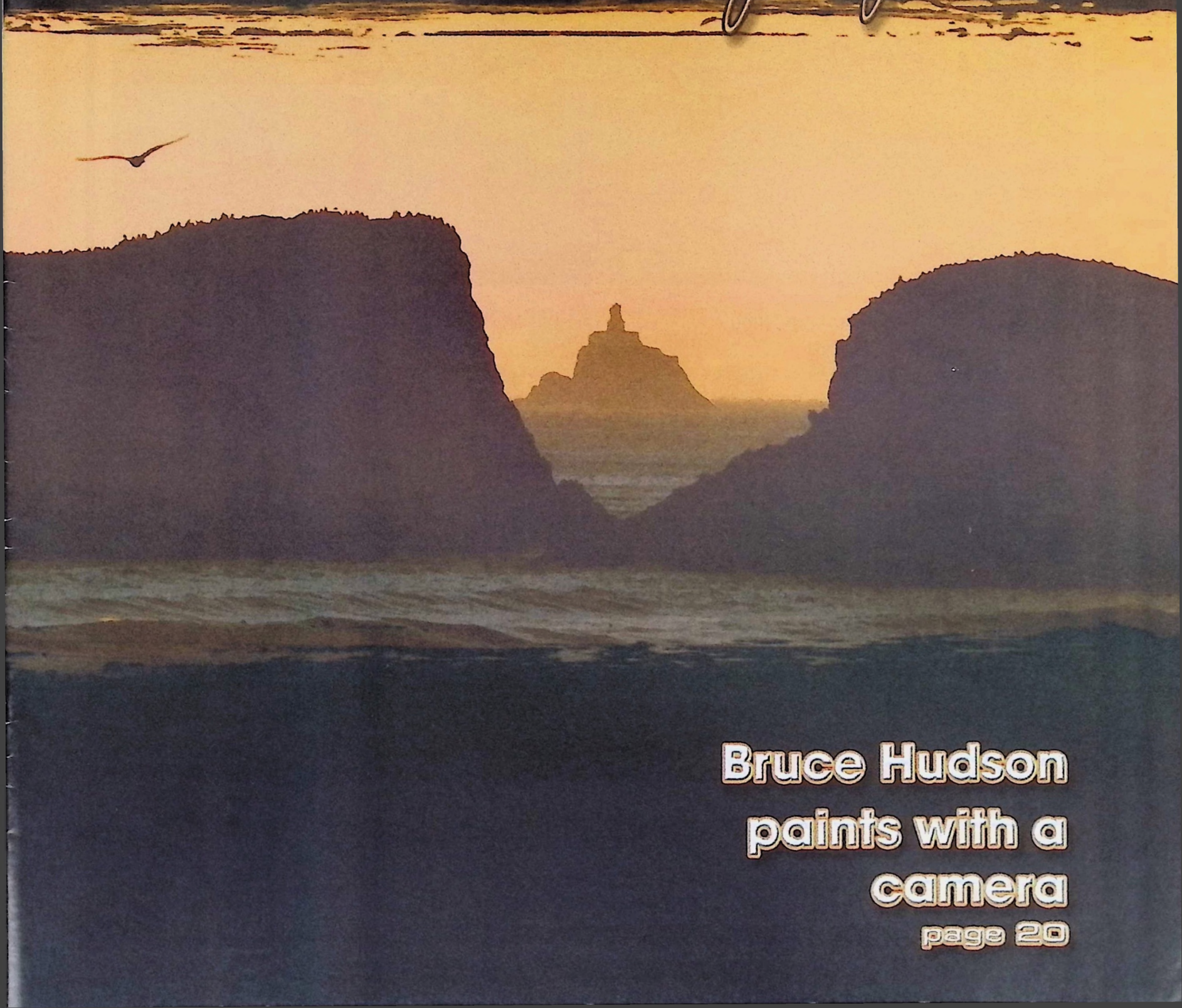


RENTON *Magazine*

Volume 2 / No 10 October 2007



Bruce Hudson
paints with a
camera
page 20

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of jeans
in one load*



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*Varies sizes. See store for complete details. Offer good only on select Whirlpool® Brand appliances. Offer valid only at participating Whirlpool® Brand retailers. ®Registered trademark/™Trademark of Whirlpool, U.S.A. ©2007 Whirlpool Corporation. All rights reserved. For more information on Whirlpool® Home Appliances, visit www.whirlpool.com or call 1-800-253-1301, EBK

Offer valid October 14 - December 15, 2007



WTW6400S

WE/GD6200S

Whirlpool® Cabrio™ HE Washer

- Direct Inject wash system deep cleans with a concentrated burst of detergent
- Uses 44% less water and 55% less energy*
- 6th Sense™ technology

Whirlpool® Cabrio™ Dryer

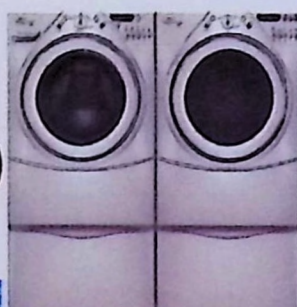
- Dries a load in just under 30 minutes with the AccelerCare™ drying system**
- The Wrinkle Shield™ Plus option helps prevent wrinkles for up to 60 minutes after drying time
- The Quiet Dry noise reduction system lessens operational sounds



WFW9200SQ

Whirlpool® Duet HT™ Washer

- Direct Inject wash system cleans large loads with a stain-removing burst of concentrated detergent
- 6th Sense™ technology measures load size to assign wash action
- 6-Point suspension absorbs excess vibration for installation versatility



WE/GD9200SQ

Whirlpool® Duet® Dryer

- The AccelerCare™ drying system dries clothes in the time it takes to wash them*
- Wrinkle Shield™ Plus option tumbles clothes after the cycle is complete to help prevent wrinkles from setting
- Reversible door and 4-way venting create added installation versatility



Shown with optional 15.5" pedestal

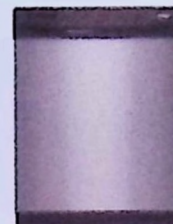


GCSSHEXN

Whirlpool Gold™ Side-by-Side Refrigerator 25.0 cu. ft.

- Stylish DesignerFit™ counter depth design
- PUR® water filtration system with EZ-Change™ filter and indicator light**

* Space advantage in Whirlpool® 25/26 cu. ft. models compared to same-sized Whirlpool® models with conventional ice makers.
** PUR is a registered trademark of the Procter & Gamble Company



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Whirlpool Gold® Dishwasher

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- Slate Interior
- Adaptive Wash cycle takes the guesswork out of cycle selection
- EZ-2-Lift™ adjustable upper rack
- No other brand has fewer repairs... for 10 years in a row†
- Super Capacity tall tub

†Whirlpool® dishwashers. As rated by a leading consumer magazine, January 2006.



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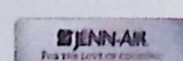
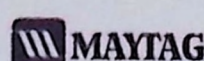
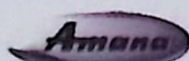
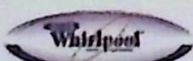
Sunday
Noon - 5pm

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publisher's note

In the Fall for each of the past 38 years, there has been a special celebration in Renton to recognize individuals, who have been very dedicated in making Renton a better place to live, work, play and learn. Local residents, judges, school leaders, business owners, and now a pastor have been added to the prestigious roll of Renton's Citizens of the Year. The City of Renton, Renton Chamber of Commerce and the Rotary Club of Renton sponsor the recognition.

Selecting a single recipient from among the many outstanding nominees is always difficult. I have served on the selection committee several times during my terms on the Rotary and chamber boards. The fact that it's not easy to pick the most deserving nominee is a testament to the number of citizens who routinely give of themselves to help improve the lives of others.

If you are fortunate to know Kirby Unti (you're new to Renton if you don't), you'll likely agree with me that Kirby is worthy of being named Renton's Citizen of the Year. I have known Kirby since 1995 when I started the Renton Reporter.

I was able to recruit him to write a regular column, which he continues today in this magazine.

Kirby is active in many local organizations and has devoted years of volunteer service to help others, in addition to serving the needs of his parishioners at St. Matthew's Lutheran Church. He is the one most of us automatically call when we need a volunteer, whether it's



Denis Law
PUBLISHER

to serve as master of ceremonies at a local charity event or helping organize programs that benefit our youth. He always finds time to serve others.

Here are a couple quotes from the nomination submitted for Kirby: "Since I began working in Renton in 1994, Kirby has always been at the forefront of key community projects as a gentle but persuasive voice of reason, focusing on the needs in our community," said Susan Richards, Executive Director of the Communities in Schools of Renton.

Here's another: "(Kirby) believes strongly that the strength of a community depends on all segments working together for the common good," said Don Jacobson, "He has added greatly to make Renton a good place to live for us all."

Congratulations and thank you, Kirby, for all you do.

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Publisher | Denis W. Law
denislaw@rentonmagazine.com

Associate Publisher | Diana Kramer
dianakramer@rentonmagazine.com

Executive Editor | David Suffia
davidsuffia@rentonmagazine.com

Reporter | Andrew Fickes
news@rentonmagazine.com

Advertising | Marie Shaw
marie@rentonmagazine.com

Graphic Artist | Kerri Ladines

Photographer | Dena Rosko

Columnists | Kirby Unti
| Elaine Anderson
| Dr. Bob Thompson

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cover: Bruce Hudson is known widely for his creative photos of graduations, weddings and other family events. See page 20. Photo by Bruce Hudson.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Maplewood Golf Course
425.430.6800

Police Dept
(non emergency)
425.430.7500

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

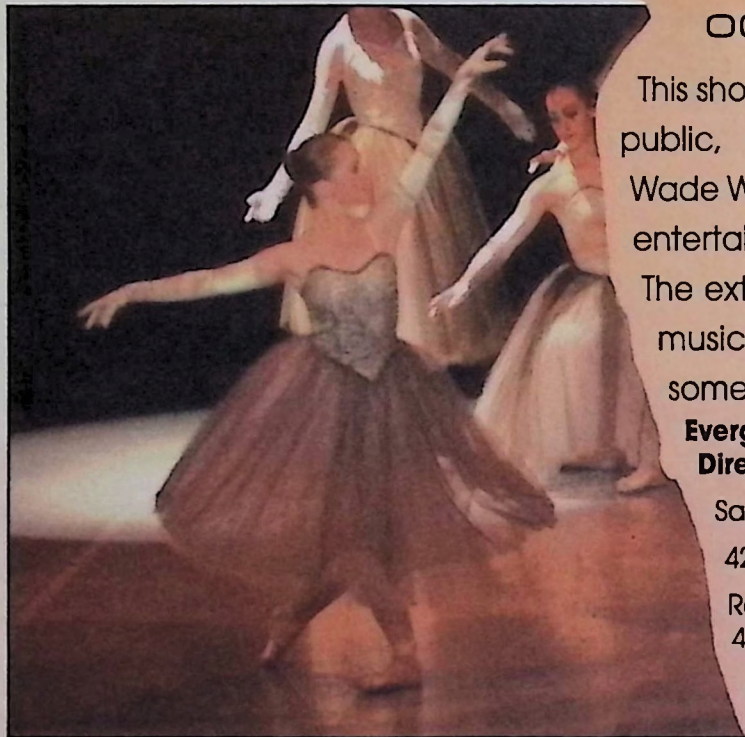
Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming october events

Evergreen City Ballet: Director's Best

october 13



This showcase of works selected by the public, dancers, and artistic director Wade Walthall, is sure to be an eclectic, entertaining and enticing experience. The extensive range of choreography, music and costume guarantees something for everyone to enjoy.

Evergreen City Ballet: Director's Best

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

425-228-6800

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

Admission: \$12-\$30 / child-senior-adult



october 9

Totemic Impressions

Tuesday at 4:30 p.m.

425-255-2330

Renton History Museum
235 Mill Ave. S.

Admission: RHM members
admitted free



october 18

2007 Citizen of the Year Awards Banquet

Thursday at 5 p.m.; Dinner at
6 p.m.

Register at www.gorenton.com or call 425-226-4560

Renton Senior Activity Center
211 Burnett Ave. N.

Admission: \$25 per person



october 27

Holiday Craft Bazaar at Renton Senior Center

Saturday from 10 a.m. to 4
p.m.

425-430-6633

Renton Senior Activity Center
211 Burnett Ave. N.

Admission: Free

Halloween Hullabaloo!

october 27

Prizes for best costume!
Dance to pop, rock,
swing and country
classics played by Ron
Bolin, the "Dancing DJ."

Saturday from 8 p.m. to mid-
night

425-255-9211

The Rockin' Horse Dance
Barn
11820 150th Ave. SE

Admission: \$12 with half-hour
lesson at 7:30 p.m.

upcoming september events



Death Trap

**October 19 -
November 4**

This murder-mystery thriller presented by Renton Civic Theatre will keep you on the edge of your seat.

Thursdays
at 7:30 p.m.

Friday and Saturdays
at 8 p.m.

Sunday matinees
at 2 p.m.

425-226-5529

Renton Civic Theatre
507 S. Third St.

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



Business Expo and Fall Harvest Festival

october 6

Celebrate the crisp air and fall colors at the Harvest Festival on the Piazza. Step inside the Spirit of Washington Event Center to see more than 75 local businesses, 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

Saturday from 10 a.m.
to 4 p.m.

Business Expo: 425-226-4560
Harvest Festival: 425-228-1977

Spirit of Washington Event
Center and Piazza Park
South 3rd and Burnett Ave. S.

Admission: Free



october 27

Boo Carnival

Children ages 2 to 8 are welcome at the Renton Community Center for a spirited time. Crafts, games, and inflatables (sponsored by Stoneway Concrete) will be on hand to amuse and delight young minds. Concessions are also available for purchase. Don't forget your camera!

Saturday from 10 a.m.
to 12:30 p.m.

425-430-6700

Renton Community Center
1715 Maple Valley Highway

Admission: \$6



Sunset

Graduating
Orange to Yellow
Invisible-set
Sapphire

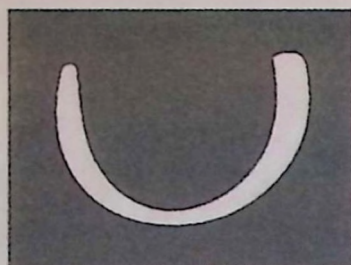
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calendar of events

COMMUNITY EVENTS

Fall Family Concert: Seattle Philharmonic Orchestra

Sunday, Oct. 14, at 3 p.m.

Conductor Adam Stern will lead the Seattle Philharmonic Orchestra in an entertaining fall family concert classic, sponsored by Allied Arts of Renton, Renton Municipal Arts Commission, and the Renton School District. Several Hazen High School music students will perform in two numbers.

IKEA Performing Arts Center
400 S. 2nd St.

425-255-5145

Admission: \$8/adults, \$5/seniors,
and \$3/students 18 and younger

www.ikeapac.org

KIDS ACTIVITIES

Soccer Challenge

Thursday, Oct. 4, beginning at 6 p.m.

This competition for boys and girls, ages 4- to 12, at Ron Regis Park includes ball throwing, distance kick, goal shooting, and ball dribbling. Contestants will compete within their own age division (based on participant's age as of Dec. 31, 2007).

Ron Regis Park
1505 Orcas Ave. S.E.

425-430-6700

Admission: Free, pre-registration required

www.rentonwa.gov

Saturday Series: Trick or Treat

Saturday, Oct. 13, from 10 a.m. to 11:30 a.m.

Listen to a story, create wonderful crafts and enjoy a snack with all the friends you have made in class. This program is for ages 3- to 5.

Renton Community Center
1715 Maple Valley Highway

425-430-6700

Admission: \$12 for residents, \$14 for non-residents, \$3 for supplies

www.rentonwa.gov

Teen Nights

Saturdays, Oct. 20, Nov. 17, and Dec. 8, from 8-11 p.m.

Back and better than ever with a three-on-three basketball tournament, game room tournament, and much, much more. Movies, too. Snacks and prizes provided. This program is designed just for teens.

Highlands Neighborhood Center
800 Edmonds Ave. N.E.

425-430-6700

Admission: Free

www.rentonwa.gov

EDUCATIONAL EVENTS



Creations of the First People

Saturday, October 13, at 11 a.m.

The Native tribes of the Puget Sound and western Washington tell many mythic stories that address the questions of creation, how human beings came to be, the meaning of our existence, and the challenges that confront us as humans. Roger Fernandes shares the art of the First People in addition to their stories and myths. He shows slides of traditional Salish art and shares stories that inform the designs. This program is designed for elementary through adult.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: RHM members admitted free

www.rentonhistory.org

NON PROFIT EVENTS

St. Anthony's School Octobearfest

Saturday, Oct. 6, 10 a.m. to 5 p.m.

Carnival games, dunk tank, food and prizes.

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5325 NE 4th, Renton | 425.226.2422

St. Anthony Parish Hall
314 S. 4th St.
425-255-0059
Admission: Free
www.sasr.org

SENIOR EVENTS

RENTON SENIOR ACTIVITY CENTER

211 Burnett Ave. N.
425-430-6633

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



Masquerade Party

Friday, Oct. 19, 4 p.m. to 7 p.m.

Dig out your glitzy masks, a fun costume or just something bright to wear. Quartet of Four will entertain us and we will dine on fresh bacon, lettuce and tomato sandwiches and potato chips. Supper will be served between 4 p.m. and 5 p.m. Tickets are on sale and must be purchased by Oct. 17.

Admission: \$6

Halloween Luncheon

Wednesday, Oct. 31 at 11:30 a.m.

Dress up in your favorite costume or Halloween attire and join us for a ghastly, ghostly lunch. We will have a costume parade and some fun prizes for creative costumes. Lunch will be served at 11:30 a.m.

Admission: \$3 for age 60 and up; \$5.75 if under 60

Harvest Moon Dance

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

Join us for some social fun on a cool autumn evening at our Harvest Moon Dance. After a hearty meal of biscuits and gravy, get up and dance or just sit back and enjoy the music of Joani Noel and Duo. Tickets will be available Oct. 22 and must be purchased by Nov. 14. Supper will be served from 4 p.m. to 5 p.m.

Admission: \$6

WINE AND BEER TASTING



Red House

Oct. 3-Octoberfest beers
Oct. 10-California wines
Oct. 17-Bear Republic Beers
Oct. 24-Wines of the grateful palate
Oct. 31-Halloween party w/scary good wines (reservations please)

Wednesdays from 6 p.m. to 8 p.m.

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

Oct. 6-Canyon's Edge
Oct. 13-TBA
Oct. 20-Chandler Reach
Oct. 27-TBA
Saturdays from 11 a.m. to 6:30 p.m.

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

425-254-8400

Admission: Free

The Wine Alley

Oct. 4-Barrister Winery
Oct. 11-Wines of Europe
Oct. 18-L'Ecole No. 41
Oct. 25-Charles Krug
Nov. 1-Pinot tasting w/Vinum wine imports
Thursdays from 5 p.m. to 7 p.m.

The Wine Alley
14276 SE 176th St.

425-271-4501

Tasting fee: \$10; complimentary for wine club members

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I like our weather, even when summer skips a month

*M*y wife and I spent an unusual amount of time grouching about the poor summer weather this year. I'm sure lots of other people have been too. I was born in Renton, and although I've moved away and back a few times, I've lived here for the most part of my life.

This year's was just about the worst August I can remember in my 63 years. Fortunately, September redeemed things somewhat.

On the other hand, we traveled to western North Carolina for a week recently to visit my wife's relatives and it gave me renewed perspective on the climate here. Although the sun shined every day we were in Asheville, it was awful.

The temperature was around 90 every day and the humidity was dreadful. Two holes on the golf course left me wringing wet with perspiration and I thought I was going to stop breathing after

about 12 holes.

That visit got my wife and me talking about where else we might live if we didn't live here. I've traveled to most of the states over the years, so I've had a taste of most areas. I've nearly fried to death in the summer

heat of Houston, and I almost froze to death walking one block in Washington D.C. in winter.

California is too crowded for the most part in those places that have good weather. Just about anywhere between the West Coast and the East Coast has horrible weather with too-hot summers and/or too-cold winters.



David Suffia
EXECUTIVE EDITOR

To me, the Midwest is a weather wasteland. Arizona, where my older daughter lives, is a scorched desert. The South is, well, the South. It's terrific if you like heat and humidity in abundance. New England is way too cold for me. Most of the upper East Coast is too crowded as well as too hot and too cold. Parts of Florida have decent weather, if you don't mind hurricanes.

What's left? Here, of course, where the winters are mild, with snow a relative rarity, and the summers are usually warm without feeling like you're in a frying pan. The rain? Call me crazy, but I like rain. It isn't white and it doesn't pile up in drifts.

Renton is blessed with a lot of things, and I think the climate is one of the blessings, despite an occasional month of summer that seems to pass us by.

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JOHN F. BUCHAN
HOMES

*One per registered group

Thank you, Valley Medical Center



KIRBY UNTI

I just returned from the Black Diamond Cemetery where I laid to rest one of our old-time Swedes, Harold Anderson. Harold lived to be 94 years of age, never married and had no children. He did have a dear friend Ethel and extended family members that kept an eye out for him. He died with a full head of black hair, and didn't need eyeglasses.

One of the sayings of Harold that will be long remembered by his family was the salutation he offered after spending the day with you. Harold would simply say, "Thanks for the day." He uttered those words of gratitude even if you upset him or disappointed him. Nonetheless he would say, "Thanks for the day."

People who live with a sense of gratitude live much richer and happier lives. They invest their lives by looking for what is right, leaving the grumpy people in the community to point out everything that is wrong.

I want to point out an institution in our community that we should all be very grateful for, Valley Medical Center. Valley ranks as one of the largest and most effective Level III Trauma Centers on the West Coast. It holds the top spot in the state for orthopedics and joint replacement as well as best in Washington for bariatric surgery. The newly completed birthing center rightfully boasts both the latest in technology and the finest accommodations for mothers and their newborns.

I could go on and on about the list of first-rate services. This is all from a hospital that, when I arrived in town in 1980, was well known as "Death Valley" or by some as "Valley Vet."

Valley has been fortunate to have attracted strong executive leadership and excellent commissioners. I know firsthand that the commissioners have pushed VMC to be heavily involved in the community, supporting the Renton Rotary Clinic, providing flu shots for our seniors, bike helmets for our children and writing off thousands of dollars in health care costs for those in our community who have little or no means. In addition, we now have several VMC clinics strategically located in the community, and we have VMC to thank for being the inspiration for the Chateau at Valley assisted living facility.

We can be thankful for their leadership because they have seen to it that VMC is ranked by Washington CEO Magazine as the best place to work (in the non-profit category). Valley was also recognized by state auditor Brian Sontag in a commendation for five years of service without any audit findings.

What perhaps matters most to all of us is Valley's commitment to provide the finest emergency services of any hospital. We will soon open the doors in our community to a multiple story, emergency services / patient care tower that will change forever what it means to visit the emergency room. This same tower will help us be ready for any large-scale disasters.

If you know anything about health care and the state of hospitals in the world today, you know that many of them have either gone out of existence or have had to combine with others to try and keep up with services. We are most fortunate that during this same time frame, Valley Medical Center has been able to greatly increase and improve services.

Let's join an old-timer in saying, "Thanks!"

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



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-Wills/Estate/Probate	-Land Use/Zoning/Eminent Domain	-Construction
-Personal Injury	-Family Law/Adoption	-Immigration
-Business/Formation/Tax	-Creditor/Debtor - Bankruptcy	-Employment

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253-520-5000 - 6703 South 234th Street, Suite 300, Kent, WA 98032

around the garden



BY ELAINE ANDERSON

October – a month of shrieks and eeks! Most of these outbursts are the result of coming face-to-face with goblins and ghouls, not to mention corpses rising from their coffins and maniacs chasing us with axes.

But you don't need to visit a haunted house to hear shrieks this month. Any house will do. This is the time of year when we come face-to-face with large spiders, vary large spiders. Even a spider lover such as I can be startled when such a creature rounds a corner and stares her in the eye.

Eek - a spider!



Spiders seem to be more numerous right now, but they aren't really. We're simply noticing them because they're all grown up, and most are at the end of their life cycles. In the garden, their webs are larger and more noticeable, too. (If you've never watched a spider construct a web, you've missed one of nature's true marvels. It's an amazing feat of engineering.)

It's a bit easier to accept the fact that spiders are beneficial inhabitants of our gardens than to think of them as being good guys to have around the home. The fact is, they are considered beneficial in both places. Spiders are important—some say the most important—predators on earth. They are found in most habitats and eat tons of insect pests every year. Spiders help control aphids, flies, grasshoppers, thrips and many other

types of bugs that pester our plants.

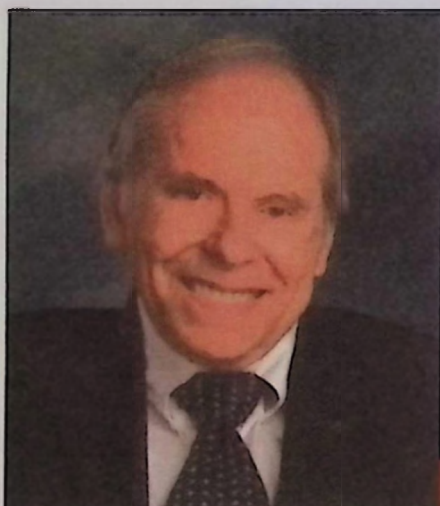
What can we do to make our eight-legged friends feel at home in the garden? It goes without saying, but I'll say it anyway, that we shouldn't use broad-spectrum insecticides. Make use of mulch, which provides protection, moisture, and a place for overwintering eggs. Grow flowers and plants that attract prey, not a difficult thing to do! Be cautious around spiders, but you needn't be overly concerned with being bitten by a poisonous one. There are very few spiders whose bites require medical attention.

When you see a robust specimen of spiderhood, don't be afraid. Thank it for all the good it does.

Of course, if you find yourself in Miss Muffet's situation, a dislike of spiders is understandable. Her father, Dr. Thomas Muffet (1553-1604) believed

that spiders could cure many of our ills, including gout and runny eyes. The latter condition was treated with the dung and urine of house spiders. (Don't ask me how he collected these substances, I haven't a clue. But, he must have kept lots of spiders around.) The good doctor used his daughter Miss Patience Muffet as a guinea pig for his spider cures. It's no wonder the sight of one sent her running!

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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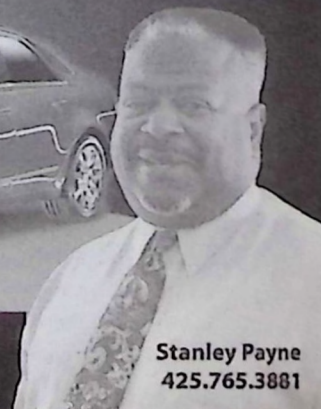
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The salmon are coming! The salmon are coming!

BY AARON OESTING

Every fall the cycles of nature bring salmon back to the Cedar River to spawn. Due to its location over the river, the Renton Public Library has always been a prime spot to witness this wondrous process, and the library has worked closely with local organizations to raise public awareness and appreciation of this miraculous phenomenon.

This year, the annual salmon migration is being highlighted through a community art project titled Cedar Salmon, sponsored by the Friends of the Cedar River Watershed. Library staff are proud to be able to play a role in this effort.

The project involves 10 life-sized salmon silhouettes created from cedar planks that have been turned into works of art by local artists. These will be displayed at a series of sites along the salmon's migration route from

Puget Sound to the Cedar River Education Center in North Bend, where they will be auctioned off as part of a fundraising event to raise money for the restoration of habitats along spawning streams. Then, like the real salmon that give their lives to benefit the next generation, the Cedar Salmon will pass into the hands of collectors, leaving funding in their places to help sustain salmon programs in the coming year.

The salmon art will be on display at the Renton Public Library from Oct. 7 through Nov. 3. The showing will coincide with weekend visits to the library by naturalists who will be available Oct. 13, 20, 21, 27, 28, and Nov. 3 to explain the life cycle of the salmon and the importance of the Cedar River as prime salmon habitat.

Make plans to come to the Renton Public Library in October to view the art display, talk with the naturalists, watch the salmon, and witness a ritual as old as time.

Aaron Oesting is assistant director of the Renton Public Library, 425-430-6610.

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Siblings share an artistic flare with nature



RENTON MAGAZINE / Gary Palmer

Casey, 14, and Ryan, 18, are quite the artistic pair. They showcased their work at the Art & Antique Walk in downtown Renton in August. Ryan likes to illustrate and paint. Casey takes photos and plays the harp.



BY ANDREW FICKES

With nature at their doorstep, artistic expression is something Ryan and Casey Pinckney can't ignore and don't really want to.

The brother and sister live at the edge of Cougar Mountain Park near Maple Valley where they share their backyard with

cougars, deer, bears, reptiles, and birds.

For Ryan, 18, this closeness to nature piqued his interest at age 12 when he began to experiment with pen and ink, then watercolor, and most recently colored pencil. Immersed in his backyard and other natural settings, Ryan has drawn herons, owls, bald eagles and other wildlife.

At 14, he began selling his work and displaying it in art shows. He wants to pursue

Ryan Pinckney

CASEY & RYAN ~ next page



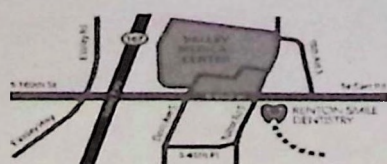
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PHOTOS COURTESY OF THE PINCKNEY FAMILY

Pictured left, is a pen and ink illustration by Ryan. Casey has performed her harp publicly for two years, saying it is a "cool instrument."

CASEY & RYAN

from page 12

freelance opportunities.

"I like the idea that I could do what I want and not have to listen to what other people think," he says.

His sister Casey, now 14, found her calling in photography at age 9.

"I do nature photography—a lot of close-ups of wildlife, birds, reptiles, flowers, and natural landscapes like Mount Rainier," she says. "When there's a frog there sitting on the ground and you want to take a picture of it—then I say why not."

Casey has also done well musically, performing publicly for two years on the harp. She performs Celtic, Latin American, jazz, and classical arrangements in settings as varied as weddings, open houses, and art shows.

"It's such a cool instrument," she says. "So many people don't know much about the harp. It's fun in that respect."

Casey also plays piano and has an affinity for molecular genetics and creative writing.

Ryan and Casey say that they don't compete with each other. In fact, they use their talents to their mutual advantage, showing their work together at art shows. In August, both exhibited at the Downtown Art and Antique walk in Renton at Merrill Gardens. Ryan displayed his wildlife art and Casey, her vibrantly colored photographs. Their postcards are popular, and Casey performed on her harp during the show.

The two have also exhibited at the art walk in Issaquah, the Issaquah Farmers Market, and numerous other craft fairs.

Ryan recently completed a one-year natural science illustration course at the University of Washington and is a certified natural science illustrator, which allows him to pursue medical drawing jobs or natural wildlife opportunities. His class work can be seen at the UW's Burke Museum.

"I'd like to become a natural freelance illustrator and do it all myself and support myself," he says.

This fall he'll begin to pursue an associate degree in business management at Bellevue Community College.

Ryan says taking the illustration course taught him that accuracy is everything. Watercolor, his favorite medium, is one of the hardest to tackle. He says he usually devotes two to five hours a day to his craft.

Casey says she seldom steps out of the house without her digital Panasonic camera.

"My photo-taking is kind of random," she says.

Her favorite animal to photograph is the frog.

"They're just so fun and interesting to look at," she says.

Their mother, Janet, says the origin of her children's talents is unknown. She and her father enjoyed photography, but Ryan's drawing abilities, she says, are all his own.

"My greatest wish is for Ryan and Casey to find something that makes them happy," she says.

For those interested in Casey and Ryan's work, the two invite inquiries to pedalbarn@msn.com.

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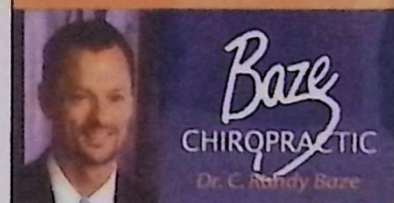


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Anne Simpson

was born to fly

BY DAVID SUFFIA

Anne Simpson is one of Renton's newer residents, and one the city's most energetic and accomplished.

She's a Northwest Airlines 747 pilot, a high-visibility philanthropist, outdoorswoman and mother.

"It's the way we were raised as kids, to be active, to become good citizens and give back to the community," says Simpson, the daughter of successful and well-known parents. "We had great role models."

Her father was W. Hunter Simpson, former IBM executive, head of Physio-Control Corp., and noted philanthropist before his death. Her mother is Dorothy Simpson, 83, also well known for her philanthropic efforts, as well as her aeronautic exploits.

Dorothy was recognized by the Guinness Book of World Records as the oldest woman to experience zero gravity, when she was 80. Her husband bid successfully on a zero-gravity flight aboard a Russian aircraft in an auction at the Museum of Flight, and Dorothy got to go.

Anne Simpson grew up on Mercer Island amid a family history of flying.

"Both my parents had private pilot's licenses. My mother wanted to fly with the Women Airforce Service Pilots (WASPs) during World War II. She didn't get the chance, but she later became a stewardess for Pan American for a year-and-a-half before she met my father and got married.

"My father loved airplanes. My mother's uncle was a captain for Pan Am, and her sister married an Eastern Airlines pilot.

"When I was in high school my parents offered to pay for me to get my pilot's license, but I didn't take them up on it until I was a sophomore in college," Anne recalls.

Small wonder she became only the third woman pilot hired by Northwest, in 1981. She began as a second officer on 727s and worked her way up until

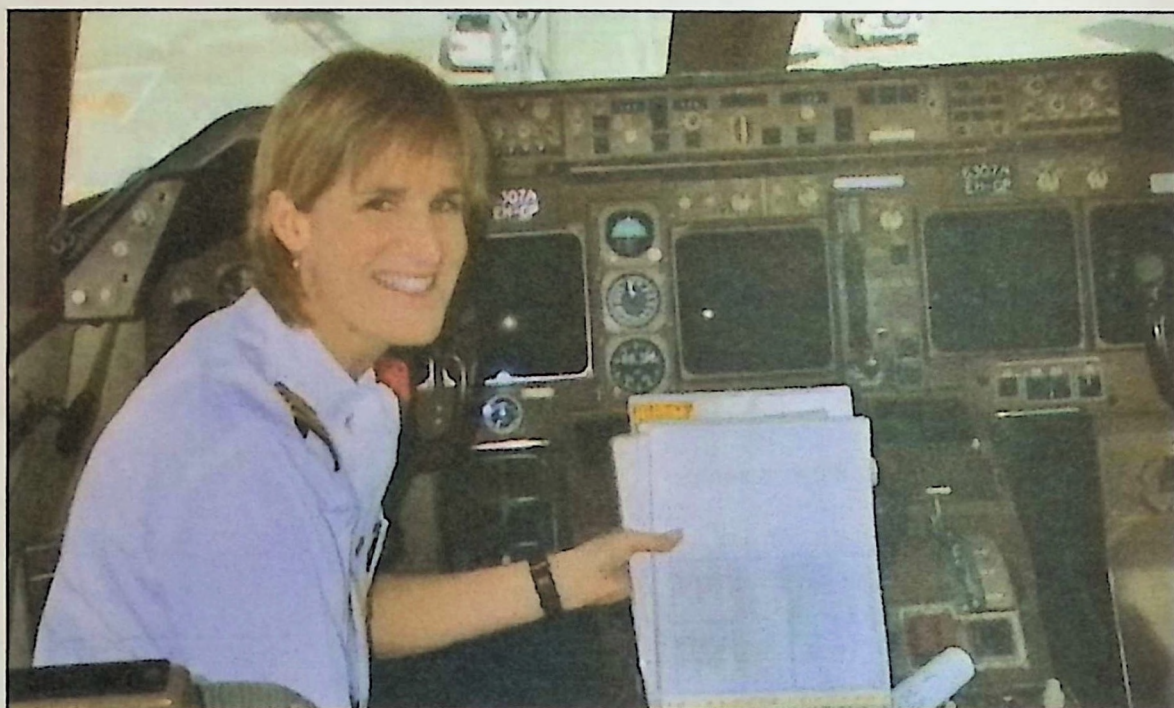


PHOTO COURTESY OF ANNE SIMPSON

Anne Simpson in the cockpit of a Northwest Airlines 747 jumbo jet.

I'm still amazed that Northwest gives little old me the keys to fly this huge airplane to Asia. ~Anne Simpson

she became a captain on 747s flying between the United States and Asia, a position she still holds.

"I'm still amazed that Northwest gives little old me the keys to fly this huge airplane to Asia."

At one point, she spent a year-and-a-half instructing other pilots how to fly the jumbo jet.

"All three of us kids were raised knowing we could do whatever we wanted to, as long as it was positive. My sister is now an executive with IBM and my brother owns a company that sells medical electronic equipment. We were taught that if you work hard, it doesn't matter what your gender is or where you from."

Her mother was a great example, she recalls, going back to college and earning her MBA when her children were grown.

"She did a lot of great things for this area through her philanthropy," Anne says.

Anne and her partner, Charlie Conner, head of Conner Homes Co., are also well known for giving to the community. Anne is on the executive board at the Museum of Flight and active in the ARCS Foundation, a volunteer women's organization that awards graduate scholarships to students at the University of Washington and Washington State University. ARCS has handed out more than \$7 million in grants, she says.

The two also are physically active. Charlie often bicycles from their Kenndale home to his office in Bellevue.

"My big thing is skiing," Anne says. "I've been on the Northwest Airlines ski team for six years. We compete with teams from other airlines. Charlie also got me involved with snow boarding."

That involvement led to a rotator cuff injury, which put Anne out of the cockpit for several months. She expects to return this fall to piloting 747s to Asia and

back.

The couple moved to their Lake Washington waterfront home in March. Prior to that, Anne had lived in Minneapolis for 23 years before moving back to Mercer Island, where she grew up.

Anne, who is 52, sees "lots of opportunity for Renton's future. There is incredible potential. I think Renton will be the next Kirkland, with all the waterfront it has, and The Landing mall and other developments."

When Anne isn't flying jumbo jets, she likes to sit with her dog Odie and watch brand new jetliners take off over Lake Washington from the Boeing Renton plant.



Denis LAW for Mayor



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~ Darren Motamedy



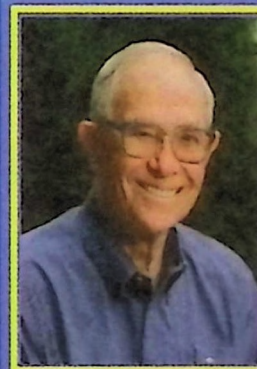
“The Highlands community is a great place to raise families, and I think it deserves to be a priority. I really appreciate what Denis Law has done to listen to the people about the Highlands, and to try to make it a focus for police resources.

~ Ed James
Educator, former
Renton Technical College Trustee



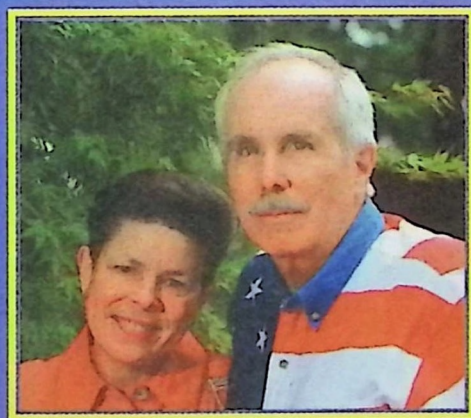
“Denis looks for solutions, not credit. He asks questions, listens to people and makes thoughtful decisions that benefit our citizens.

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“As Mayor, Denis will bring to Renton City government a keen ability to build consensus and find solutions rather than invent problems.

~ Jim Baker
Renton Resident



“The Mayor has a responsibility to communicate with the community — that is, to give information and to listen to people. Neither have been done well over these last four years. Denis has a commitment to communicating with people that is extremely effective and creates real collaboration.

~ Jerene and Jerry Battisti
Renton Residents



“Denis is committed to create a family friendly environment in our neighborhoods where we can safely raise our children.

~ Brian, Stephanie,
& Cameron Fife
Renton Residents

“Denis is a consistent voice of reason on the council and in the community. He is a person who makes thoughtful decisions with great care to the consequences of his actions, and we have a great deal of respect for his judgment.

~ Don and Pearl Jacobson
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RENTON HISTORY MUSEUM, #1989.085.2931

Men of the 212th Anti-Aircraft Artillery drill with 40mm gun, 1943.

BY ELIZABETH P. STEWART

On Jan. 4, 1944, Umberto Barei signed an affidavit offering to let the U.S. Army use part of his property to defend Renton from possible air attack. This document, now in the Renton History Museum collection, gave Battery B, 212th Anti-Aircraft Artillery Battalion "permission to construct a machine gun emplacement...for the duration of the

WW II brought population explosion

present emergency" on his land at Second and Shattuck.

The 212th had been deployed to Renton in 1942 to protect Renton's wartime industries, Boeing and PACCAR. Recent findings by Researcher Tom Monahan demonstrate that these fortunate soldiers never had to shoot down enemy aircraft here; they spent much of their time building ammunition storage shacks and filling sandbags. But after Pearl Harbor, fear of enemy bombings was very real. Gun emplacements were installed at four positions around the city, and plane spotters volunteered for duty.

Umberto Barei's willingness to sacrifice property for national defense only hints at the changes World War II made to Renton's landscape. Thousands flocked to new defense industry jobs, creating traffic problems, school overcrowding, even parking shortages.

In the war's early years, Mayor George W. Beanblossom and City Council met almost daily to try to hash out problems presented by this population explosion. Determined that Renton would be known as "The City of Free Parking Lots," city officials encouraged land-owners to loan vacant lots in exchange for maintenance, a solution so successful

that locales in states as far away as Montana copied it.

The city's most serious challenge, however, was housing. Renton's pre-war population of 4,500 had exploded to 15,300 by 1947.

"There isn't a vacant house, apartment or even a room in the town," Mayor Beanblossom lamented in 1941. Even the newly arrived soldiers of the 212th Anti-Aircraft Artillery ended up building their own barracks while they lived in tents. But the city quickly formed a Housing Authority and applied for federal funds to house wartime workers and their families, ultimately laying the foundation for a vital community in what had once been "the country" outside Renton.

Despite doubts about these newly arrived workers and servicemen—many of whom stayed and became the city's newest generation—Renton made the situation work.

For more about the 212th Anti-Aircraft Battalion, see Tom Monahan's article in the October 2007 Renton Historical Society and Museum Quarterly. Elizabeth P. Stewart is the Director of the Renton History Museum. 425.255.2330. info@rentonhistory.org.

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renton school district

Catch Renton's hometown girl on Q13 Fox News

BY ANDREW FICKES

Catching the next hot news story is always part of the job for a reporter.

Nicole Sanchez, news reporter for Q13 Fox News and Hazen High School alum, vividly remembers covering the Tacoma Mall shooting in the fall of 2005. She did live footage for Fox News Channel as well as Q13 and CNN.

She got the call from her desk editor, who said something was happening at the mall. She arrived at the scene, driven by her mother in a non-descript Toyota. Despite tight security, she was able to make it into the fray.

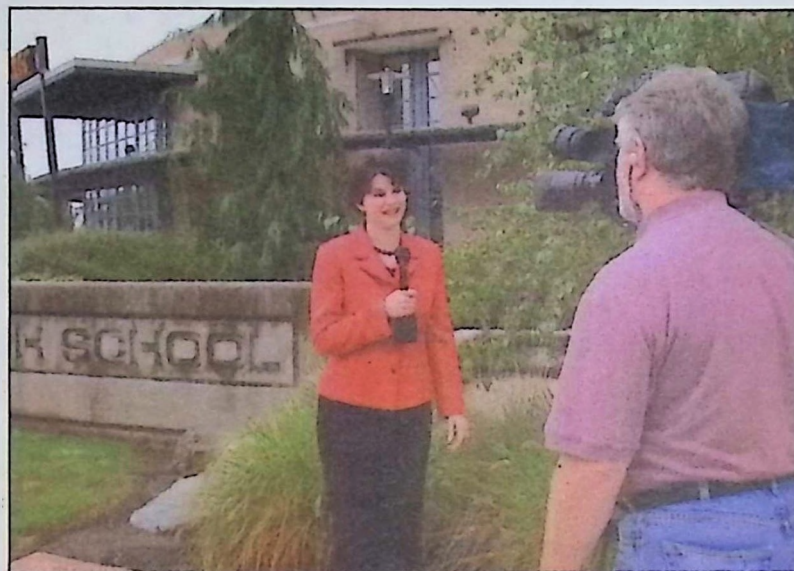
"It was like a movie scene there," she says. "It was just chaos."

Sanchez grew up in Renton and went through Renton schools. She knew at a young age that she wanted to pursue a profession that gave her the spotlight. At age 8 she performed on the piano for her church congregation, and played piano in her junior high jazz band. As a fifth grader, she played the part of an elf reporter in a holiday play, prompting her teacher to write in her yearbook, "I look forward to seeing you someday on TV." And thus, Sanchez chose broadcast news reporting.

Along the way, she pursued studies in radio broadcast at Bellevue Community College and received her associate degree. She says her experience hosting her own jazz music program at BCC helped her fine-tune ad libbing in front of the camera.

"I played as much Ella Fitzgerald as I could," she says.

Following BCC, she entered Washington State University, earning a bachelor's degree in



RENTON MAGAZINE / Dena Rosko

Nicole Sanchez, a graduate of Hazen High School, reports on Renton stories for Q13 Fox News.

I love people and I feel like I'm helping people on a daily basis in my job.

~ Nicole Sanchez

broadcast communications with a minor in political science. She graduated in 1999.

Sanchez says what fascinates her most about her job is the people she meets and the unpredictable nature of the stories she covers.

She remembers the first dead body she saw while reporting on the death of a man in a car accident on a busy stretch of highway in Yakima. It was during her three-year stint with KIMA in Yakima, a CBS affiliate.

Sanchez says she's often the first person to talk with a grieving family after the death of a loved one. Many choose not to speak on television but do confide in Sanchez. Some become close friends. And some invite her to the funeral, because she's done a good story about their loved one.

"I'm a human first when it comes to approaching these people," she says. "I'm compassionate."

"I love people and I feel like I'm helping people on a daily basis in my job."

If you're a regular Q13 viewer, you can catch Sanchez on the 10 o'clock weekend news. Renton is part of her beat.

"It's really nice to have Renton as my beat so if the chance arises, I can break the news in my hometown," she says.

Sanchez looks back on her time at Hazen fondly. She was an accelerated student, excelled at drill team and participated in DECA—a school marketing club. She was a state officer and drill team captain in DECA her senior year.

She now lives in north Renton with her husband Mark, an employee at Whole Foods. They enjoy hiking and walking and are active at their church, where they lead a young married couples' Bible study group. Married for eight years, "I guess you can say we're still a young married couple," she laughs.

Sanchez says she's loyal to the Seattle broadcast news market and, at this point, can't see herself leaving the area. She loves it and her family too much.

"Being a main news anchor at a Seattle station is my dream job," she says.

Renton School District good news announcements

Church donates funds

The congregation at Calvary Baptist Church in the Renton Highlands recently donated more than \$700 in school supplies and resources for Highlands Elementary School students. The funds were raised during the church vacation Bible school. Highlands Principal Janet Fawcett attended a recent service to receive the gift on behalf of the school's students and families.

Grants for visual arts

Seven district staff members were selected recently to receive the Doug Kyes Visual Arts grant. The grants, funded for years by Kyes, are offered through the Renton River Days board to enhance student knowledge and love of the visual arts. This year the grant dollars were increased by the Qwest Foundation. Teachers will show their appreciation for the funds by inviting Kyes and others to their classrooms to show off student work funded by the grants.

Leadership finalist

Hazen High School senior Mandy Schendel is one of only four students statewide to earn a finalist position for the U.S. Senate Youth Program hosted by the Association of Washington School Principals. Mandy will interview in October for a chance to represent the district and the state as a student leader. The program offers two student

leaders from each state a chance to spend a week in Washington D.C., experiencing the national government in action. Delegates will hear major policy addresses by senators, cabinet members, officials for the departments of State and Defense and directors of federal agencies, as well as participate in a meeting with a Justice of the U.S. Supreme Court. Each delegate will be awarded a \$5,000 college scholarship for undergraduate studies. The William Randolph Hearst Foundation pays all expenses for the Washington week.

Cameras nab speeders

The City of Renton continues to work with the school district to keep students safe. Renton will soon install speed cameras in front of three district schools to catch motorists driving too fast in school zones. Cameras will be installed in front of Renton High School, Talbot Hill Elementary School and McKnight Middle School. Police chose the locations after clocking drivers' speeds on the streets in front of the schools. Some of the speeders include parents, students and school staff. Tickets issued to speeders in school zones can be as much as \$200.

These Good News Announcements are prepared by the Renton School District Community Relations department.

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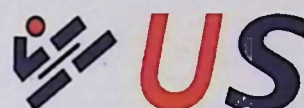
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The picture of success

BY DAVID SUFFIA

It's been a really good life. These 25 years have gone by so quickly since I got started in photography. ~ Bruce Hudson

Bruce Hudson is one of those rare talents who can paint with a camera

Nominally he's a wedding photographer — a very successful wedding photographer. But when clients and potential clients look at his work, they realize he's really an artist.

Hudson has become the family photographer for several generations of local families. He often takes photos of graduating high school seniors; then takes their wedding pictures, pictures of their children, their children's graduation photos, their children's weddings, and so on.

On top of it all, he's become a business entrepreneur, teaching thousands of other photographers around the country how to succeed.

"Eighty percent of the weddings I shoot are of former high school seniors I photographed," says Hudson, a former band director at Tahoma High School. "As events happen in our clients' lives, we're part of their lives. They see photography as art and they rely on us to capture their soul on paper, to provide them with photographic heirlooms for generations to come."

His photos aren't just standard snapshots of an event. They tend to be big, panoramic photos that capture the essence of the moment and the people.

Hudson, now 52, has come a long way since he started taking photos in high school and selling them for 25 cents for

a five-by-seven and 50 cents for an eight-by-ten. Now his photography packages start at \$3,800 and often go into the thousands of dollars.

"It's been a really good life," he says now. "These 25 years have gone by so quickly since I got started in photography."

It started when he was in high school. His father bought him an inexpensive camera, and then built a little dark room at the family home in Kent.

"My father recognized that photography was something I loved to do, and maybe was good at," he recalls.

That's when he met Sue, his first wife. She was a cheerleader and he began taking pictures of her. They came out so well, that other cheerleaders asked him to photograph them as well, and he did, for a quarter and half-dollar each.

"Then I doubled my price to a dollar when the gymnastics team asked me to do a team photograph."

After getting a teaching degree at Western Washington University and working as a band director, he and Sue began taking wedding, high school senior and other photos on the side. In the 1970s, they were doing weddings for \$50. By 1982, "the photography started overtaking teaching and it had become far more profitable than teaching."

The business, and Hudson's recognition, grew and grew. Then, in 1995, came a crushing blow. Cancer took Sue. Hudson pushed on. He expanded his photography to the business of photography.

"About 70 percent of my business now is taking pictures. The other 30 percent is teaching others how to succeed at it," he says.

He has lectured at various associations, seminars and photography schools in every state except Alaska.

"I'm known for my marketing ability and that's what I teach. We're going to produce a monthly newsletter for photographers by subscription, and we're planning to do a 50-city lecture tour from next month until the end of next April."

The teaching also brought love back into Hudson's life. While lecturing, he met Terri, who will become his wife next month.

The two plan to move the Hudson studio from Benson Hill, where it's been for two decades, to a new location in Black Diamond.

"Renton is a very special place and I always plan to be part of the Renton community even after we move," says Hudson.

And he'll still be taking photos of Renton's new generations.

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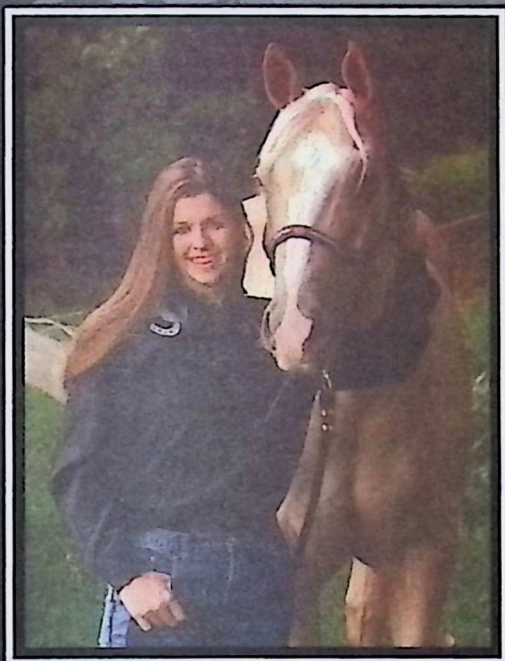
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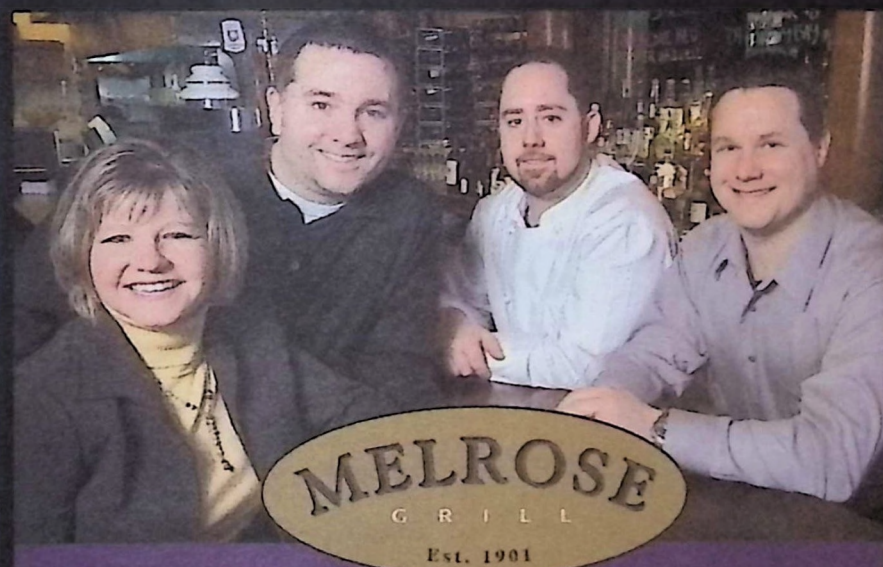
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pet care



When human-pet bond must be broken

BY CHARLIE POWELL

*M*y father passed away in August after suffering from Alzheimer's disease. I saw him cry only twice in my life, both times over the death of dogs he cherished, not over friends or family.

He spent almost 33 years in the military and served in three wars. I delivered the news to him when his parents and my mother died. He was stoic through it all.

As mom's health was failing, my brother and I were faced with a very diffi-

cult task since dad would have to be institutionalized. He had two Brittany spaniels at the time and we knew taking them away from him could be devastating. His care facility would not allow resident dogs, leaving us with few choices. How could we best break the profound human-animal bond we knew he had?

The human-animal bond was first defined academically at Washington State University's College of Veterinary Medicine. The college offers online courses on the subject at: www.vetmed.wsu.edu/ce/HAB/index.asp through its Center for the Study of Animal Well-being. I figured if anyone could tell me how to humanely break this bond between a man with increasing dementia and his companions, they could.

I met with then-director Dr. Francois Martin. As I knew already, he said that virtually all of the research in the area dealt with the bond itself and its establishment but not how to break it.

My next stop was with our counseling psychologists. WSU's veterinary college employs two full-time counselors who are experts in dealing with all things emotional at the human-animal interface. Dr. Kathy Ruby listened intently and said she'd look into it more but again was not

hopeful. All of us have since discussed the subject a number of times. Their support and acknowledgement of what our family was facing helped us endure it all.

Soon, bonds didn't matter. Dad's dementia progressed rapidly to the point where he couldn't remember which of the similarly-colored dogs he'd fed and which he hadn't. The dogs would fight over the bowl and the younger of the two was truly suffering. Near the same time, mom passed away and it was time for dad to move.

The dogs initially were taken to dad's veterinarian, who helped us out by boarding them. Once the animals were gone, dad never asked about them again thanks to the dreadful memory-robbing disease. We had dodged a bullet.

Within a month, the older dog, Pad, had a severe neurological event, perhaps a stroke, and I had him euthanized. The younger dog, Cal, thrived. My brother found a home for him with one of his littermates.

Pets can be a valuable asset to people suffering dementia in general and Alzheimer's in particular. In most cases however, pets are not allowed to be housed in the patients' facilities. Most places do allow pet visitations. There is a national

listing of assisted-animal therapy groups available at: www.landofpuregold.com/rxb.htm.

Volunteers who bring their animals to care facilities undergo extensive training. They know how to handle the animals and how to interact with patients.

Locally, there are some excellent resources available to family members facing issues like this. Two of the best are:

The Delta Society
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Web www.deltasociety.org

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Western and Central Washington
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Toll-free: 1-800-848-7097
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Web: www.alz.org

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

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healthy advice

by dr. bob thompson

Tools and technology can lead to better overall health

By taking a more active role with your healthcare team, you can improve your overall health and help your physician achieve the best outcomes. "Chronic disease management" has become a major focus for primary care practices that have the resources and commitment to implement what is considered in our industry to be best practices.

It refers to a systematic and protocol driven approach in managing our growing population of folks who are living daily with diabetes, hypertension, congestive heart failure, depression and other chronic conditions. It entails the use of computerized data bases, which track all of the key measures necessary to assess the ongoing status of each individual's health. This allows clinicians to take a more compre-

hensive and proactive approach to address the specific needs of every individual under their care, with less likelihood of important details falling through the cracks.

On the patient's side, it emphasizes education and self-management tools. With the support of a team of caregivers—including nurses, nutritionists, pharmacists along with the physician—patients play a more active role in controlling their chronic illness and living healthier, more productive lives.

A key to self-management resides in the technological advances of home monitoring equipment, particularly in the management of diabetes and hypertension. The immediate feedback from home monitoring equipment enables patients to



Dr. Bob Thompson

make appropriate choices that result in improved day-to-day control of their blood sugars or blood pressure.

A number of glucose meters are available, with new models being released each year. Approved meters include OneTouch, FreeStyle, Accu-Chek and Ascensia. Meter selection should be based on features desired, including blood sample size required, test time, memory capability, ability to download results into data management software, and ability to perform alternate site testing. Prices of most glucose meters and strips are comparable. The long-term expenses come from the strips and other supplies and range from 50 cents to one dollar per test.

Electronic devices are available to measure blood pressure at the arm, wrist, or finger. Clinical evaluations of wrist and finger devices have revealed that these instruments are considerably less accurate than their arm counterparts, with finger monitors being the least accurate.

Electronic blood pressure models are

relatively easy to use and display a digital readout. They may be semiautomatic (i.e., user inflates and deflates cuff) or fully automatic (i.e., cuff inflates and deflates with the press of a button). The use of home monitors eliminates the "white coat" effect associated with the anxiety of being in the doctor's office, allows for multiple readings, and improves awareness and overall compliance with treatment.

Several models ranging in price from \$25 to \$100 are available with optional features that include reminder alarms, memory, voice announcement of results and AC adapter. Two of the top manufacturers are LifeSource and Omron. Consult with your local pharmacist to determine which model fits best with your needs.

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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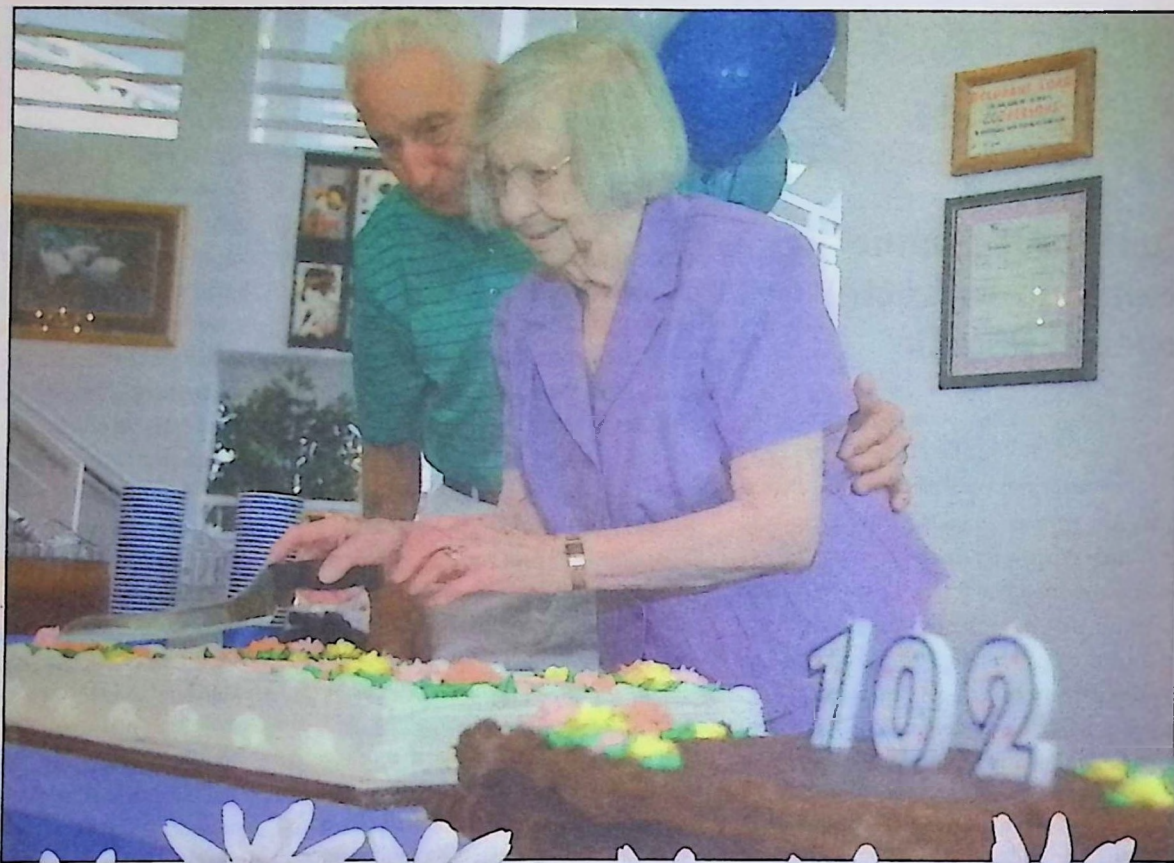
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RENTON MAGAZINE / Dena Rosko

Daisy Nelson celebrates her 102nd birthday with her great-great granddaughter (left), J'lyn LaManna. Pictured right, she gets help cutting her birthday cake at her home at the Evergreen Place Retirement Center in the Renton Highlands.

102 Years of advice: 'Be happy'

BY ANDREW FICKES

When Daisy Nelson celebrated her 100th birthday in 2005, it was quite the party. The catered celebration in her honor drew 125 people to the Renton Senior Center. And the parties continue. On Sept. 2, Daisy celebrated her 102nd birthday with family and friends at her home at the Evergreen Place Retirement Center in the Renton Highlands.

Asked how it feels to be 102 years young, she responded, "I don't know. I didn't do it before."

She was born Sept. 3, 1905, in Sand Lake, Michigan, a suburb of Grand Rapids. She grew up on a North Dakota homestead, traveling the almost two miles to school by horse-drawn carriage.

She graduated from high school in 1924, a high achiever. Some 20 universities offered her scholarships, she recalls. "They didn't talk of honor students back

then, but I was an honor student," she says.

She went to a teachers' college in Valley City, N.D., graduating in 1925. She taught one year in a small country schoolhouse in Dazey, N.D., with only 14 students attended in grades three through seven. She decided teaching wasn't what she wanted because there weren't enough children coming to the school.

She met Orvin Nelson in Valley City and married him on Feb. 15, 1927. During their early-married life, Orvin's work as a subcontractor brought him many assignments tied to World War II. A 16-foot travel trailer became the family's home as they traveled from state to state, among them Minnesota and Nebraska.

In 1941, they ended up in Renton, where they bought a three-bedroom home on Parkview Avenue in Lakeridge. Betty, their youngest child, was born in 1944, joining siblings Kenneth, Violet, Milton, and Marian.

The Nelsons sold their Lakeridge home several years later for a mere \$12,000. The family moved to Bellevue, where Orvin remodeled a chicken coop into a two-bedroom house on a two-acre lot. Later, they moved back to the Highlands, living there for 10 years until Orvin died in 1979. Daisy was just 74.

In her 102 years, she has seen many changes. She recollects her first driving experience with her dad in his Model T Ford. She managed to break off the bumper,

and Dad apparently wasn't too pleased.

"I knew how to steer the car, but I didn't know how to start it or stop it," she says.

She continued to drive into her mid-80s, when, daughter Marian says, "It started to get too scary driving with mom."

Daisy says she's learned to accept the many inventions that have come about, including microwave ovens. But one thing she'll never understand is the computer.

"I can't understand how you can have a computer that does what your brain does," she says.

During her lifetime, Daisy says two values have stuck with her: family and faith.

She is a charter member of Lakeridge Lutheran Church and was the first elected president of the Ladies Aid. She continues her practice of reading Scripture daily.

Daisy joins her five children, 18 grandchildren, 30 great-grandchildren and 13 great-great-grandchildren each August for a Nelson picnic and again at Christmas time.

She moved into the Evergreen Place Retirement Center in 1999 and says she thoroughly enjoys living there. Her secret to a long, healthy life is really quite simple.

"I guess just be happy," she says.

Hazen High School is sport stacking central

BY ANDREW FICKES

Stacking plastic cups may seem a tedious task until you couple it with speed and dizzying sequences. Then you have a competitive sport and an international phenomenon.

Sport stacking, a sport that promotes ambidexterity and hand-eye coordination, got its start at a Boys and Girls Club in southern California in the 1980s. It gained national recognition after a demonstration on "The Tonight Show" with Johnny Carson in 1990. Today, it's played all across the world by young and old and is governed by the World Sport Stacking Association.

Angie Atkinson, special education teacher at Hazen High School, introduced the sport to her class a year-and-a-half ago as a "fun activity." It quickly caught on.

"Stacking is something they all love," she says. "It addresses both sides of their brain and increases focus and ambidexterity. I've seen huge differences with my students. The sport has helped the students develop teamwork, has made them a unified group, and has helped to improve their grades."

Atkinson's class of 16 students competed last March in Auburn at state and regional competitions and in April flew to Denver for the World Sport Stacking Championship. The team was very successful in Denver, garnering 62 medals, five trophies, and 10 world records.

On their return, team members were interviewed for a segment on King TV's "Evening Magazine." The world championship was televised in August on ESPN. For the students, the spotlight was a self-esteem booster.

"My students have done presentations to the school board and Renton Rotary on how the sport has benefited them both personally and academically," says Atkinson.

Jeff Pendleton, a star athlete on the team and a senior at Hazen High

School, made all 10 of the world records. He said the sport has helped him to open up to others and has even enhanced his guitar-playing ability.

"It's just an awesome sport," he says. "I would recommend it for anyone to try."

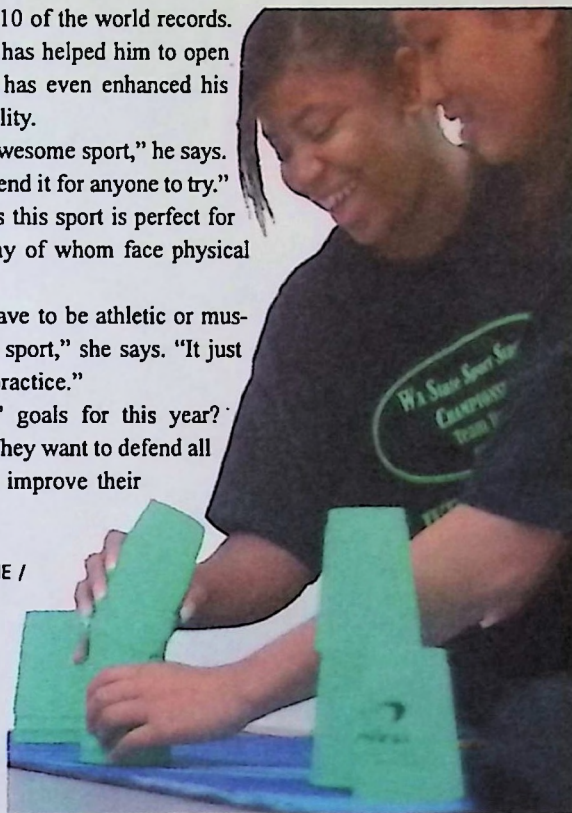
Atkinson says this sport is perfect for her students, many of whom face physical limitations.

"You don't have to be athletic or muscular to play this sport," she says. "It just takes desire and practice."

The students' goals for this year? Atkinson says: "They want to defend all their records and improve their time."

RENTON MAGAZINE /
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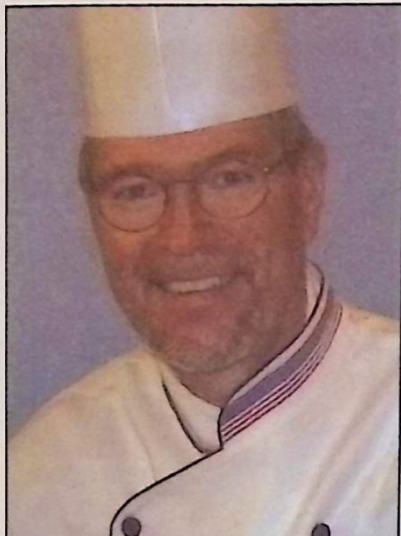
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recipe of the month



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John Fisher, award-winning chef and instructor in the Culinary Arts Department of Renton Technical College, has an interesting dish to serve your guests.

Asian Rubbed Breast of Chicken & Hot and Spicy Eggplant

ingredients for chicken

Four each breasts of chicken, skin on	1/2 tsp Sage
1.5 tbsp Black Pepper	1/2 tsp black Sesame seeds
2 tsp Kosher Salt	1/2 tsp Cayenne Pepper
1 tsp Coriander	1 tbs Olive oil
1/8th tsp Allspice	1 tsp Sesame oil
1 tsp Lavender	1 Lime
	Sprigs of Cilantro

directions for chicken

1. Score the chicken breasts with a knife
2. Combine all spices and grind in a coffee grinder
3. Rub Chicken with Spices, pre heat and pan sear in the olive and sesame oil skin side down
4. Sear the chicken till the skin turns brown turn over and finish in a 350 degree oven
5. set the chicken aside and plate up the Hot and Spicy eggplant, then slice each chicken breast into 5 slices over the eggplant, Garnish with Lime slices and sprigs of Cilantro

ingredients for eggplant

12 ounces of Japanese Egg Plant sliced	1/2 tsp of corn starch and just enough liquid to make it fluid
1/2 tsp of hot bean paste	1 Tbsp of sesame oil for frying
1 1/2 tsp Rice Wine vinegar	1/2 tsp Garlic
1/2 tsp Sugar	1/4 tsp of ginger
1 1/2 Soy Sauce	1 tbsp chopped Scallions
4 ounces Chicken Stock	2 tbs each of Chopped Red and Green Peppers
1 1/2 tsp Oyster Sauce	
1/2 tsp Sesame Oil	

directions for eggplant

1. Heat oil in a wok or sauté pan add Ginger, Garlic, Scallions and Peppers and Egg Plant. Stir fry till aromatic and tender
 2. Add all other Ingredients and thicken lightly with the slurry. (Slurry) is mixture of corn starch and just enough liquid to make it fluid
 3. Adjust flavor profile with more Sesame oil
- A good Riesling would go with this dish



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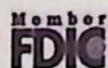
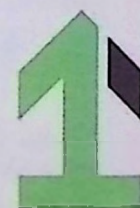
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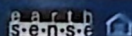
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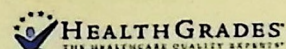
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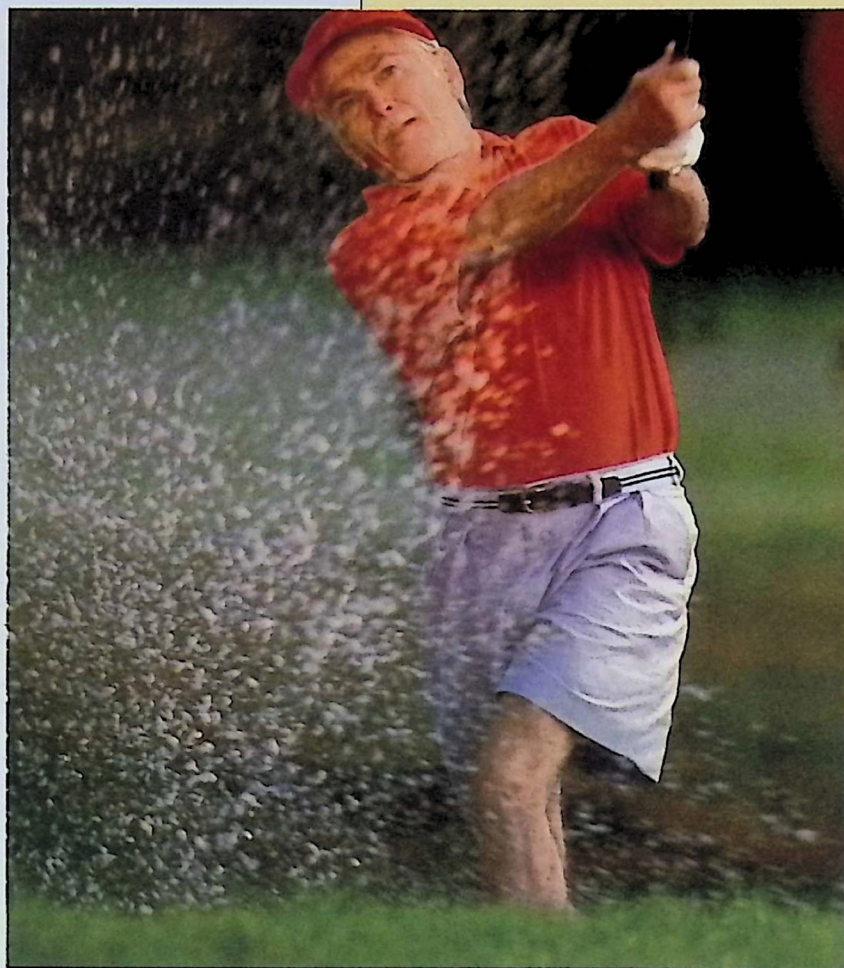
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