the time. Volunteer opportunities for your group or organization range from one-time events to ongoing year-round or seasonal programs.

The following departments accept volunteers on an ongoing basis:

- Parks
- Housing Repair Assistance
- Carco Theater
- Recreation Youth Athletics
- Facilities
- Public Library
- Renton History Museum
- Recreation Programs
- Recreation Special Events
- Renton River Days and 4th of July
- Senior Activity Center
- Specialized Recreation
- Youth Athletics
- Renton Neighborhood Program
- City Hall lobby reception
- Aquifer Protection Program
- HAM radio operators, CERT program
- Police Department
- Solid Waste and Utilities
- Fire Department
- Office assistance volunteers

To volunteer, call 425-430-6600 or check out the volunteer link at www.rentonwa.gov.

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Good books? Kids eat 'em up

BY ANDREW FICKES

You're never too young to dive into a good book. At least that's the philosophy at the Fairwood Library, where story times cater to infants from birth on up to 6-year-olds.

Toddler story times, for 1- to 3-year-olds, are a favorite. Both mother Ann Bryant and her toddler, Gavin, enjoy visiting the library for a once-a-week story time.

"He likes to eat the books more than anything else," she admits. "But we'll get there."

"People who bring their children for story time give their children a good head start for school," says Fairwood children's librarian Anne Meridian. "To encourage them to come, we don't require registration. Just drop in."

In an effort to encourage reading from infancy through adolescence, Fairwood, part of the King County Library System, also has strong teen programming.

Rosalie Olds, teen services librarian, focuses programming on sixth to 12th graders. A teen book club, Books and Bites, meets every second Thursday of the month. Olds also provides book talks at junior and senior high schools and even has a "My Space" web site (www.myspace.com/kcls_fairwood).

Children and teen literature accounts for 27 percent of the Renton Public Library's total collection, including picture books, graphic novels, audio books, and young adult fiction.

Part of the library's mission, says children librarian Jessica Marie, is to get kids interested in a lifelong love of reading, which requires maintaining an exceptional collection of well-read teen and children literature.

"We keep our collection vibrant and relevant," says Marie. "This means selecting a balance of highly reviewed and award-winning titles as well as popular and



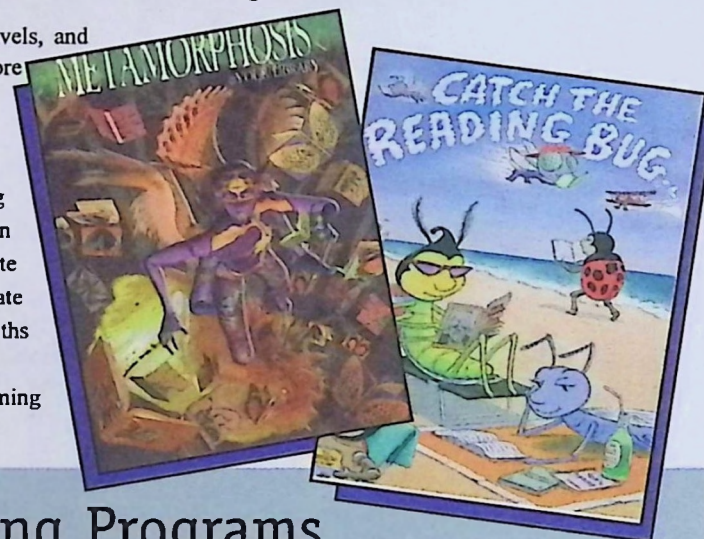
RENTON MAGAZINE / JAMES BAVENDAM

Between books, Justin and Taylor Le play educational games. Next page, Tirzah Britton reads to her canine audience, Emilia, and PAWS volunteer, Misa Ingalls.

frequently requested materials, graphic novels, and new media. The better the collection, the more often kids will demand to come to the library and check out new materials."

For many years, the public library has focused much of its staffing on developing programming for preschool age children through sixth grade. Library director Bette Anderson says she hopes to add staff to create programming for infants starting at 6 months and also focus more on teen programming.

"We hope to have stimulating programming soon for kids of all ages," she says.



Summer Reading Programs

Both the Renton Public Library system and Fairwood Library are preparing summer reading programs for children and teens. Registration will be Monday, June 16. For more information on children and teen programming, call the Renton Public Library at 425-430-6825 or the Fairwood Library at 425-226-0522.

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Paws to Read

The Renton Public Library is using the assistance of Reading Education Assistance Dogs (READ) to encourage children to read. On the first and third Saturdays of each month, two volunteer dog and human teams from Intermountain Therapy Animals visit the main library so children can read aloud to the dogs. Children from pre-kindergarten age to fourth grade may bring a book from home or choose one from the library. The goal is to develop reading skills and build confidence in a relaxed, non-judgmental environment. Because space is limited, registration is required by phoning 425-430-6825.

renton library news

Well-trained staff means better service

BY LAURIE FINLAYSON

One day in March, a library patron asked me why the library would be closed on Friday.

"We're having a day of staff training," I replied. His response amused me: "Yeah, that Dewey Decimal thing always confused me, too."

Well, our training was not about Dewey. While the Dewey Decimal Classification System can seem confusing to patrons, we librarians pretty much have it figured out. Instead, 26 of our full- and part-time staff spent the day in the "Prepare Training Program," developed by the Crisis Prevention Institute. In addition to increasing staff confidence and improv-

ing morale, the concepts we learned that day are helping us foster a culture of respect, service and safety that will improve the library experience for every patron.

Another valuable training occurred this past summer. The library was closed on a Friday morning in August so the staff could learn CPR techniques (cardiopulmonary resuscitation) and how to use an AED (automated external defibrillator). We hope we will never have to put these skills to use, but in the event of an emergency, the knowledge that we gained from that training session could save someone's life.

Various library conferences are held throughout the year, and we try to send staff members to take advantage of the many workshops and networking opportunities, and to learn about new products for serving the public. Director Bette

Anderson and assistant director Aaron Oesting recently attended the Public Library Association Conference in Minneapolis. Last month two of our librarians attended a joint Washington-Oregon library association conference in Vancouver, Wash.

In today's world of constantly changing information technologies, it is important for library staff to stay abreast of the current trends in library service by attending these conferences. The knowledge we bring back is immediately put into practice as new and exciting ways to serve you.

So, every now and then, if you are inconvenienced by the library being closed on a day when it would normally be open, it is ultimately for the purpose of keeping you safe and serving you better.

Laurie Finlayson is reference librarian for the Renton Public Library. 425.430.6610



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healthy advice

by dr. bob thompson

Add laughter to your list of good health practices

*T*he notion that humor is good for one's health is at least as old as Proverbs 17:22: "A merry heart doeth good like a medicine".

So, can a laugh a day keep the doctor away? Dr. Michael Miller, director of the Center for Preventive Cardiology at the University of Maryland Medical Center believes so. He and a team of researchers came to this conclusion based on a study comparing the humor responses of 300 people. The study found that people with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease. Half of the participants had either suffered a heart attack or undergone coro-

nary artery bypass surgery. The other 150 did not have heart disease. Miller said that the most significant study finding was that "people with heart disease responded less humorously to everyday life situations."

"We don't know yet why laughing protects the heart," Miller said, "but we know that mental stress is associated with impairment of the endothelium, the protective barrier lining our blood vessels. This can cause a series of inflammatory reactions that lead to cholesterol build-up in the coronary arteries and



Dr. Bob Thompson

ultimately to a heart attack."

Research supports a range of other health benefits derived from humor that include enhancing your immune system, relieving pain and reducing anxiety. Researchers have found that aging adults who used humor more frequently reported greater coping efficacy, which led to greater life satisfaction. Students report learning more from teachers who use humor effectively. Southwest Airlines uses humor to put anxious passengers at ease before take-off.

But what if you don't consider yourself to be particularly funny? While you can't change your personality, you can integrate humor into your day-to-day life and change your communication patterns. Here are a few suggestions:

Read books by Dave Barry or Bill Cosby

Put a daily calendar on your desk featuring cartoons like Calvin and

Hobbs or Gary Larson's "Far Side"

Watch reruns of funny TV shows, available on DVD, like "The Honeymooners," Carole Burnett or Jerry Seinfeld

Tune in to "Just For Laughs" Tuesday nights on Fox

Go to "You Tube" on the Internet and search for humorous videos

Develop a sense of humor about your own situation; learn to make fun of yourself. Your laughter will be contagious

For years I have been preaching to increase exercise, quit smoking and eat foods low in saturated fats to my patients. It appears regular, hearty laughter should be added to the list.

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

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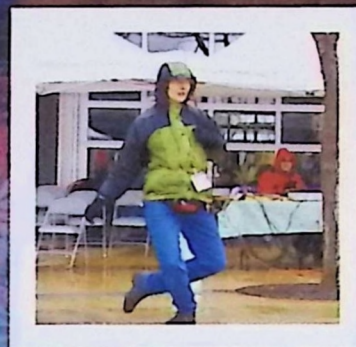
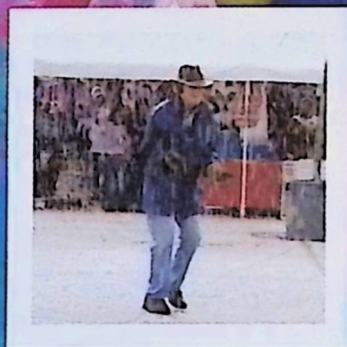
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SPRINGFEST

Hail, rain and cold temperatures didn't deter those hardy souls determined to enjoy Spring Fest April 19 at the Piazza. Top from left, Rochelle Gipson, Meagan Klemmer, Sharifa Gipson and Barkarri Gipson show off their poker hands. Bottom left and right, John Joseph (JJ) Springer before and after his "sun dance." Nancy Raffa also tried to coax the sun to shine.

PHOTOS BY DIANA KRAMER

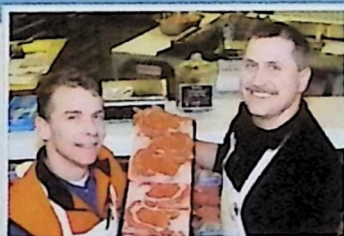


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