

RENTON *Magazine*

Volume 2 / No. 9 September 2007

Hamburgers:
An American
classic
page 14

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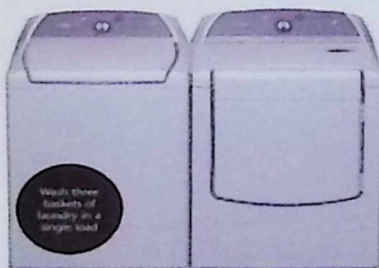
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**Based on an average-sized load.



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*Space advantage in Whirlpool® 25-26 cu. ft. models compared to same-sized Whirlpool® models with conventional ice storage.
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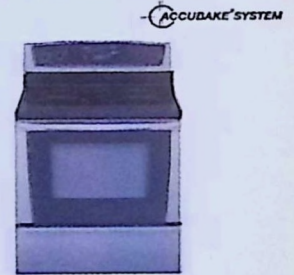


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Whirlpool Gold™ Dishwasher

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- Super Capacity tall tub

*Whirlpool® dishwasher. As rated by a leading consumer magazine, January 2006.



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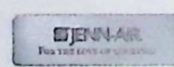
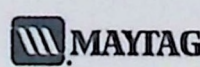
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9am - 7pm
Saturday
9am - 6pm
Sunday
Noon - 5pm

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One of the great things about living in America is the opportunity to follow your dream. Our country is full of entrepreneurs who dream of owning their own business. They often have more passion than money or common sense, but many successful companies started with a small idea and a prayer, followed by years of determination and a little luck.

Armondo Pavone is a classic example of an entrepreneur who decided at a young age to be his own boss. Through years of hard work and the support of family and friends, he built a successful restaurant that has been a household name in Renton for many years. He has experienced the good times and many bad times that are always present when you own and operate your own business.

Armondo has the entrepreneurial bug in a big way. He also co-owns one of Renton's

most popular steakhouses, Melrose Grill, but shifted gears a couple years ago and began to explore his true passion of buying and improving commercial buildings. He is one of the success stories that we enjoy showcasing in our magazine (please see story on page 20).



Denis Law
PUBLISHER

* * * * *

Renton has a long tradition of welcoming new teachers to the community a couple weeks before the start of the school year. Sponsored by local businesses through the chamber, this event includes a welcoming breakfast at Renton Technical College that is normally

attended by 100 or so new teachers and administrators and as many community leaders and business owners.

There are a couple things that I've noticed over the past few years of attending these events. One is that the teachers are so young! We can't be getting that old (well, maybe) so it must be that the district is hiring younger teachers!

What you really see by attending this special gathering is how much the teachers appreciate being welcomed by the community. Before entering the classroom, these teachers get a taste of how much they are appreciated by Renton business owners, citizens and leaders.

All teachers, but especially new ones, face significant challenges and opportunities, and I suspect it helps to know that they have the sincere support and appreciation of the community as they venture into the classroom.

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cover: Rachel Taylor, 8, enjoys a juicy hamburger fresh off a barbeque grill. Locals weigh-in on their favorite burgers. See page 14 & 15. Photo by Denis Law.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Maplewood Golf Course
425.430.6800

Police Dept
(non emergency)
425.430.7500

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

Masquerade Ball and Dinner Auction



september 29

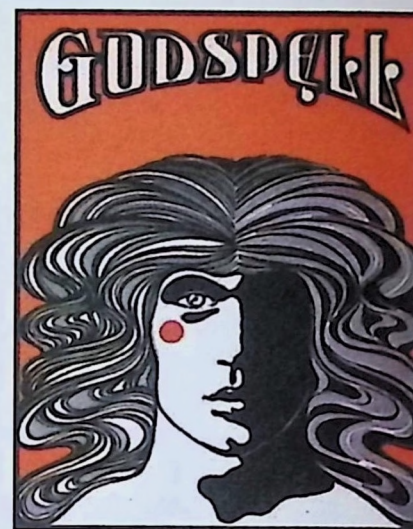
Evergreen City Ballet invites the community to join in kicking off the new season with ECB's eighth annual dinner auction. Participants will be greeted with a mysterious gift and will enjoy a wine bar with dinner catered by Armondo's plus fabulous desserts. The evening will include performances by Evergreen City Ballet dancers and orchestra. There will be silent and live bidding on a wide variety of items and services. Dress code is business casual.

Masquerade Ball and Dinner Auction

Saturday at 5 p.m.

Evergreen City Ballet / 425-228-6800
710 S. 2nd St.

Admission: \$25 (pre-sale); \$30 (at the door)



september
7 - 22

Godspell

Thursdays at 7:30 p.m.;
Fridays and Saturdays at 8
p.m.; Sundays at 2 p.m.

Renton Civic Theater
507 S. 3rd St. / 425-226-5529

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



september 8

2007 Small Biz Fair

Saturday from 8 a.m. to
4 p.m.

206-220-5300

Renton Technical College
3000 NE 4th St.

Admission: Free



september 11

Commemoration of Sept. 11 Events

Tuesday at 4:30 p.m.

425-255-2330

Renton History Museum
235 Mill Ave. S.

Admission: Programs free with
museum admission



september 14

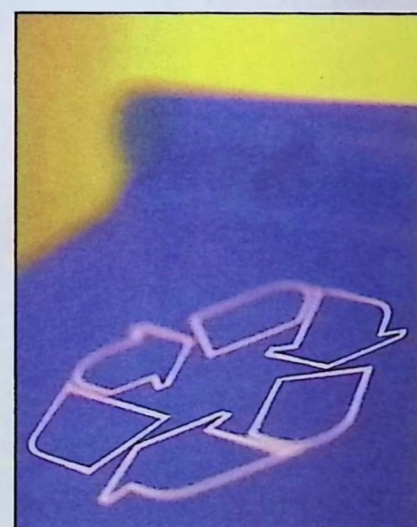
Grateful for Grandparents!

Friday from 6:30 p.m. to
8 p.m.

425-430-6700

Renton Community Center
1717 Maple Valley Hwy

Admission: \$6



september 15

Fall Recycle Event

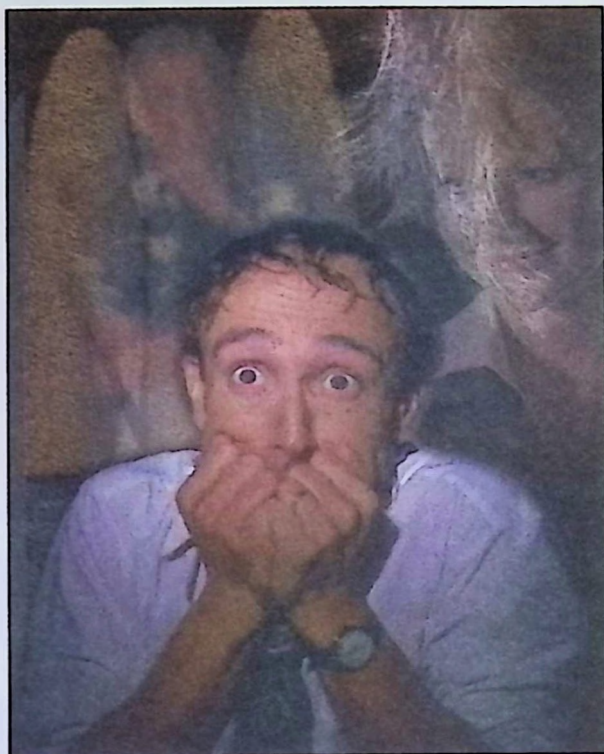
Saturday from 9 a.m. to 3
p.m.

425-430-6700

Renton Technical College
3000 NE 4th St.

Admission: Free

upcoming september events



Valley Community Players presents: **Blithe Spirit**

September 21 through October 7

Charles Condomine is tormented by the ghost of his first wife. The ghost stages an automobile accident and Charles is the intended victim, but it's his second wife who bites the bullet. Both ghostly wives return to plague the utterly bewildered astral bigamist. How does he extricate himself from these two very blithe spirits? Hilarious conclusion!

For show times check
www.valleycommunityplayers.org

Valley Community Players
231 1/2 Main Ave. S. / 425-226-5190

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

upcoming october events



Business Expo and Fall Harvest Festival

October 8
Monday from 10 a.m. to 4 p.m.

Celebrate the crisp air and fall colors at the Harvest Festival on the Piazza, and step inside the Spirit of Washington Event Center to see more than 75 local business booths, vendors, food, entertainment, and fun for the whole family at the Business Expo. The Business Expo is presented by the Renton Chamber of Commerce. The Fall Harvest Festival is presented by Piazza of Renton.

Business Expo: 425-226-4560 or

Harvest Festival: 425-228-1977

Spirit of Washington Events Center
and Piazza Park

South 3rd and Burnett Ave. S.

Admission: Free



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Rachmaninoff: Vocalise
Rachmaninoff: Piano Concerto No. 2 in c
Hermann: Symphony, Movements II and IV

Hazen High School music students will perform in two numbers

Tickets: Adults—\$8, Senior adults—\$5
Students 18 and younger—\$3

IKEA Performing Arts Center
400 South 2nd Street

For more information:
425-255-5145 or 206-772-6528

calendar of events

COMMUNITY EVENTS



Renton Farmers Market

Tuesdays, June 5 through Sept. 18, from 3 to 7 p.m.

Downtown Renton comes alive with the tastes of summer at the Renton Farmers Market. The market welcomes more than 50 vendors and farmers selling locally grown farm products, including organic fruits and vegetables, cut flowers, baked goods, herbs and more! Live entertainment and chef demonstrations are featured each week.

Piazza Park
South 3rd Street (downtown Renton)

425-679-1502

Admission: Free

www.rentonfarmersmarket.com

St. Matthew's Block Party

Sunday, Sept. 9, from 2 to 6 p.m.

St. Matthew Lutheran Church welcomes the public to attend its neighborhood block party. The block party will include a vintage car show, games for small children and older children, giant inflatable toys, live music, pony rides, craft vendors, blood pressure checks, ID kits for children, a plant exchange, and free hotdogs.

St. Matthew Lutheran Church
1700 Edmonds Ave. NE

425-226-2420

Admission: Free

www.smlc.cc

WOMEN'S INTEREST

Self-defense for Women

Fridays, Sept. 14 and 21, from 7 to 8:30 p.m.

Kim's Tae Kwon Do will offer two sessions of women's self-defense. These classes are for women who don't have (and may want) martial arts training. It is a practical, hands-on class that uses Tae Kwon Do techniques modified for non-

martial artists. The classes are open to females ages 12 and up.

Kim's Tae Kwon Do
4602 NE Sunset Blvd

425-254-3526

Registration: \$39

www.kimstkdo-renton.com

Renton Soroptimist Mixer

Tuesday, Sept. 11, from 5 to 7 p.m.

Renton Soroptimists will host a get-acquainted mixer to introduce prospective members to the club and its support of educational and charitable programs to help women and girls—here and around the globe. Hors d'oeuvres and beverages are complimentary. Women planning to attend the event are asked to RSVP to Judy Craig, president, 425-255-3210.

Renton Eagles
220 S. Wells

425-255-3210

Admission: Free

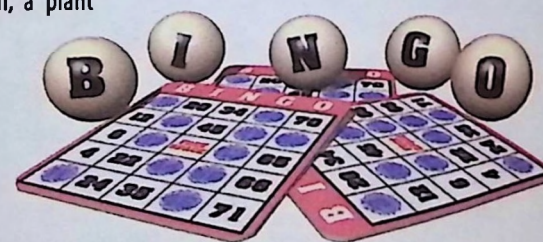
www.soroptimistinternational.com

SENIOR EVENTS

RENTON SENIOR ACTIVITY CENTER

211 Burnett Ave. N.
425-430-6633

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



Bingo

Thursday, Sept. 6, from 1 to 3 p.m.

Thanks to Sylvester Cugini, who is funding this program in memory of his mother Emma, you can once again play bingo and win a prize. A great big thank you to caller Hazelle DuBois.

Admission: Free

Pet Day

Friday, Sept. 7, from 10 to 11 a.m.

Bring your favorite stuffed animal or live pet for some fun activities, including a pet parade. Personal pet pictures will be taken. All live pets must be leashed or in a crate. Please register with Wendy by Sept. 4 in order to participate.

Admission: Free

Tuesday at the Movies

Tuesday, Sept. 18, 12:30 p.m.

Feature Movie: Charlotte's Web
(running time: 113 minutes)

Admission: Free

Celebrate Being 80 and Over

Tuesday, Sept. 18, 11:30 a.m.

If you are 80 years old, or more, you will be honored at this special luncheon. To be honored, please sign up with Wendy (in the recreation office) by Sept. 7. Please purchase your lunch ticket on Sept. 18.

Admission: \$3 (donation for lunch)

Newcomer's Hour

Thursday, Sept. 20, from 10 to 11 a.m.

Take this time to meet the staff and learn about the programs and activities available. Join us in the lobby.

Admission: Free

WINE AND BEER TASTING

Red House

Sept. 5 Lefthand Brewery with Mark

Sept. 12 Masi Wines (Italian) with Amy

Sept. 19 Milbrandt Winery with Larry

Sept. 26 South African Wines with Cory

Every Wednesday of the year from 6 p.m. to 8 p.m. features wine tastings from different wineries and regions all over the world.

The Red House Beer and Wine Shoppe Tapas Bar
410 Burnett Ave. S.

425-226-2666

Admission: \$20 (includes beverages and food)

www.redhousebeerandwine.com

All Things Wine

Sept. 1-Labor Day Weekend Sale

Sept. 8-Award Winning Joel Gott from California featuring two whites and three reds

Sept. 15-Eton Winery

Sept. 29-Gold Medal and Best in State winning, Windy Point

Enjoy free wine tastings every Saturday from 11 a.m. to 6:30 p.m.

All Things Wine
4605 NE 4th St., Suite 4

425-254-8400

Admission: Free

The Met Coffee and Wine Bar

Sept. 6-Barrister Winery

Sept. 13-C.R. Sandidge Wines

Sept. 20-Zerba Cellars

Sept. 27-Isabella Grace Winery

Join The Met Coffee and Wine Bar in September for a variable selection of wines from 5 p.m. to 7 p.m.

The Met Coffee and Wine Bar
232-C Burnett Avenue South

425-687-7989

Admission: \$5

www.themetwinebar.com



CHARITY EVENTS

Budkis Charbonneau Fund Sixth Annual Auction

Saturday, Sept. 29, 5:30 p.m.

Chuck and Mij Charbonneau welcome the public to their sixth annual auction to help raise funds for pet health care for seniors. Renton Technical College's culinary department will provide food as guests look over an assortment of auction items. The event will take place in RTC's main cafeteria. Advance tickets are required.

Renton Technical College
3000 NE 4th St.

425-226-7285

Admission: \$50 for advance tickets

www.budkischarbonneaufund.com

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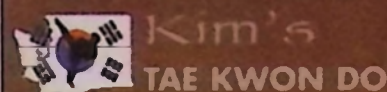
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ALL THINGS WINE

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from 11am - 6:30pm

SEPTEMBER EVENTS

09/01 - Labor Day Weekend Sale!
09/08 - Award Winning Joel Gott from California featuring 2 whites & 3 reds
09/15 - Eton Winery
09/29 - Gold Medal & Best in State winning, Wendy Point

4605 NE 4th St, Suite #4, Renton WA 98059 | 425.254.8400

Slow down, Renton, watch out for walkers, bikers

I walk and jog a lot. Two miles or more almost every day. I run around my neighborhood. I walk along the Cedar River Trail and around Liberty Park. I also ride my bike around Renton.

It's a great way to stay in shape and see things I normally would miss from my car. It's a way to connect with people and places. I meet and talk with other people walking, riding and cycling, most of them smiling and enjoying being outdoors.

Renton is generally a good place to walk and ride, with its many parks and trails. Unfortunately, being on foot or on a bike has become a fairly precarious pastime, thanks to some automobile drivers who are discourteous, oblivious, and sometimes downright aggressive toward pedestrians and bikers.

I've had motorists slide right through stop signs and red lights and nearly run me down. I've had

drivers make "free" right turns without even looking to see if there was someone in the crosswalk they were about to run over.

Not long ago I saw a woman in an SUV make a right turn at a stop light without looking carefully and bump into a man in a motorized wheel chair. He was in the crosswalk. Thank goodness he wasn't run over.

Motorists with cell phones stuck to their ears are particularly dangerous. I've seen them change lanes and cut off other motorists without looking, or nearly run me down on my bike, often without even realizing they've done it.

What's really scary are the angry people who



David Suffia
EXECUTIVE EDITOR

deliberately try to hit me when I'm using a crosswalk, sometimes yelling at me to get the hell out of their way. Apparently they believe that cars have the right-of-way over pedestrians. Or perhaps they feel their time is more valuable than pedestrians' safety.

I learned long ago to be a defensive driver. I trust no one else on the road when I'm in my car. It's saved me from a lot of accidents over the years by avoiding dangerous drivers.

Now I've learned to be a defensive walker and biker. Lots of drivers are careful and courteous, but many aren't. Since I can't tell the difference in advance, I assume every driver is out to get me, and I'm safer for it.

So, on behalf of all the people out there on foot, on bikes or in wheelchairs – children, the elderly, those of us getting exercise – please slow down, Renton, and keep an eye out for us.



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THREE
RENTON
LOCATIONS

Renton Shopping Center
431 B Rainier Ave. S.
425.228.6180

North Benson Center
10707 SE Carr Rd.
425.227.9104

Renton Highlands
3901 NE 4th St.
425.271.5400

The teachers were right after all



KIRBY UNTI

I love summer and hate to see it coming to an end. I have been this way as far back as I can remember. Summer is etched in my life as a carefree time when I can stay up late, sleep in and enjoy the warmth of the sun and a swim in the lake.

This year has been no exception. The weather has been a little odd. We had a hot Fourth of July! It was the warmest and wettest July on record. And what happened to August being predictably sunny? Unheard of to have patches of green grass in August. I hope it doesn't mean our beautiful September days will fail us. Cool in the morning, hot in the afternoon and cold at night.

I have to remind myself that in the Northwest, September still counts as a summer month even though it is dark after 7 p.m. The one drawback of September is that it's back-to-school month—the memory of which still makes me anxious when Labor Day arrives. School has forever shaped the rhythm of my life.

What makes this summer different is, for the first time in over a decade there has been no required summer reading. No need to nag a child to turn off the TV and open a

book. No panic about the looming deadline to finish all four books. No cramming the last week of summer in preparation for the Summer Reading Exam.

In my previous life as a writer, I spoke out about this cruel and unusual punishment inflicted upon our children by heartless English teachers. My point of view resonated with many families, offended a teacher or two, and prompted a response from a former student informing me how off the mark my comments were.

So it seems only right, a decade later and having survived summer reading, that I should apologize to those I offended. What I failed to realize then is that the disruption of my carefree summers was in fact done out of a sincere concern for properly preparing my kids for their future.

How do I know this? My own kids have told me that they clearly have a leg up on the majority of their peers when it came to being ready for college. The emphasis in the Renton School District on reading and writing and vocabulary puts our students on solid footing for what is expected of them in college.

"Dad, there are some students who don't know how to write a thesis statement or for that matter a complete paragraph." I can assure you my kids, looking back, are all grateful for the paces they went through in high school English classes.

The other day my wife Kim packed up all of the books on the required reading list and dropped them off at the high school, hoping they might be helpful for a future student. I hesitated as she drove away, thinking to myself maybe I ought to plow through all those books. Lord knows my own writing skills are dismal and my vocabulary is limited.

Summer may be coming to an end, and the school bells will once again be ringing. Those of us who live in Renton can add a word of appreciation to all of our teachers, who really do have our students' best interest in mind.

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

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Seniors express themselves through an ancient art form

BY ANDREW FICKES



RENTON MAGAZINE / Dena Rosko

Ann Stragler, the ceramics class' teacher, poses with new projects. She enjoys teaching to express her passion in art.

The art of ceramic making, creating articles of hardened clay, dates back many thousands of years. Often molds are used to form a particular shape. Clay formations are hardened in an oven or a kiln at temperatures exceeding 1,700 degrees. The hardened clay is then decorated with various paints.

Ann Stragler, program instructor since 1999, says she endeavors to cater to every-

one's interests and skill level.

"We make holiday items and practical things you can give as gifts," she says. "This program gives seniors an artistic outlet and an opportunity for them to create gifts for friends and families."

When Stragler took over the instructor

CERAMICS ~ next page

Life's pressures can sometimes seem insurmountable, but Steve Forster thinks he has the cure.

Since the age of 16, Forster has immersed himself in the ancient art of ceramics. Now at 69, Forster continues his love for ceramics by participating in the Renton Senior Center ceramics program every Wednesday and Friday morning.

"It requires a complete focus and the cares of the world can't crowd in on you," he says. "It's very good therapy for anyone. I highly recommend it for young people."

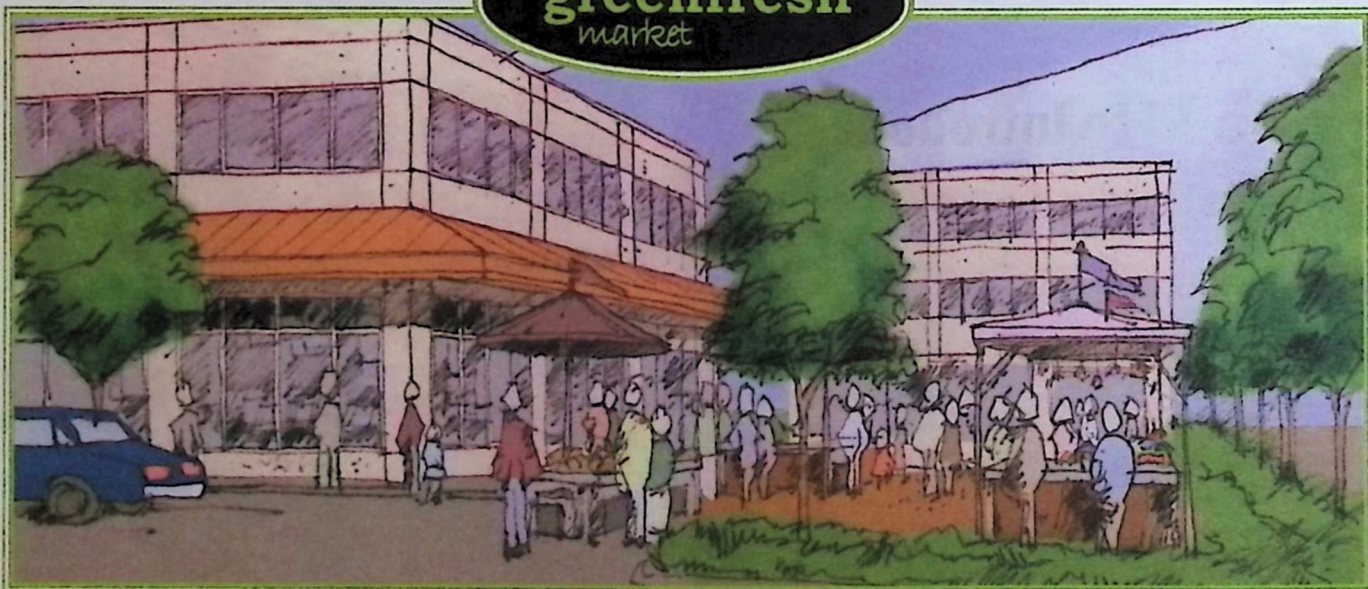
For just \$3 a class and a minimal investment in supplies, seniors are able to create personal gift items for friends and families, themselves, and maybe even a little monetary gain.

Bobbie Skary-McGerry said she made a colorful Christmas bunny and sold it for \$25 at last year's holiday craft bazaar.

"You meet a lot of nice people in this group," she says. "I love the after-product. It's a very rewarding craft."

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CERAMICS from page 10

position in 1999, she said the program was more about the art and not as social. Stragier decided to infuse some life into the program, with the result that it has grown from four people to 35.

Stragier said people in the program talk, joke, laugh and genuinely care about each other. A phone tree has been set up, so if someone is absent or ill, a phone call is made. Some women in the group socialize outside the program, going on trips together.

Jan Marino comes all the way from Sumner to be involved; she says there's nothing like it there.

"We have a lot of fun and a lot of laughs," she says. "And Ann is a great instructor. She's so patient with us and so knowledgeable."

Mary Irvis has been with the program for 12 years, making ceramic gifts for her three grandchildren in Alaska.

"We all get along here," she says. "We joke with each other and we care about each other."

Forister is the only man, but is welcomed by the women, who call on him for advice. Forister will sometimes work on four of five different projects at a time.



RENTON MAGAZINE / Dena Rosko

Bobbie Skary-McGerry paints a clown that she will add to her collection of over 100 such clowns at home.

"The wonderful thing about the City of Renton is that it provides us with the instructor, the tools, and the resources to do what we love," he says.

The ceramics program meets from 9 a.m. to noon on Wednesday and Fridays. More information is available from Wendy Kirchner, recreation programmer, at 425-430-6638.

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renton school district

New teachers bring new experiences to Renton students

BY ANDREW FICKES

Renton School District will welcome about 100 new teachers this year. Pick any two, and you're likely to find a broad range of experience and fresh ideas for the classroom.

So we did.

Mickey Dunn, who will teach fifth grade at Highlands Elementary, is a 33-year-old former youth minister at St. Anthony's Catholic Church.

Julie Brumley, a mother of two teenage sons and former para-educator, will start this year as a special education teacher at Bryn Mawr. She will teach kids from first through fifth grades.

Brumley is familiar with the Renton School District, working the past four years as a para-educator at Bryn Mawr. She recently returned to school in the University of Washington's special education program, where she focused her training on kids with mild to moderate learning disabilities. She received her teaching certificate and diploma in March.

"I've always been involved with kids, volunteering and mentoring since I was young," she says. "I'm looking forward to being in a familiar environment and connecting with kids that I've taught since I was a para-educator."

Dunn, an Ellensburg native, grew up with a teacher for a father. He even had his dad as his sixth-grade teacher.

"I felt like my strengths in what I had to offer could be passed on through public schools," he says. "I did my student teaching at Highlands last spring and I felt a strong connection with them. There's a lot of professional support at Highlands and that was one of the bigger draws."

Dunn says he appreciates the sense of community within the Renton School District.

"It's a big district but it doesn't feel impersonal," he says. "It's got enough to be self-sustaining but not too overwhelming or too big."

While Dunn worked his last two years at St. Anthony's



RENTON MAGAZINE / Andrew Fickes

Mickey Dunn, a new fifth grade teacher at Highlands Elementary School is eager to prepare his class for middle school.

Some 'super' advice for new teachers

Renton School Superintendent Mary Alice Heuschel has words of welcome and advice for new teachers:

Do things as a team.

Keep the passion.

Focus on the kids.

Always ask for help if you need it.

"Teaching is a rewarding experience," she says.
"The response from students to your craft is exciting."

Catholic School as director of extended care, he also earned his master's degree in education at City University. He's certified to teach kindergarten through eighth grade.

In 1996, Dunn graduated from Central Washington University with a bachelor's degree in leisure services. His initial interest was in youth summer camps, which soon morphed into youth ministries.

Now Dunn is ready to meet his new class.

"There are a lot of skills that I'm excited to get them started in," he says. "I'm eager to help these kids get a sense of themselves before they hit middle school."

Renton Chamber gives new teachers warm welcome



PHOTO COURTESY OF MUSEUM OF FLIGHT
Bonnie Dunbar, president and CEO of the Museum of Flight, addressed the new teachers breakfast about the importance of an education.

We're putting the future of our kids in the hands of these people and we need to let them know that we support them, that we appreciate them, and that we're here for them.

—Bill Taylor, chamber president and CEO

BY ANDREW FICKES

A 20-pound goodie bag can go a long way to convey a sense of appreciation and recognition.

That's how heavy gift bags were last year for the 18th annual Renton Chamber of Commerce breakfast for new teachers — and they'd be just as hefty this year, promised Bill Taylor, chamber president and CEO.

The annual event was held in the cafeteria of Renton Technical College Aug. 28, after Renton Magazine went to press. An estimated 100 new teachers and administrative staff were expected to attend along with 100- to 150 chamber members, city staff, school superintendent, and mayor.

Also on the agenda:

A buffet breakfast dished up by the RTC culinary department.

A keynote speech by Bonnie Dunbar, veteran

NASA astronaut and now president and CEO of the Museum of Flight, profiling the challenges of human space flight and how a good education helps make the dream of space travel a reality.

A goodie bag for each teacher, with items donated by chamber members.

Welcoming speeches by Superintendent Mary Alice Heuschel and Mayor Kathy Keolker.

"We're putting the future of our kids in the hands of these people and we need to let them know that we support them, that we appreciate them, and that we're here for them," said Taylor.

Taylor said many teachers who have been recognized in previous years say they haven't experienced such an event in other school districts.

"Teachers come away feeling so wanted and appreciated," Taylor said.

Sponsors for the 19th annual breakfast are Valley Medical Center, Wizards of the Coast, King and Bunnys Appliances, and Renton Technical College.

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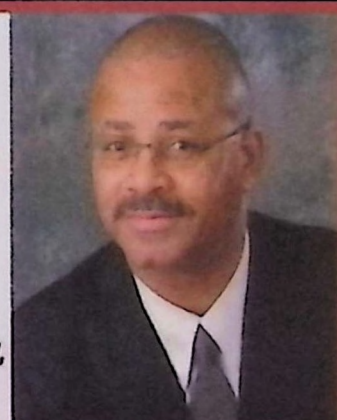
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for Renton City Council

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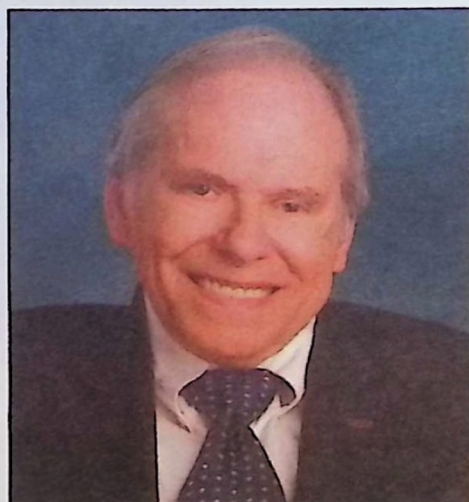
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Who makes the b han



Story By David Suffia / Photos By Denis Law

Imag-
ine creating a
food item that was so
mouth-wateringly delicious that
people couldn't resist it. Franchises would
spring up on almost every corner in the land and it
would become a staple of the American diet.

Folks would eat it for lunch and dinner, at least
three times a week. Its name would become synony-
mous with American culture.

Oh, never mind. Someone already invented it; it's
the hamburger.

The chopped-meat-on-a-bun favorite is ubiqui-
tous, from the \$1. paper-wrapped drive-in version
with nothing on it but mustard, ketchup and pickle; to
the \$11 or more deluxe version from upscale restau-

rants,
loaded with mushrooms, onions, lettuce, tomato, a ton
of condiments and special sauces. The backyard bar-
becue burger has become an American icon.

The hamburger has become so ingrained in the
American psyche that even many vegetarians can't do
without it and gobble down soybean-based vegetarian
versions. Dieters looking for low-fat alternative go for
a chicken burger.

The history of the hamburger goes way back. Its
precursor may have been eaten by Genghis Khan and

his
Mongol
hordes.
They reput-
edly preferred
their meat raw
and would stuff filets
under their saddles and
ride around on them all day to
tenderize them.

In the 1800s, Hamburg, a major German
shipping center, became noted for its patties of
minced, salted and smoked meat. In the late 1800s,
European emigrants on Germany's Hamburg Lines
were served the patties between two slices of bread on
their way to America.

However, it wasn't until the invention of mechan-
ical meat choppers in the late 1800s and early 1900s
that hamburger patties as we know them today
appeared. Several people staked claim to having been
the first to serve the ground patties and call them
hamburgers, and the real origin of the modern ham-
burger is somewhat obscure.

Best hamburger in town?

Around 1885, several people sold beef patties between two pieces of bread, calling them hamburgers, in such diverse cities as Seymour, Wis.; St. Louis; New Haven, Conn.; and Hamburg, N.Y.

Reinventing the wheel

It wasn't until 1891 that Oscar Weber Bilby apparently became the first to serve a burger on a round bun at his farm west of Tulsa, Okla. He and his son Leo later opened a hamburger stand in Tulsa.

White Castle was reputedly the first to begin selling hamburgers through a chain of stores in the 1920s.

To grasp the popularity of the hamburger in this country today, the average American eats three of them a week. The McDonald's chain alone has sold the equivalent of about a dozen hamburgers for every human being on Earth. About 7 percent of the entire U.S. work force had their first job working for McDonald's. About 60 percent of all the sandwiches consumed in this country are hamburgers.

Okay, so what makes a great hamburger? Don't we all have our favorite? Some folks will tell you the best burger in Renton costs a buck or so at a fast food chain. Others say you have to go to a sit-down restaurant and pay big bucks for a really good hamburger.

To many, making your own burgers on a backyard grill is an art form. There are about as many recipes for grilling the perfect burger as there are spatula-wielding cooks.

I decided to ask a pro what makes a good hamburger, and went to Shawn Beresford, co-owner of Shawn & Ted's Meat Market in the Renton Highlands. Who better to ask than a butcher?

"It's the meat, no question," Shawn says without hesitation. "You need fresh ground chuck."

Get the 14 percent fat content ground beef, not the 7 percent or 4 percent stuff, he says.

"The low-fat meat just doesn't have the flavor."

If you're worried about your cholesterol level or your waistline, you probably shouldn't be eating a big hamburger anyway, he adds.

"When you grill the meat, don't flatten it with a spatula. That just squeezes out all the juices and the flavor," Beresford advises. "If you want to know

when it's done in the middle, stick in a meat thermometer and cook the patty until the center is 160 degrees."

Topping it off

And what should go on top of the burger?

"I like cheese on mine. My wife likes lettuce and tomato but I don't; it detracts from the flavor of the meat," he says.

And where does he go for a hamburger when he wants to dine out?

"Well, I don't usually go out for a burger," Beresford says, adding that the cheaper the burger is in a restaurant, the more likely it is to have filler added to the meat to add bulk and cut the cost.

Of course, there are those who eschew hamburgers on ethical grounds or for health reasons. Even they often wind up eating burgers – veggie burgers. And that's another story altogether, perhaps for another time.

I asked a few people around town: Who serves the best hamburger in Renton? It's no surprise the answers were diverse. A bank teller voted for Herfy's, a low-price reincarnation of a once more extensive regional fast-food chain. Several people voted for Billy McHale's. The Whistle Stop Ale House got votes too. So did Kidd Valley.

John Dunn, a transplanted Brit who owns Billy McHale's, says he serves 10 different burgers, all cooked to order.

"They're a third-pound of 100 percent ground beef and they're juicy and piled high with lettuce, tomato, cheese, mushrooms, guacamole and the like. They look good and they taste good," says Dunn.

The Whistle Stop also serves a number of burgers with different toppings, including the Verona Station, a half-pound of beef topped with Gorgonzola cheese, bacon, lettuce, tomato and onion.

"We make our hamburgers from 100 percent Misty Isle organic beef, grown locally," says Jeff Lawrence, Whistle Stop owner. "The quality of the meat is the number one reason our burgers taste so good. We spend a little more for it but it's worth it."

Who serves the best hamburger in Renton? I don't know. You tell me.

The allure of the perfect burger

Kerri Ladines, Renton Magazine's graphic designer, sums up the lure of Kidd Valley burgers pretty well.

"It's location, location, location and taste, taste, taste. Kidd Valley sits in my perfect, favorite little setting in Renton, right at Coulon Park. For me, there's no better place to enjoy a burger and fries.

"I love being able to sit outside on a hot summer day, dangle my feet in the water and enjoy my favorite burger," she says. "There's just something nostalgic about the smell of the grill and the taste of an Angus flame-broiled burger on a hot summer day. And they don't just use your everyday mustard, ketchup, mayo combo, they have a tasty relish concoction and raw onions and lettuce to top it all off.

"It makes my mouth water just thinking about it. It just always reminds me of family barbecues when I was little, when my dad was grilling burgers and there was not a care in the world," Ladines adds.

Rotary club gives coats and dictionaries to school kids

BY ANDREW FICKES

*T*he Rotary Club of Renton will provide coats and dictionaries to Renton students again this year through its Operation Warm and dictionary giveaway programs.

Coats will be available for children through the fifth grade from 9 a.m. to 1 p.m. Saturday, Oct. 13, at Renton High School. Third graders in Renton's 13 elementary schools will receive dictionaries, also in October.

The Renton club has operated the coat program for the past three years in conjunction with the Philadelphia-based nonprofit group, Operation Warm.

"In my 48 years of being in Rotary, I have never been around a program that has impacted people so much and has brought on so much energy," says Rotarian Russ Price.

Price learned of the program four years ago while attending a Rotary district conference in Portland. Rotary of Renton distributed its first coats in 2004. They're purchased with proceeds from the Rotary's annual dinner and auction, which raised \$21,000 for Operation Warm last March.

"The coats are first quality, well-named coats from national producers," says Price. "This year we'll have about 1,400 coats to distribute."

Coats of all sizes and colors will be displayed on lunch tables with volunteers avail-

able to help children find the right size.

Price said it's a joy to watch the kids light up when they find their coat. One child, he says, loved her coat so much she refused to take it off when she got to class. It took a considerable amount of convincing from the teacher before the child let go of the coat.

Rotary has ordered 1,150 hardbound copies of the American Heritage Children's Dictionary for ages 8- to 11. The school district expects 1,050 third graders in the fall, and the remaining books will be available for students who arrive later in the year.

"One of Rotary's goals is helping children's literacy and we think giving dictionaries goes a long way in helping kids learn to read and write," says Rotarian Jim Baker.

A name label is inside the book for children to print their names and make the dictionaries their very own.

"We did this last year and the school district and teachers were really appreciative," says Baker.

"To have a dictionary for every third grade student has to be the nicest gift for students," says Nanci Davis, principal at Sierra Heights Elementary. "Students were so excited last year to receive the books. They just beamed. It was just a delight to see them excited."



RENTON MAGAZINE / Denis Law

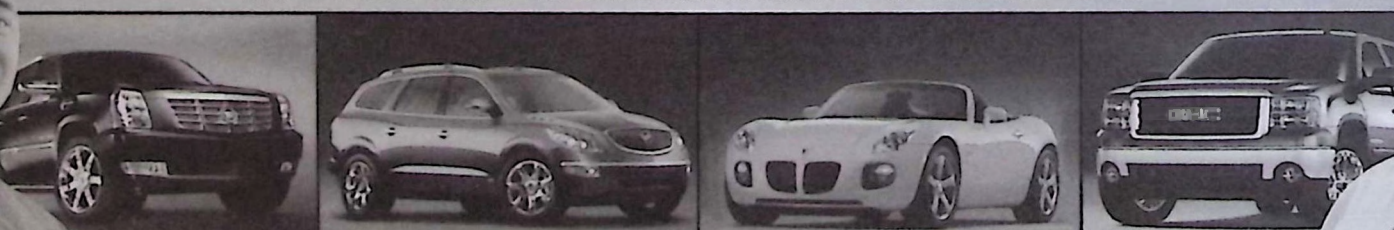
Renton Rotarians help find the right sized coat for a young student during last year's event.

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RTC helps fill medical lab technician shortage

BY ANDREW FICKES

*M*edical laboratory technicians, who determine what disease you may have or what virus or parasite you may have contracted, are becoming alarmingly hard to find.

The field of medical laboratory technology is experiencing significant attrition, and as lab techs near retirement age, the question is: Who will replace them?

"Washington state has a 30 percent vacancy rate in this profession," said Michael Sealfon, the sole instructor in Renton Technical College's new medical laboratory technician program. "The world of medicine revolves around lab results."

According to Dana Duzan, hematology division supervisor at Spokane's Sacred Heart Medical Center, clinical laboratories in the United States are facing a personnel shortage more severe than the shortage of nurses and pharmacists.

"Clinic laboratory science will experi-

ence a 17 percent growth rate in the next 10 years," she said. "We will need 15,000 new practitioners but are educating less than 5,000 per year."

The Bureau of Labor Statistics projects that in the period 2000-2010, a total of 120,000 positions in clinical laboratory science will be needed, including 40,000 existing vacancies.

Renton Technical College launched its new MLT program at a time when many schools in the state and across the nation had abandoned theirs. RTC started the two-year program in January of 2006 and graduated its first class of seven students early last month.

Other two-year MLT programs are offered at Shoreline, Clover Park, and Wenatchee community colleges. Sacred Heart and the University of Washington have four-year programs, but before now,



RENTON MAGAZINE / Dena Rosko Photo

there were none to cover the greater Renton and South King County area.

"We already had a strong phlebotomy program and we wanted to expand on that," said Heather Stephen-Selby, dean of allied health at RTC. "We're diversifying the workforce by providing this program."

Last month's demographically varied graduating class of seven included only one American-born student and five who are multilingual, said Stephen-Selby.

Sealfon, with more than 30 years experience, was trained in the military. In 1971, he managed a medical laboratory in Vietnam.

"I was in the land of parasites and malaria," he said.

He retired from the military as a colonel in 1993 and went into private medicine, working for Lab Corp in Seattle for 13 years. Sealfon came to the RTC program in the winter of 2006, having seen pretty much every parasite or virus known to man.

"Teaching these students, I beat into their skulls how critical it is to be accurate in this profession," he said. A slip-up, he

says, could mean life or death for the patient and consequently, your job.

During winter quarter students do hands-on clinical work, spending 360 hours or nine weeks at area labs that have opened their doors: Valley Medical Center, Auburn Regional Medical Center, Puget Sound Blood Center, Virginia Mason and the Northwest Lipid Research Laboratories.

"This program enables students to take on complex laboratory work," said Sealfon.

The program requires seven quarters and 158 credits. Cost for tuition and supplies reaches close to \$10,000, and financial aid is available.

Within six months, Sealfon said he expects the program to be certified through the National Accrediting Agency for Clinical Lab Sciences.

The program is seen as a significant tool in the effort to fill the workforce gap.

"It'll take many, many years and many, many schools and many, many people to fill it," Sealfon said. "The baby boomer exodus has begun."



Glenn Knowle

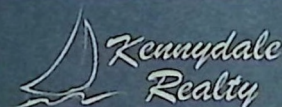
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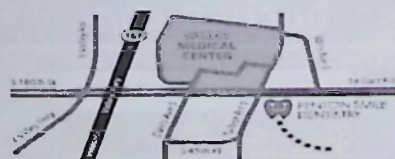
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RENTON MAGAZINE / Dena Rosko
Connie Hill, 78, hugs Cuddles, her Shih Tzu and long-haired Dachshund and Curly her 12-year-old ball python.

Renton Senior Center Pet Day

10 to 11 a.m., Friday, Sept. 7.

Pets are to be on a leash

or in a crate.

Admission is free.

Snakes alive! It's time to show off pets

BY ANDREW FICKES

At first glance, "Curly," a ball python, appears to be lethal.

But its owner, Connie Hill, isn't afraid. She lets the snake slowly entwine itself in her hand and loves to gently peck kisses on Curly's smooth, silky skin.

Connie and her husband Curtis plan to take their 12-year-old snake and lovable dog Cuddles to the second annual Renton Senior Center Pet Day Sept. 7.

For many seniors, pets are a central part of life. Aware of that, Wendy Kirchner, the center's recreation programmer, decided last year to start a pet day so seniors could show off their pets or even stuffed animals.

"Pets are an extension of these peoples' lives," she says. "It brightens people's faces to see these pets."

Participants share stories about their pets, show them off in a "pet parade" and compete for certificates, including "Best Behaved," "Most Unusual," and "Cutest."

It's not surprising that last year Curly received the certificate for "Most Unusual Pet."

Connie inherited Curly from her son before marrying Curtis, who has slowly accepted the snake. Asked who her first love is, Connie quickly answers, "Oh, it's Curtis." But every once in a while, Connie has been known to call her husband Curly.

A lifelong lover of animals, Connie boasts of having petted a tiger, a bear, and even an alligator. The best-behaved pet she's ever come across was a tarantula.

"They make the greatest pets," she says.

Connie's care for Curly intensified after the snake breathed on her face one day. She knew she had a living, breathing animal to take care of.

"It really shook me up," she says. "I realized my responsibility."

Curly's life expectancy is 45 years, in which case, says Connie, "I'll have to put her in my will."

Pat Montecalvo is looking forward to bringing her loyal friend Chelsea, a 6-year-old German shepherd, to Pet Day. her granddaughter Jessica calls Chelsea "the gentle giant."

Chelsea stands very tall but is quiet as a mouse, earning the certificate for "Best Behaved" at last year's Pet Day.

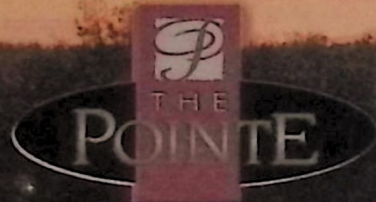
"It's nice to see all the pets and how they all get along," says Pat. "They make everyone so happy."

Helen Hawkins thought she would never own another Chihuahua after her first one died. That changed when her kids gave her Chico on her 50th wedding anniversary.

Seven years later, Helen says Chico has been a great pet. "I think everyone should have a dog to walk with. A friend. A companion. Pets are not really expensive for what they do for you. They're worth it. They keep you healthy."

The Humane Society will also be present to answer any questions about the senior center's pet food program.

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PHOTO COURTESY OF BRUCE HUDSON PHOTOGRAPHY

Armondo and Angela Pavone are familiar faces to customers at their popular Armondo's Café Italiano.

BY DAVID SUFFIA

Being an entrepreneur may be one of the toughest jobs in the world. Ask Armondo Pavone. At age 44, he says he's already worked about as many hours as a 65-year-old.

Pavone is well known around Renton as a successful restaurateur, owner of Armondo's Café Italiano. He's also a commercial real estate developer and property owner who believes downtown Renton is on the cusp of a major retail revival.

Getting where he is today hasn't been easy. Nor was it a straight path. Like a lot of business entrepreneurs, it's been a tough but rewarding journey.

"For 10 years I worked all day, seven days a week," he recalls.

That was after he survived a shaky start that almost ended in failure.

"Good entrepreneurs have one thing in common," he says now. "They look beyond walls and barriers that are thrown up in front of them. The drive to succeed is stronger than the risk of failure. They see that risks need to be taken to succeed. They don't let the fear of financial loss or a fear of failure get in the way."

That Pavone got into the restaurant business in the first place was kind of a fluke.

"In college I was fixing up houses, doing remodeling for family members and friends as a way to make some money. An acquaintance asked me

to take a semester off college to help open a cookie store in Seattle. I did and it was very successful. It grew into four stores, and I got a percentage of the operation."

Unfortunately, after helping build up the cookie stores, "I never got any money out of it. He never paid me. I was left with a few assets and I had to take stock of what I could do.

"I figured I could return to college, go back to remodeling houses, or do something else. I decided to take the same business model from the cookie stores and open a pizza-by-the-slice shop."

Location, location, location

After looking around for the right spot for a pizza place, Pavone drove by a brightly-painted Asian restaurant at Third Avenue South and South Main Street in downtown Renton.

"Nobody seemed to eat there but everyone knew the location," recalls the Renton High School graduate.

Pavone got hold of the space and began

converting it into an Italian restaurant.

"It took nine months to remodel it. I gutted the place and did the work myself. I did odd jobs on the side to get money to pay for the remodeling. I borrowed some money from family members."

After opening the new restaurant, the next two years were painful.

"I had no idea what I was doing. I had never worked in a restaurant before. My mother and grandmother had cooked wonderful Italian food but that's not the same as operating a restaurant.

"I almost went out of business, until a wall painter who sometimes ate in the restaurant told me, 'You have good food but nobody knows you're here. You need a good sign so people will know.' All I had was a small sign that people didn't notice.

"He came back later and offered to take a risk. He agreed to make a new sign for me and let me carry most of the cost for six months,

ARMONDO ~ next page

ARMONDO'S

café italiano

ARMONDO from page 20
even though I already owed everybody in town.

"Thirty days after the new sign went up, my business doubled. After another 30 days, it doubled again. He basically saved my business," Pavone says.

A year and a half later, Pavone expanded the restaurant and opened a tap room and wine bar. He eventually spent 20 years in that location.

In 2005, he moved to his new location, at 919 S. Third St., on the opposite corner of the same block.

Security in real estate

Along the way, "a Renton businessman told me I'd never be secure unless I bought real estate."

So, Pavone partnered with Denny Dochnahl, a well-known Renton property developer, to purchase two-thirds of the block where his restaurant stands. They spent about \$2.5 million to renovate the

buildings to house the new Café Italiano with space for 10 other tenants, according to Dochnahl.

"We took everything back to the basic structures," Dochnahl says. "We put in new plumbing, new wiring, new windows and doors, even new concrete floors. They are like brand new structures."

Tenants in the renovated block include three other eateries, a stock brokerage, a bicycle store, attorney offices and an insurance firm.

Pavone also is a part owner of the nearby Melrose Grill, another popular local restaurant.

Now he has a vision about the rest of Renton's aging downtown core.

"I think just about every building in the downtown core could be revitalized. People are ready to move in with more retail shops if they are given the right space.

"I'd love to be a part of downtown Renton's redevelopment."

"If Armondo decides to become involved in more projects, I'd love to be his partner in more redevelopment," Dochnahl says. "He's a good guy and a hard worker."

In the meantime, Pavone continues to operate his restaurant with a very personal touch. However, where he used to do all the cooking, he now spends more time managing his properties.

"I'd like to cook every meal we serve, wash every dish, serve every table, but I realize I'm only as good as my employees. I still help in the kitchen, developing the specials and training the staff, but I don't have the time to do everything any more," he says.

"Running a restaurant is a tough business. Someone is always looking to take your customers away."

If he had known how difficult the road ahead would be when he started out, would he have gone ahead?

"I don't think so, but you have to be a risk-taker if you want to succeed."

Pavone credits his wife, Angela, for being understanding about his long hours all these years, and for being an integral part of the success. She still works the front desk on weekends, greeting customers.

"Renton is ready for redevelopment. The downtown has lots of service businesses, but it's lost the retail core it used to have. I'd like to see that return."

"Good entrepreneurs have one thing in common. They look beyond walls and barriers that are thrown up in front of them."

~ Armondo Pavone,
restauranteur and
developer



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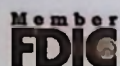
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BY ELAINE ANDERSON

It's that time of year again when Master Gardener applications for the next year's training are available. If you've given thought to applying but haven't done so, quite likely it's due to one (or more) of the following reasons:

Reason No. 1 – Training is held on Tuesdays, all day on Tuesdays, for 12 weeks, and you can't get away from work at that time.

Say good-bye to reason No. 1. For the first time, King County Master Gardener training will be held on Saturdays. Training in 2008 will begin

Want to be a Master Gardener?

Jan. 12 and end March 29. In 2009, training will once again be scheduled for Tuesdays, so apply now if Saturdays work best for you.

Reason No. 2 – You love gardening, but you don't think you know enough about horticulture to get into the class. You are embarrassed to admit that you don't know any Latin plant names.

Relax. The Master Gardener class is open to gardeners of all levels of knowledge and experience. Rather than vast knowledge, what you need is a desire to share what you learn about environmentally safe gardening with the general public. It also helps if you have experience being a volunteer (of any kind).

Reason No. 3 – You've heard how difficult it is to get into the class.

It's true that not everyone who applies is accepted. That's because many more applications are received each year

than there are spaces in the class. It's difficult to turn away people who seem to have the potential to be great Master Gardeners. One thing that makes this "rejection" easier to bear is that most of those who aren't accepted are encouraged to apply again the following year. When they do, they are guaranteed a space in the class.

Master Gardeners enjoy the company of people who share their passion for gardening. After training, they have many opportunities to continue learning. And, they are doing their part to protect the environment by teaching environmentally safe gardening practices.

Now, are you ready to apply for the 2008 Master Gardener training?

Applications are being accepted between now and Oct. 5. They are available for downloading at <http://king.wsu.edu/gardening/Becomea>

MG.html or by sending a stamped, self-addressed envelope to 2008 Master Gardener Application, 200 Mill Avenue S, Suite 100, Renton 98057.

The cost of the training is \$150, and a limited number of scholarships are available. The first page of the application contains many details about the application process and about training. If you have additional questions, contact me at elaine.anderson@kingcounty.gov or 206-205-3122. I look forward to hearing from you.

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 topics, call the Master Gardener Phone Clinic at 206-296-3440.

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RCF benefits a wealth of causes

BY ANDREW FICKES

When Lynn Bohart joined the Renton Community Foundation last year as executive director, she felt liberated. For years, Bohart had led the efforts of hospital foundations benefiting just one entity: the hospital. The Renton Community Foundation benefits an array of causes.

"We don't have a narrow focus. We have a broad focus," she says. "We don't champion one cause over another."

Renton Community Foundation (RCF) was founded in 1999 with the mission to expand philanthropy. The organization is a partnership among the city, Chamber of Commerce, school district, Renton Technical College and Valley Medical Center.

Starting with \$256,898 in 1999, the nonprofit has built its assets to \$3.4 million, encompassing 31 different funds. The funds target a variety of causes, from healthcare, to pet care, the arts, scholarships, and education.

In simple terms, the foundation acts like a community savings account. Individual funds are pooled and managed by an independent institution, enhancing investment power. There are more than 650 similar foundations in the United States.

To participate you can donate to an existing fund, create a fund, or contribute a portion of your estate in your will.

The foundation's nonprofit status allows donors to receive tax advantages. Donors can also set up planned gifts, which may provide the donor a stream of income as well as a tax deduction.

"RCF takes the hassle out of setting up your own foundation," says Bohart. "It also provides the donor resources to help figure out where their money should go."

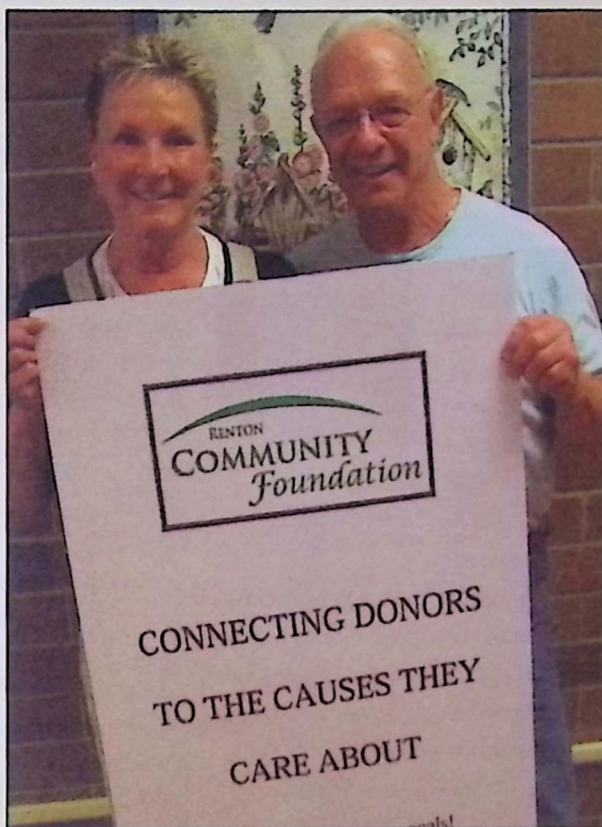
King Parker, 2007 board president, expects the foundation will one day reach \$20 million in assets.

"What's really exciting is that we have more than 30 fund holders who have put their faith and trust in the community foundation," he says. "The community foundation has evolved into a community asset that five years ago simply wasn't there. That's exciting. That's wonderful and that's what makes Renton such a great community. There are so many people who will give."

In 2006, the foundation distributed \$131,443 in grants, including \$40,300 from RCF's "Circle of Giving" fund. Beneficiaries included the Salvation Army and the Salvation Army Food Bank, Renton School District, Renton Technical College and the HopeChest, among many other causes.

Individual funds that distribute grants through RCF include the Budkis Charbonneau Fund for senior emergency pet care and the Maxwell Fund for Youth and Families.

The Budkis Charbonneau Fund evolved out of the love



RENTON MAGAZINE / Andrew Fickes
Mij and Chuck Charbonneau said their fund owes its success to the Renton Community Foundation.

for an English bulldog, Budkis. Budkis' owners, Mij and Chuck Charbonneau, threw birthday parties for him in their backyard, inviting upwards of 50 to 80 people. Overwhelmed by what seemed like endless gifts for Budkis, the Charbonneau's soon decided to ask for donations that could go toward senior pet health care.

"When Budkis was age 8, we raised \$200. At age 9, we raised \$500. And when Budkis passed away at age 11-and-a-half, we raised \$2,000," says Mij Charbonneau. "After Budkis died, we approached Renton Community Foundation and asked if they would consider taking us on and supporting our cause. We thought it would give us credibility and visibility in the community."

In 2006, the fund distributed \$13,256 in grants and benefited 43 seniors. Each year the fund puts on a charity auction in September, last year raising approximately \$30,000.

"Renton Community Foundation is a godsend,"

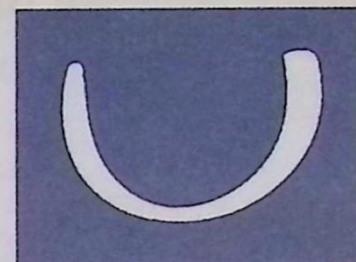
Charbonneau says. "We wouldn't be where we are without this foundation. It manages our money, pays our bills, and does our taxes. It frees us up to do the fun stuff, which is raising the money and distributing it."

Marcie Maxwell and husband Steve were one of the first to begin a fund with the Renton Community Foundation. Their Maxwell Fund for Youth and Families has distributed a total of \$50,000- to \$60,000 to local schools and groups that benefit youth and families.

"We wanted a way where we could give back to the community and have the opportunity to make donations as well as participate in deciding where the grants will go," Maxwell says.

"The great thing about Renton Community Foundation is that it's a wonderful umbrella organization that allows a family like ours to set up a fund."

For more information about RCF, Bohart welcomes calls at 425-687-4622.



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healthy advice

by dr. bob thompson

Ways to keep the aging memory sharp

Why immunizations matter for your child

I still have vivid memories of lining up in the school gymnasium with my classmates waiting in nervous anticipation for my turn to be stuck by the school nurse with the smallpox vaccine. The injection would leave a small round scar on our left shoulder that we viewed as a badge of courage for those of us in first grade at the time. Remarkably, through a world-wide vaccination effort started in 1967, smallpox was eradicated with the last reported case occurring in 1977 in Somalia.

As we prepare our children to head back to school this fall, many students, particularly those entering kindergarten and sixth grade, should be in the doctor's office to update their immunizations. Immunization success stories have led some parents to think that diseases like polio, whooping cough, and measles no longer exist—but they do.

Because many parents today have never seen a child with measles, for example, they mistakenly may think of it as a mild childhood disease. The truth, however, is that before the vaccine became available in 1963, measles killed 3,000 children



Dr. Bob Thompson

and caused 48,000 hospitalizations annually in the United States.

In the late 1980s, unsubstantiated claims suggesting an association between measles and neurological disorders, including autism, led to reduced vaccine use and a resurgence of measles. There were 55,000 cases of measles, 11,000 hospitalizations, and 123 deaths caused by an outbreak of measles in 1989-90 in the United States. The majority of these cases were in unimmunized preschool children.

When it comes to child health, prevention is always better than treatment. Nowhere is this more evident than with immunizations. In the early years of my career, I hospitalized a handful of children every year with potentially fatal bacterial meningitis. With the development of childhood vaccines to prevent both *hemophilus influenzae* meningitis and pneumococcal meningitis I have not seen

a single child in my office with bacterial meningitis in the past 10 years. More recently, vaccines have become available to protect infants from Rotavirus gastroenteritis and young women from cervical cancer found to be caused by the Human Papilloma virus.

Unfortunately, there is a lot of misinformation out there regarding vaccines. If you have not already done so, I strongly urge you to discuss the risks and benefits of immunizing your children with your pediatrician or family doctor. I would also recommend the American Academy of Pediatrics web site, www.AAP.org, as an excellent resource for up-to-date information on immunization facts and schedules.

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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pet care



More pet owners opt for palliative care

BY CHARLIE POWELL

Most pet owners eventually face tough, end-of-life choices for their animals. Until recently, the two most common choices were euthanasia versus treatment that might be expensive and uncertain. Now there is a third option.

Many are opting for palliative care. The word palliative comes from the Latin word *palliare*, meaning to cloak or mask. Palliative medical care is any form of care or treatment intended to reduce the impact of disease symptoms and with no expectation of a cure. Some

like to think of this as sort of hospice care for animals and that's not too far off.

Palliative care's goal is to prevent and relieve suffering and to improve quality of life for our animal companions. Veterinarians in private practice as well as in a veterinary teaching hospital like that at Washington State University deal with this issue almost daily. Typically, palliative care is less expensive than that which is considered curative. At the same time it extends the time an owner has with a cherished friend.

It provides precious time that makes the end less immediate than euthanasia and allows more acceptance of the final outcome.

Our family had a cat named Elliot for 16 years. He was a rescue kitten from a local shelter and grew up alongside my daughters. As he aged, he became more infirm. His walk became a little more stiff and his senses a little more dulled.

When he first entered his geriatric years he suddenly lost his appetite. A trip to the veterinarian soon had my wife administering an appetite stimulant in pill form, and it worked. A registered nurse, my wife was thrilled at her success.

Eventually, though, Elliot couldn't hold down much food and another trip to our veterinarian started preparing us for the end.

"I don't want him to undergo a lot of

medical interventions," my wife told our veterinarian. "But at all costs, I do not want him to suffer either. Can you guide us in that direction?"

Our veterinarian (a former RN, by the way) assured us she would help us see to that.

My wife and I both worked hard with the old guy, but time finally caught up. One day, he wouldn't leave his bed and he acted in pain. It was time to end his misery.

"Can you do it?" my wife sobbed, "because I just can't."

Soon I was at the veterinarian's office. She and her staff were ready. I don't think Elliot even felt the needle as he simply passed as if he was settling in for one of the thousands of naps he took while enriching our lives.

To this day, my wife talks about Elliot and the joy he brought our family. But I've also observed she takes great pride in describing everything she did to help him while she could. What I see is a person who more easily accepted the end of a long friendship, especially since she made things a little easier along the way.

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

Where to find more information

The most comprehensive information on pet hospice and palliative care can be found at The Nikki Hospice Foundation for Pets. They are located in Vallejo, Calif., or online at www.pethospice.org/.

Palliative care in veterinary medicine is probably encountered most often when animals are diagnosed with cancer. A good review of the subject was written by Rodney Page and presented at the 26th Congress of the World Small Animal Veterinary Association in 2001 in Vancouver, Canada. You may want to give your local veterinarian a copy or read it yourself. It is accessible at: www.vin.com/VINDAPub/SearchPB/Proceedings/PRO5003/PRO0180.htm

Our colleagues at Colorado State University's The Argus Institute in the James L. Voss Veterinary Medical Center are also a good resource of information. They are staffed not only with professionals but also with a dedicated core of volunteers providing hospice care. Learn about them at: www.argusinstitute.colostate.edu/pethospice.htm.

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When the Roxy Theatre went to war

BY ELIZABETH P. STEWART

*A*s I wrote here last month, movie theaters in Renton benefited from Benjamin and Erwin Fey's willingness to make the investment to succeed even during the Depression. Their empire launched, Benjamin died suddenly of appendicitis in 1938 at the age of 64. His son Erwin was left with the full responsibility for the Roxy and the Renton Theatres, as well as for his mother Lillie.

World War II brought significant changes to the city of Renton and the Fey movie empire. The explosion of wartime employment resulted in a population boom, which, along with bigger paychecks, meant more moviegoers for the Renton and the Roxy. Like most busi-

ness-owners, Erwin Fey supported the war effort. He adjusted the theaters' hours to comply with wartime curfews, and his theaters participated in bond drives to raise money for the war effort. But the war didn't necessarily bring out the best in everyone; theater employees later remembered occasional run-ins with soldiers and sailors on leave who'd had a little too much to drink.

When the U.S. declared war after the Pearl Harbor attack, many feared that the enemy might target the city and its Boeing plant. Renton was under a blackout, with all exterior lighting banned at night. Erwin Fey volunteered for duty as an air raid warden and he was assigned to watch for enemy planes from Renton Hill, while his mother managed the theaters. Projectionist Ashley Bridgham remembered taking a telephone call for Lillie one night after the last show. On

the other end of the line a man was shouting and swearing; the caller was the normally soft-spoken Erwin Fey, angry that his mother had accidentally turned on the Roxy's huge marquee. The Roxy sign was the only light for miles around!

Later Erwin Fey would recall the 1960s as far more challenging than the Depression or World War II. National theater chains began to dominate the movie business, so that smaller independents had difficulty obtaining first-run films. In 1975 Erwin Fey celebrated his 50th year in the movie business, but he knew his small theaters couldn't compete much longer. "We're on the way out, like the little mom-and-pop grocery stores," he believed. Still, he never compromised his standards, and when the time came to retire, he sold his theaters with the stipulation that the new owners would never show adult films. Fey's



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Program for showing of "Bedtime for Bonzo," 1952.

insistence on quality, along with community opposition to X-rated films, would later become the basis for a city ordinance restricting such films, one that withstood challenges all the way to the U.S. Supreme Court.

Thanks to Larry Price for his assistance. Elizabeth P. Stewart is the director of the Renton History Museum. 425.255.2330. www.rentonhistory.org.



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The bald eagle, the United State's national bird, topped the headlines last June when the U.S. Fish and Wildlife Service lifted the species from the threatened list after it had been there since 1967. In that span of time, the bald eagle rose from 417 pairs in the lower 48 states to now 11,040 pairs. Pictured is a bald eagle perched on a piling at Kennydale Beach, one of approximately 800 pairs in Washington State. The city of Renton is home to this beautiful bird along the shores of Lake Washington and the Cedar River.

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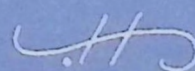
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