

RENTON *Magazine*

Volume 3 / No 6 June 2003



**Renton's Farmers
Market opens
June 3**

page 4

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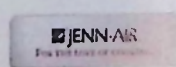
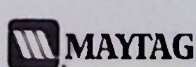
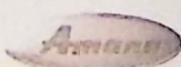
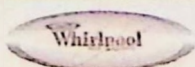
Sunday
Noon - 5pm

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publisher's note

As the sights, sounds and smells of summer. They will come, even here. We'll keep our fleece handy of course, but eventually the temps will climb. June is the "front porch" of summer and we're fortunate indeed to live in such a beautiful and hospitable place.

So much to do, right here at home. Organized or spontaneous, for adults, children or the entire family. Each month we'll pack *Renton Magazine's* calendar with events to enjoy.

For example, the Renton Farmer's Market opens June 3 and runs 3-7 p.m. each Tuesday until Sept. 16. Perhaps the Chef's Demos (4:30-5 p.m.) or live music (5:30-6:30 p.m.) or the Master Gardener's Clinics (3-5:30 p.m.) will pull you into the Market to shop for fresh flowers, vegetables or arts and crafts. Or just to enjoy Renton's beautiful Piazza with your friends and neighbors.

June turns to July, when we'll celebrate the 4th of July, then focus on Renton River Days. Days are long and warm. Kids are out of school and adults are jealous of them, recalling their own summer adventures of

swimming, bike riding and running through neighborhoods with their friends.

With today's emphasis on organized activities, it's important to let children enjoy spontaneous, unstructured time. On their own, children make up games, create their own rules and work out differences. It's important for their development.

On another topic, we want to let our readers know that this is another time of change for *Renton Magazine* and its parent, Puget Sound Publishing Co. My husband (James Bavendam) and I have purchased the company from Denis and Patty Law. When Renton voters hired Denis as their full-time mayor last fall, Denis and I knew he couldn't be as involved with our publications after Jan. 1. And while I know he has mixed feelings about giving up the publications, he



Diana Kramer
PUBLISHER

was willing to offer James and me a tremendous opportunity to acquire the company.

Denis had a very clear vision for *The Business Report*, which we launched in October 2004, and this magazine, which we started in November 2006. Denis is very much about "what's next?" and pulls people together to make it happen.

Last month James, our staff and I launched *Kent Magazine*, following the foundation laid by Denis. It's similar to *Renton Magazine*, created to help build a stronger sense of community, and to offer readers a respite from the hustle, bustle and stress of their daily lives.

We've made minor changes to *Renton Magazine* since its launch. And while we may continue to tweak, we promise to remain committed to and focused on Renton, each month creating a magazine with you in mind.

As always, we welcome your suggestions and hope to be friends and neighbors for a long time to come.

RENTON Magazine

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Renton, WA 98057

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cover:

Renton Farmer's Market will begin Tuesday, June 3. The market is always looking for hard working, talented volunteers. See page 18. Photo by Gary Palmer.

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 events



Renton Farmers Market





june 3 through september 16

Renton Farmers Market brings in fresh vegetables, fruits, berries and more from throughout Washington. The market is designed to help support local farmers by giving them a place to sell their produce in season. Also included will be a child's activity booth with homemade play dough and coloring books. This year a cheese vendor will be added along with a pasta vendor. Entertainment is provided.

.....

Tuesdays from 3 p.m. to 7 p.m.

Plazza Park ~ Burnett Ave S. and S. 3rd St.

Admission: Free




june 13 - 29

'I Do! I Do!'

Thursday, 7:30 p.m.; Friday and Saturday, 8 p.m.; Sunday, at 2 p.m.

425-226-5529

Renton Civic Theater
507 S Third St.

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



june 19

Renton City Concert Band spring performance

Thursday, 7:30 p.m.

425-430-6700

Renton IKEA Performing Arts Center
400 S. 2nd

Admission: \$7 adults; \$5 seniors/students



june 7

New Northwest Works

Saturday, 7:30pm

425-228-6800

Renton IKEA Performing Arts Center
400 S. 2nd

Admission: \$12/child, \$20/senior, \$25/adults



june 21

Green and Clean Saturday

Saturday, 9:30 a.m. to 11:30am

425-430-6600

Cascade Park
16165 125th Ave S.E.

Admission: Free

upcoming events

Renton Relay For Life



june 7-8

Saturday from 6 p.m. to Sunday at 10am

Relay for Life is a group-oriented event designed to raise money for cancer research. Any group may participate and there is no minimum amount of money required to participate. The hope is each team will have raised at least \$100. The event brings together people in the community who have been affected by cancer and want to shine a light on the increasing need for a cure. Individuals on each team rotate walking the track. Cancer survivors and current patients will begin the event. A reception following the first lap.



253-486-4615 or 425-564-9835

www.relayforlife.org/relay/findevent

Renton Memorial Stadium
405 Logan Ave N.

Admission/fee:
\$100 per team.



Renton Technical College 'CommUNITY' Festival

Renton Technical College and the City of Renton are co-sponsoring the Community Festival, a celebration of Renton's diversity with food, dance, music, art, children's events, and community information. It's open to the public.

June 6
Friday, 4:30 p.m. to 9 pm
425-235-2455

Robert C. Roberts
Campus Center,
Building I
3000 N.E. 4th St.
Admission: Free



American Heroes

HELICOPTER AIR SHOW

You can learn how helicopters play an important role in law enforcement, national defense and homeland security.

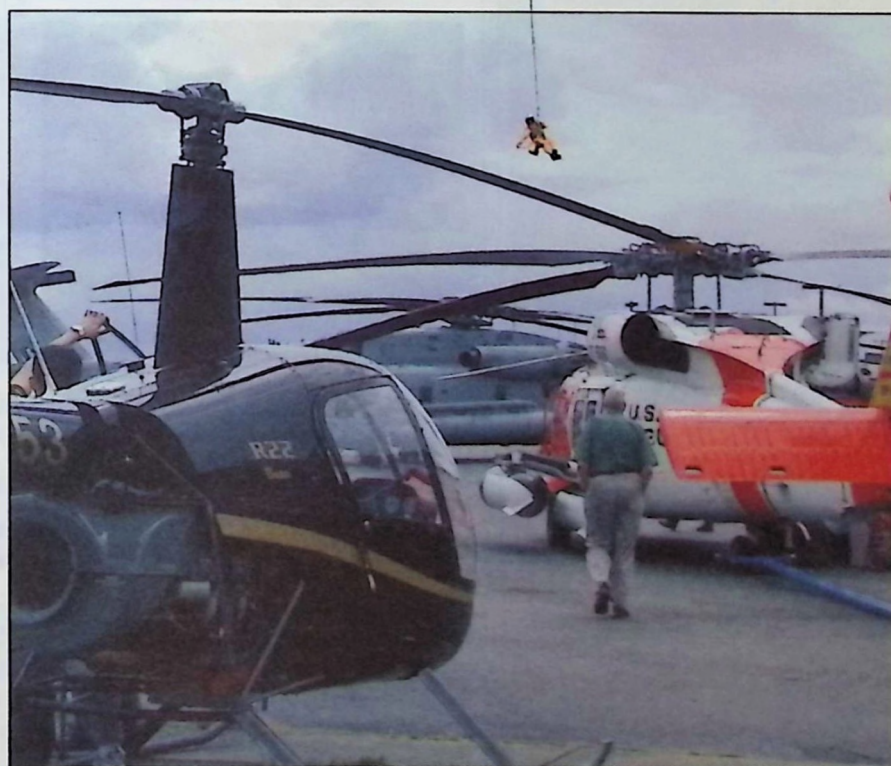
Representatives from local flight schools, Border Patrol, search and rescue and the U.S. Coast Guard will be available to answer questions. Helicopters will arrive between 7:30 and 9:30, and helicopter rides will be offered.

june 14

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

Museum of Flight
9404 East Marginal Way S.

Admission; Children 5-17 \$7.50, Seniors \$13, Adults \$14



Customer Review



March 18, 2008

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SATURDAYS

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8pm to close

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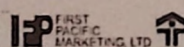
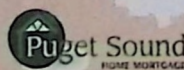
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calendar of events

RECREATIONAL EVENTS



Skate Park Tour

Friday and Saturday, June 6-7, 1-5 p.m.

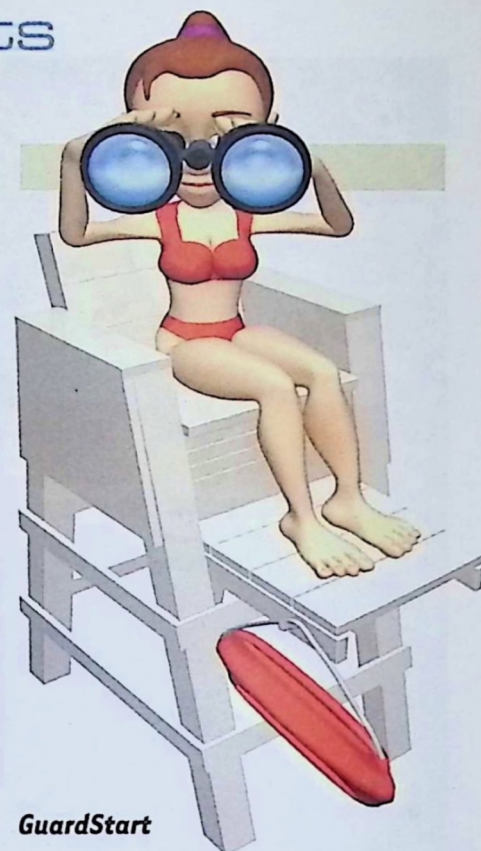
Transportation is provided to the hottest and newest skate parks in King County. Each trip will visit a different site. Participants must provide their own skateboards. Call or go to the webpage to register.

425-430-6766

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

Resident \$10; Non-Resident \$12

www.rentonwa.gov



GuardStart

Every other Friday, June - Aug. 29

With professional lifeguards as instructors, this program will teach water safety, first aid techniques, build self-confidence and help prepare interested youth for work as lifeguards. Call or visit the website to register.

425-430-6780

Henry Moses Aquatic Center
1719 Maple Valley Highway

Admission; \$50 Resident / \$60 Non-Resident

www.rentonwa.gov



Renton City Concert Band

Wednesday, June 25, 7 p.m.

Kidd Valley Summer Concert Series starts the season with Renton's own Concert Band.

425-430-6707

Gene Coulon Memorial Beach Park
1201 Lake Washington Blvd. N.

Admission: Free

www.rentonwa.gov/living

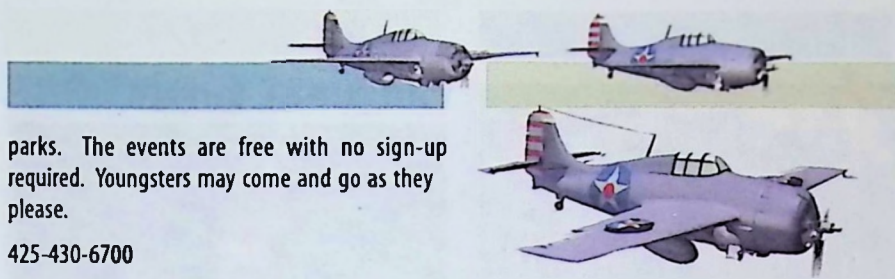


Summer Fest 2008

June 23 to Aug. 15

Monday-Friday 10
a.m. to 6 p.m.

For ages 6 to 12, the City of Renton is planning games, crafts, contests and more at playgrounds and



parks. The events are free with no sign-up required. Youngsters may come and go as they please.

425-430-6700

Kennydale Park, 2428 Aberdeen Ave. N.E.

Kiwanis Park, 815 Union Ave. N.E.

Philip Arnold Park, 720 Jones Ave. S.

Teasdale Park, 601 S. 23rd St.

Tiffany Park, 1902 Lake Youngs Way S.E.

Admission: Free



FATHER'S DAY EVENT

*Father's Day
at the Museum of Flight*

Sunday, June 15, 10 a.m. to 5 p.m.

A day full day of activities for the whole family and dad gets in free with a coupon available from Bartell Drugs.

206-764-5720

Museum of Flight
9404 E. Marginal Way S.

Admission: Dad and children 4 and under are free; \$6.50/students; \$14/adults; \$13/seniors

www.museumofflight.org



SENIOR EVENTS

Tennis Fest Kick-Off

June 2, 10:30 a.m. to 12 p.m.

For ages 5 and up, this free session will teach basic fundamentals of the game, including fun drills, games, and hitting for prizes. Professionals will also be on hand to advise participants on the tennis program for youth and adults.

425-235-9495

McKnight
Middle School
1200 Edmonds
Ave. N.E.

Admission: Free



Summer Solstice Social

Friday, June 20, 4 p.m. to 7 p.m.

The first day of summer will be celebrated with Ray Johnson and band ringing in the warm weather with tunes for dancing and listening. Tickets must be purchased by June 18.

CALENDAR - page 8

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Downtown Renton

calendar of events

425-430-6633

Renton Senior Activity
Center, Room A
211 Burnett Ave. N.

Admission; \$6

www.rentonwa.gov

Father's Day Homerun Derby

June 13, 11 a.m.

Prior to a special lunch,
the Renton Senior
Activity Center will host a
homerun derby for men in honor of Father's Day.
Prizes and treats will be provided. Lunch will be
served at 11:30 a.m.

Admission: \$3 donation for ages 60 and up; \$5.75
if under 60.

Renton Senior Activities
Center
211 Burnette Ave. N.



Tillicum Village

June 17, 10:30 a.m. to 4:30 p.m.

The cruise to Blake Island, home of Tillicum Village, will include a lunch of salmon, bread, potatoes, rice, salad, beverage and dessert. Entertainment will feature a performance by the Tillicum Village dancers, carving demonstrations, and an art gallery with work created by local artists. You may also take a walk along pristine beaches and forested trails. The cost includes transportation, the cruise and lunch.

Admission/Fee: \$64 Resident/\$69 Non-Resident

Register for recreation programs on-line at
www.cybersignup.org or call 425-430-6729

CULTURAL EVENT



Musicians Emeritus Symphony Orchestra

Saturday, June 14, 7:30pm

Classical music to be performed includes
Tchaikovsky's Symphony No. 4 and the Bruch
Violin Concerto in G minor with 11-year-old
Amelia Sie on violin.

More information, email: MESO-orchestra@comcast.net

First Evangelical Presbyterian Church
19800 108th Ave. S.E.

Admission: Suggested donation of \$10

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85



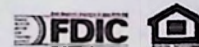
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Downtown Renton needs a few more amenities



Some older Renton residents may have mixed feelings about the changes taking place in our city. Speaking as one of the older ones, I do too; but on balance I'm pretty happy with what's going on.

Yes, I remember nostalgically when there was a Mothers' Park in North Renton, a Recreation Center where kids could play basketball and attend sock hops, and a huge marsh area that was home to migrating waterfowl.

Part of me hates to see all that covered over with concrete and condos. However, I'm really pleased that I can shop at a major chain hardware store, pet supply store, stationery store, electronics store, and office supply store without having to drive clear to Tukwila or Bellevue.

I'll be even happier when The Landing has new theaters and other amenities a lot closer to my

home.

I'm even more pleased with what's beginning to happen in downtown Renton, which for too long has been something of a decaying business core. A few blocks of the downtown have been renovated and enhanced with more exciting eateries and shops. The Piazza is a terrific centerpiece to downtown, providing a place for strolling, meetings and a farmer's market.

I know city government and the business community are continuing efforts to upgrade the downtown area and I'm hoping things will speed up. More of the declining buildings need to be renovated. Some of them are visibly sagging and in dire need of sprucing up to attract customers and visitors.

The city also needs to do more to curb crime problems at the downtown transit station, where there have been a number of incidents of both petty and violent crime. The transit center and the nearby shops are far too attractive to allow a few street thugs to ruin it for everyone else.

Downtown Renton probably will never have the major department stores, movie theaters and some of the other attractions it once had, but it still can return to being a more vital business center that complements what's happening at The Landing.

I'm looking forward to a revitalized downtown with more outstanding restaurants, small shops, and entertainment.



David Suffia
EXECUTIVE EDITOR

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GIRLS STATE

sees surge from Renton Juniors



Bettyjane Tomkinson and Eunice Paulus were on hand to help serve refreshments.



RENTON MAGAZINE / DIANA KRAMER

A bumper crop of Renton-area high school juniors is bound for Girls State June 8-14, in Ellensburg, where they and hundreds of young women from across the state will form a mythical government. Participants learn about city, county and state government by participating in the legislative, executive or judicial branches of government. Usual participation from Renton is four or five students, but this year nearly 20 students applied. Locally the 60-year-old program is coordinated by Fred Hancock Unit 19 of the American Legion. The American Legion Auxiliary recently hosted a tea to talk with the students and their parents about the benefits of attending Girls State and participating in the program. Attending from Renton High School were Vanessa O'Francia, Ashton Bosly, Shadika Kazi, Paris Lark, Alison Campbell, Edan Hale, Saminder Kaur; from Lindbergh High School: Kayla Furukawa and Iyssa Hansen. From Hazen High School were Chelsea Barton, Danielle Cates, Almy Pham, Alena Walker and Lorilyn Roller. Kelsey Lewis is a Liberty High student.

(Almost) Everything You Wanted to Know About Bonds

In the financial world, stocks tend to get most of the attention. But if you're going to make progress toward all your long-term goals, you need to be aware of all types of investments - and bonds can be an important part of your portfolio.

Many people, however, don't fully understand how bonds work. So, before you invest in them, familiarize yourself with the "bond basics." Here are a few of them:

- * Bonds are "debt" instruments. When you buy shares of stock, you're actually becoming an owner - although one of a great many - of a company. But when you purchase bonds, you are, in effect, loaning money to whomever issues the bond - a business or the government. If you hold the bond until it matures, you'll get your principal, or "par value," back (provided the issuer doesn't default) and, along the way, you'll receive regular interest payments. A bond's interest rate is known as the "coupon."
- * Bond prices will fluctuate. Your bond's interest rate will not change over the life of the bond. However, the price of your bond can fluctuate, an important factor to keep in mind if you plan on selling your bond before it matures. A bond's price will move in response to several variables, chief among which is interest rates. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease and the investor can lose principal value. For example, suppose you own a \$1,000 bond that pays a 4 percent interest rate. If new bonds are issued at 5 percent, no one will pay you the full \$1,000 for your 4 percent bond, so, if you wish to sell, you will have to offer it at a discount. Conversely, if market rates fall to 3 percent, your 4 percent bond will become highly
- desirable, so you could sell it for more than the \$1,000 par value.
- * Different bonds have different "ratings." If you buy a corporate bond, you'll have a choice between investment grade bonds - those receiving the higher "grades" issued by rating agencies, such as Moody's or Standard & Poors - and "junk" bonds - those getting the lowest grades. The higher-quality bonds carry less risk of default but pay a lower interest rate than the "junk" bonds, which must offer the higher rates to attract investors who may be worried about default risk. Generally speaking, you're probably better off by sticking with "investment grade" bonds and staying away from the "junk."
- * Some bonds can be "called." A callable bond is a bond that can be redeemed - or "called" - by the issuer before its maturity. If interest rates have declined since the bond was originally issued, companies will call bonds and reissue them at the lower, prevailing interest rate, thereby saving money on interest payments. As an investor, this could be cause for concern, because if your bond is called, and you wanted to reinvest the proceeds in a new bond, you'd likely have to accept a lower coupon rate. Consequently, you may want to look for a bond that offers "call protection" - a promise that a bond can't be called before a certain time.



To determine if bonds are appropriate for your individual situation - and, if so, what type of bonds - see your financial advisor. By adding bonds to your portfolio, you may well give yourself a broader platform for success.

Eugene Heuschel II, AAMS, Financial Advisor
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- Criminal Defense
- Immigration

A lesson learned from my father



KIRBY UNTI

*M*y parents are now in their 80s and enjoying a good life in retirement with the usual aches and pains that go with aging. I have come to value their wisdom more and more with each passing year. Tom Brokaw was right when he spoke about their generation as the greatest.

My hunch is, my parents have little or no clue as to how much they have taught me. One of the lessons that I cherish came the day I was wrapped up in a total fit about having to pay to have something fixed. I don't even remember what it was, but I know I resented having to part with my hard-earned dollars. My dad pulled me aside and said to me, "The repairman deserves to make a living, too."

It was one of those 2-by-4 statements squarely placed on my noggin. I had never thought of it in those terms before. I was so selfishly focused that all I could think about was me and my money. I have to tell you, from that day on it has given me a whole new perspective. I still chafe at having to pay to have something fixed, but it has taken the sting out of

The repairman
deserves to make a
living, too.

~ My Father

the experience and replaced it with a sense of satisfaction. I know that I am helping to put a roof over the repairman's family and meals on their table.

My parents have always been generous people. They have never had a lot, but they have always been willing to share what they have with others. I grew up watching them consistently offer to do their share, pick up the tab for someone with less and always leave generous tips. There is so much more freedom and joy in this approach to life than counting every penny and holding a tight grip on your money clip.

Being generous doesn't mean that you cannot be a good steward. I continue to try and fix things on my own. This can drive my wife Kim nuts at times. I spent one week repairing our washer and dryer. Each day Kim threatened me that she was going to go out and buy new ones. She wasn't happy when she had to take a load to the laundromat. The good news is they both work like they did when they were new and in the process, I found several dollars worth of change in the pump and underneath the drum.

Kim had good cause to be impatient. She has been around for some of my failed attempts – like the time I blew up the oven and nearly burned the house down. Yeah, I know I should have turned the power off first.

I am a duct-tape kind of guy who has learned there comes a time when you have to let someone who knows what they are doing do the job. And when that time comes I can thank my dad for teaching me, "The repairman deserves to make a living too."

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FAST CAR

aid Children's

Story by James Bavendam

Photos by James Bavendam and Cleve Collinsworth

Once upon a time, not so very long ago, cars actually had character. They didn't always start when you turned the key. Many required secret rituals to make the Fire Gods breathe life into the engine. Carburetors had to be balanced. Multiple carburetors. You could actually see the engines when you opened the hood (or bonnet). At night, you could identify each model at a distance just by its running lights. You could identify most of them, sight unseen, by their distinctive sounds.

If the whine of chain-driven overhead cams forces you into a stupid grin, if the throaty song of a V12, the growl and bark of an air-cooled boxer engine, the deep grumble of a high compression V8 or the primal howl of a small-displacement engine approaching redline is your kind of aria, SOVREN is calling you.

Despite its 22-year tenure in the Northwest, many people don't know about SOVREN or what it does for the community. The Society Of Vintage Racing ENthusiasts (www.sovren.org) held its first event in 1986. In 1990 it became a fundraiser for uncompensated care at Children's Hospital. In 2007 SOVREN donated \$720,000, which brings the club's total donations to more than \$5.5 million. The funds come from a combination of ticket sales for the Historic Races in July at Pacific Raceways, sponsorships, individual donations and other club activities.

NOT SO BIG

Racing a car can seem "big." Races on television feature specialized cars, using expensive parts, with large support crews to go ridiculously fast. Just too "big" for most people to consider seriously.

But suppose you could just use a car that's interesting. A car with character. Drive it only as fast as you want. On a road with no speed limits. And do it with a friendly group of people who share your enthusiasm for interesting cars. In fact, you could even drive your car to the track, have fun with it for the day and drive it home! No giant semi-truck. Just high-octane fun.

SOVREN PARTICIPANTS NEAR YOU

The Historic Races event in July features a "car corral" where car clubs can reserve space and park together. Kirby Drawbaugh first attended the Historic Races with the Jaguar club and has been active with SOVREN for over three years. Drawbaugh, a pharmacist, had raced motorcycles, built a sailboat that he and his wife sailed to Hawaii and was active in triathlons, marathons and bicycling. Looking for something different, vintage racing sounded interesting.

Drawbaugh found a 1969 Piper GT. Built in Britain for sports racing, only about 97 were built. Drawbaugh found the only one in the U.S. and had it shipped to the Northwest. Its 1600cc Ford Cortina engine might seem small, but the light weight of the car makes it very quick. Designed for the track, the Piper was interesting and seemed like a good choice for vintage racing.

"Especially compared to motorcycles, I found SOVREN to be a pretty controlled environment. Races start on time and everything goes in an organized manner. It's really a nice group of people. We don't have a problem with big egos. They do a good job and you really feel quite safe during their events," Drawbaugh said. Drawbaugh echoed other drivers in saying that the enjoyment of vintage racing is enhanced by the donations to Children's Hospital.

Doug Kirk, who works at Boeing, started racing in 1973 in a 240Z Datsun and tried vintage racing in 1980. His 1966 Ford GT40 has a Ford 289 V8 with four Weber carburetors breathing into a "bundle of snakes" exhaust system.

"I purchased the car in November of 1984 and have enjoyed it ever since. I was 28 years old back then and the youngest person to be vintage racing in the group. All the other racers were great and didn't mind some kid joining in. I gained a lot of experience and discipline from them."

"I n
1989

SOVREN started some racing events and I've gone to every one since then.

The club people are great and a wonderful reason to join the group. Folks come and go through the years; the ones that stay are die-hard racers and cars are a big part of their lives. The club is more than a bunch of old cars running around and making noise; it's also about the people and enjoying the sport," Kirk said.

Kurt Folsom goes fast at SOVREN as well at work. Folsom is a Renton firefighter on the Technical Rescue Team that specializes in dive, rope and hazardous materials rescues. He also rescue people trapped in vehicles. Folsom has a MGBGT that he bought in 1977 and used as a daily driver. In 1987 he bought a new car and started restoring the MG. A suggestion of a clerk at a local auto parts store, he attended his first Historic Races and was hooked. He's been racing his car with SOVREN for six years.

"The people at SOVREN are great. Last race I broke a water pump. Another competitor said he had one at home, so I drove to his house to get it. While we were gone, some of the other competitors removed the broken pump and got the car ready for the new one. It's just a great group of guys."

SEE FOR YOURSELF

Support Children's Hospital by attending the 20th Annual Pacific Northwest Historic Races at Pacific Raceways, July 12-14. Ticket proceeds go directly to Children's Hospital. Every

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Top photos: Kurt Folsom and his 1967 MGBGT leading a small pack at Pacific raceways.

Middle photos: Doug Kirk and his 1966 Ford GT40 are exactly where each car owner thinks he should be. Kirk's GT40 leading the pack at Pacific Raceways.

Bottom photo: Kirby Drawbaugh and his 1969 Piper GT

Raceway photos by Cleve Collinsworth; other photos by James Bavendam.

allows you to walk around the pits, see the cars and talk with the drivers. You might find SOVREN to be an unexpected way to preserve interesting cars, have excitement and support the community.

recipe of the month



JEREMY BJORK

My passion for food and public relations led me to Renton Technical College (RTC) and its culinary arts program. I graduated top of my class in March of 2007. With the great instructors I had, it opened up opportunities for me at some excellent restaurants and catering facilities. Recently, I decided to come back to the RTC family to work in the catering department. I wanted to give back something to the college that helped guide me in the right direction. I enjoy working with food and then presenting it to the customers. It has been very rewarding and I thank everyone involved at Renton Technical College.

Eggplant Lasagna

meat sauce

1 1/2 lbs ground sirloin or turkey breast or Italian sausage
2 tablespoons olive oil
2 onions, chopped
3 cloves chopped garlic
1 red pepper, chopped

1 (16 ounce) package sliced mushroom
2 tablespoons Italian seasoning (or mix of oregano, basil and thyme)
1 teaspoon fennel seed (optional)
Salt and pepper
1 teaspoon red pepper flakes (if you dare!) (optional)

1 (10 ounce) package frozen chopped spinach
1 cup red wine (optional) or vodka (optional)
1 (28 ounce) can tomato sauce (or large jar sugar free sauce if you can find it)
1 (15 ounce) can diced tomato (for less sugar, 3 chopped roma tomatoes)

mock noodles

2 large eggplant, peeled, sliced lengthwise into 1/4 inch noodle-like strips
Cooking spray (olive oil spray is best)
Salt and pepper

cheese mixture

2 cups low-fat ricotta cheese
2 eggs
3 green onions, chopped
3 cups shredded low-fat mozzarella cheese
1/2 cup parmesan cheese
1 teaspoon Italian seasoning

directions

Preheat oven to 425 degrees.
Spray cookie sheet, arrange eggplant slices and season with salt and pepper.
Cook slices 5 minutes on each side.
Lower oven temperature to 375 degrees.
To start sauce, brown meat, onion and garlic in olive oil for 5 minutes.
Add red pepper and mushrooms, and cook 5 minutes.
Add spinach, tomatoes, spices and wine and simmer for 5-10 minutes.
Blend ricotta, egg and onion mixture.

Spread one-third of meat sauce in bottom of 9x 13-inch glass pan.
Layer half the eggplant slices, half the ricotta, one-third of the mozzarella and parmesan cheese.
Repeat.
Add last layer of sauce, then mozzarella and parmesan cheese on top.
Cover with foil and bake at 375 degrees for one hour.
Remove foil and bake or broil another 5-10 minutes until cheese is browned.
Let it rest for 10 minutes before slicing, if you can wait that long!

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Summer's the time for bonding on bikes

BY JIM DRINKWINE

Maybe it's been years since you've been on a bicycle and you're wondering if it's true – that you never forget how. If you're thinking of reacquainting yourself with a bike – maybe heading out with the family for a little activity this summer, the Renton area gives you ample opportunity to try it without having to vie with vehicle traffic.

According to King County Park's website, www.metrokc.gov/parks/trails, "the King County Regional Trail System is one of the nation's most extensive multi-use off-road systems." The 175 miles of trails will soon grow to over 300 miles after recent land deals and trail building.

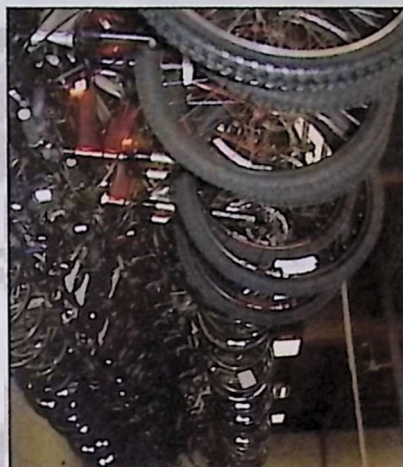
Sounds good, but a word to the wise from Ed Razon, certified ride leader with Cascade Bicycle Club: The trails are not well linked.

"The Cedar River Trail is a good ride. But the connection between that and Lake Washington Boulevard is tough," he said. "The center of Renton is tricky for people who like bike trails."

King County's trail map shows many of the trails are connected by roads, some with bike lanes and others without them. This resource can help families plan what trails will work best for them.

Of course, that also brings up the question of which bicycles will work best.

"You really have to look at the type of riding you're going to do," says Dave Groom, owner of Renton's Center Cycle. "I had one customer come in saying she wanted a mountain bike. After trying some in the parking lot, she went with something better suited for paved riding."



RENTON MAGAZINE / JIM DRINKWINE

Renton's Center Cycle first opened in 1974. With bicycles hanging from the ceiling, the store on Lind Avenue has changed the meaning of a "sales floor."

That's one benefit of buying from a bicycle shop, where staff have some expertise, instead of one of the big box stores, where "the same guy assembling barbecues and putting out the dog food is assembling the bikes," observes Groom.

Getting fitted for your bike is an important part of the process, and it's something the chain stores don't do. These stores generally sell bikes sized only by wheel diameter, such as a 19-inch wheel. Local bike shops have different sized frames for that 19-inch wheel, said Groom.

Other equipment you'll need, he says, are the essential helmet, a water bottle and cage, a small bag for a wallet and cell phone, and a bike computer. If you're riding at dawn or dusk, a flashing light is also a great idea.

Bicycling is an ideal way for parents and kids to enjoy quality time together, says Catherine Douglass, who started out by researching bicycles on-line for herself and 10-year-old daughter, Gabbie.

"We bought mountain bikes because that's what (my husband) Matt does," she said. "And because I wanted to be away from the street and cars."

"It's fun for mother-daughter bonding, and when Gabbie accomplishes things, like riding down a steep little drop, she takes pride in them and her self confidence grows," Douglass said. "Sometimes she rides with Matt and he gets her to do more stuff than she would for me. It's great bonding time for them."

Club leader Razon said he started riding about six years ago.

"I love to see the outdoors and the scenery," he says, and there's another benefit:

"It makes my doctor happy."

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RYC helps youth build broad skills

BY JIM DRINKWINE

*A*sk a few first-year members what they've learned after nine months with the Renton Youth Council, and they'll likely tell you: "Stuff."

That "stuff," according to parent Sandy Lau, helped her eldest child get into New York University, and she sees her 16-year-old developing same skills.

"Colleges look for more than just GPA now," Lau said. "Helping in the community and being a part of it is also what colleges will look at."

Leadership, teamwork, and multicultural understanding are three things both employers and college admissions offices look for. These are also areas emphasized by the youth council.

At the Highlands Neighborhood Center on May 2, 17 members and advisors chatted as they waited to leave for a weekend retreat to Ocean Shores. While the Ocean Shores retreat would include fun things like go-cart racing, RYC advisor Tom Puthoff said they had some important business to attend to.

"They don't know this yet, but they're going to help plan a youth summit," said Puthoff. City leaders, he said, believe "you can't have a youth summit without youth input."

Hard work and fun go together for these teens, said Sarah Waddington, who



RENTON MAGAZINE / JIM DRINKWINE

Members of the RYC prepare to leave for a weekend retreat.

served as RYC's president for two-and-a-half years. "These kids do so much hard work and nobody knows about it," she said.

Their work hasn't gone completely unnoticed. Karalyn Pelligrini, from Lindbergh's Career Center promotes RYC. Students who add council involvement to the challenges of high school academics and activities "are the type of students who like to get involved and also like to participate in different programs for the experience," she said. "I do believe that opening yourself up to trying different things and getting involved helps to shape a more well-rounded person."

Brittany Cruz, is one of the Lindbergh students. She's a senior who joined RYC when she was in sixth grade and said her time with the council has helped her see beyond her own daily activities. Cruz is also a Running Start student at Green River Community College.

"I've learned how you're supposed to plan things out," she said. "I've also become more open to the community." Her community activities have included working at the Soccer Challenge, chaperoning dances, volunteering at auctions and the annual Easter egg hunt.

Waddington said her RYC experiences helped her as she went through college and now as she continues with graduate school.

"My years here helped build the courage to find groups in college," she said.

With about 65 members representing Renton's middle and high schools, Waddington said members are forced to branch out and learn to look beyond their comfort zones.

"This is a very good outlet. You get to meet other kids from other schools," she said. "You get to know so many people."

RYC members help all over town

Kid's Night Halloween at Highlands Neighborhood Center • Citizen of the Year Banquet • Boo Carnival • Renton Rotary Crab Feed Dinner • Spring Dance • Mentor Dinner • Suburban Cities Association Forum • RTC Scholarship Dinner • Renton Hoop Shoot • Flashlight Egg Hunt • Hip Hoppin' Egg Hunt and Carnival

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Renton School District good news announcements

Hazen senior interns at BioQuest

Hazen High School senior Bennet Ng has been selected to Intern this summer at the Seattle Biomedical Research Institute (SBRI) BioQuest Academy, working to assist in research to discover new vaccines or drugs to combat malaria. Bennet was interviewed along with 23 other seniors from around the state and was selected to join the research team of Dr. Malcolm Gardner. Bennet will attend the University of Washington, where he will focus his studies in biomedical research while interning at SBRI.

Students meet international delegates

Students in Monique Cabellon's classroom at Cascade Elementary School recently hosted 20 delegates from the World Affairs Council who came to see how children in the United States learn about money and finance. The delegates, from Kuwait, Syria, Russia, Zimbabwe and other countries, listened as students offered presentations about Money Savvy, a curriculum that teaches elementary school students personal finance. The students had researched each delegate's country and currency and prepared questions for individual delegates. The dignitaries gave the students some currency from their country.

Early childhood students build wood projects

More than 120 students and parents in the Early Childhood Education Assistance Program (ECEAP) at Hillcrest Special Services recently participated in an evening program, involving a "make-it-take-it" activity. They used wood kits, aprons, goggles, and hammers donated by the new Lowe's store located at The Landing. Volunteers from the store

helped families use the donated materials so that each child could build a wood project. The event also included a literacy corner. Each family received a new book and literacy information provided in multiple languages.

District staff launches autism support group

With the help of a grant from the Renton Community Foundation, three district staff members have established a group to support parents of children with autism. LaDonna Kenney, Maggi Kellogg and Karen Mataya recently hosted the first of several meetings, offering their years of experience in parenting, school involvement, family dynamics and sibling issues for children with autism spectrum disorders. The event allowed parents to share experiences with services and challenges.

Renton, Lindbergh students win competition

Three Renton and one Lindbergh high school student recently won the state Future Business Leaders of America (FBLA) competition and have qualified for the national competition in Atlanta, Ga. In June. Under the guidance of teacher Eric Hougan, Renton High had the highest number of students from the region to attend and qualify for the state competition. The winning Renton High students and their categories are: Terrence Eng, impromptu speaking; Bernard Paraiso, personal finance, and Justin Wu, e-commerce.

Casey Penk, of Lindbergh High, placed first in marketing. Lindbergh's FBLA adviser is Janel LeMieux. FBLA is an educational association of students preparing for careers in business and business related fields.

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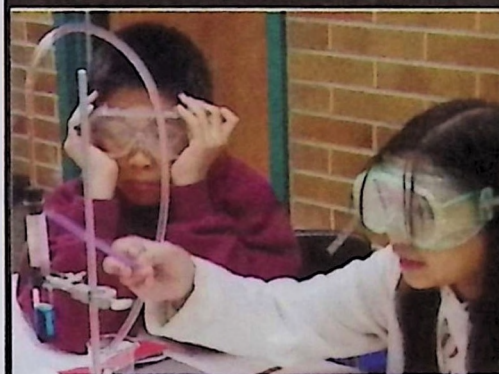
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You can get involved at the Market

Story By Andrew Fickes / Photos by Gary Palmer

When Pat Roland starts her sixth year as manager of the Renton Farmers Market kids' booth, she'll come prepared with 20 pounds of play dough, enough (she hopes) to last the full four hours of the market on Tuesday, June 3.

"I've been volunteering and putting on the kids' booth for five years. I've met great people and it's been a wonderful experience," she says. "The complexion of the kids' booth has changed. We have more varieties of groups and wonderful fathers and mothers that come down. It's a place for kids to enjoy bubbles and play dough."

Roland is one of many volunteers who participate in the Renton Farmers Market each Tuesday, June through September.

"There's a lot to be gained from volunteering," she says. "It's self-satisfaction. You're giving back all these good feelings by helping in your community."

The kids' booth is a great way for high school students to volunteer.

"Little kids love to interact with the big kids," she says.

"I absolutely love to volunteer at the kids' booth, because it's like coming-home week. You're able to see people after a year and catch up on their lives."

The booth is free but not a babysitting station. Parents must stay with their kids.

"Approximately 125 to 150 kids attend the booth between 3 and 7 p.m., which is a really good turnout," she says.

Volunteers arrive at noon the day of the market. The greatest need,

says Roland, is strong men to help with the heavy lifting required to set up tents and booths.

Most volunteers are members of the Piazza Renton, one of the key organizations that manage the market. Membership with Piazza Renton is not required to be a volunteer.

Brian Larson, 65, began volunteering a little over three years ago following a 38-year career at Boeing. Today, he is treasurer of Piazza Renton and the voice of the market, volunteering as the market DJ and sound guy.

"During the market, I make announcements of what's going on in downtown Renton," he says. "I announce what's happening at the market, what fresh produce is featured that day. I also announce the food demonstration for that day."

In mid-May, Larson completed the entertainment lineup for the 2008 season. Local favorite Biff Moss will be on the list again and new features for this summer will be a kids' talent show and karaoke night.

"I enjoy volunteering because of the interaction with the people and it helps the community," he says.

The volunteer crew has a party following the market's opening day and a private party to close the season. During December, the volunteers convene for a Christmas party.

"It's just a great bunch of people to work with," says Larson.

**Check
it out, then
volunteer**

To sign up as a Renton Farmers Market volunteer, co-manager Linda Middlebrooks asks that people call 425-679-1502 or visit www.rentonfarmersmarket.com

"But first of all, come and check out the market and see what we're all about," she says.



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pet care



Take heart! Heartworm unlikely for your dog

BY CHARLIE POWELL

Recently, a Cowlitz County dog was diagnosed with heartworm, a parasite carried by mosquitoes and common in some parts of the U.S. If left untreated, the disease usually takes the animal's life. Concerned pet owners are asking veterinarians if they need to be concerned.

The good news is there's no evidence that heartworm has any sustained existence in Washington. There's also no evidence there is any increase in new cases.

Typically, Washington dogs with heartworm have relocated to the state from known heartworm regions. Diagnosis has still been very uncommon and occurs most often on or around military installations and communities with a migrant population.

The Washington Animal Disease Diagnostic Laboratory at Washington State University's veterinary college reports an incidence of about one confirmed canine case per decade, and those animals are usually infected elsewhere before coming to the state. The laboratory has seen no cases this year. I am aware of three cases diagnosed recently by others in two dogs from California and another with a somewhat incomplete travel history.

Over many years there have been only a handful of heartworm cases in the state. Chalk some up to incomplete recollection on the part of owners or to owners who have not had the animal its entire life and so missed a bit of its history. The rest could be the uncommon case that has occurred.

Professor William J. Foreyt, a parasitologist at WSU's College of Veterinary Medicine and a heartworm authority, has studied the subject for more than 30 years.

He says regions of the state (Tri-Cities, Othello/Moses Lake, and the

Heartworm tips for pet owners

Heartworm in pets living exclusively in Washington remains very rare.

Owners traveling with their pets to known heartworm areas (see map on Heartworm Society web site below) should have their pets tested and begin preventative medication through their veterinarian.

It is not necessary for dogs and cats living exclusively in Washington to be tested or treated for heartworm.

Washington pet owners concerned about heartworm should have a discussion with their veterinarian.

Here are some additional important information sources:

<http://www.heartwormsociety.org>

<http://www.avma.org/careforanimals/animatedjourneys/pethealth/canine.asp?#2>

Yakima Valley) support populations of at least three species of mosquitoes that can carry and support the development of the heartworm parasite. Washington likely doesn't experience sustained environmental conditions (sufficient heating known as degree-days, moisture, moderate temperature fluctuations, etc.) that support a threshold population of any of these.

In communities where a case has been diagnosed on an intermittent but recurring basis, subsequent seasons haven't shown increasing or sustained caseloads.

Dr. Foreyt is conducting a multi-year heartworm incidence survey of harvested, free-ranging coyotes from primarily eastern Washington and the areas where an occasional case is reported. To date he has examined 535 susceptible coyotes after death. He has seen no heartworm.

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

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renton museum



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What's for supper?

BY ELIZABETH P. STEWART

One hundred years ago, men in Pacific Northwest logging camps required 7,000 calories a day to keep going, one historian has estimated. According to an unwritten rule, loggers had to be silent at the camp breakfast table—it was the only way they could cram in enough food to last until their next meal.

The menu in front of Cook's Café in turn-of-the-century Renton tells the story. No salads here: Proprietor Leonard Cook offered prime roast beef, roast pork, beef stew Spanish, steak and chops, chili and chowder, and macaroni and cheese.

The men and a few women who settled Renton were hard-working people, and many of them were on their own in a city essentially still under construction. Cafes and boardinghouses sprang up to cater to their dining needs. The 1909 City Directory lists 12 restaurants, cafes, and hotels where mostly men could fill up at the beginning of a busy day or satisfy their appetites at the end of one.

We often picture our ancestors sitting down to a dining table in the family home, to a meal prepared by the wife or mother of the home. But early Renton was mostly populated by men in town temporarily for work or scouting out the prospects before bringing their families to town.

Living in boardinghouses or hotels, these men had to eat somewhere, and Renton's cafes and restaurants competed for their business. The proprietor of one eatery told the men, "Sometime when you do not want your landlady to prepare a meal for you, just try the Alki Restaurant."

Melrose Café, which served "Meals At All Hours" in 1900, advertised its food as "The Best 25 Cent Meal in the City." By 1909, however, the Melrose was "Newly Furnished with [a] Fine Café," its fancy carpeting and carved paneling no longer designed for the working man.

The Central Hotel offered a plainer promise: "Good Meals at Low Rates." In 1909 the Alki went after a different market altogether, advertising "Private Boxes for Ladies," who might otherwise feel uncomfortable about dining in public.

By 1914—only five years later—many more families had settled in Renton. Only one café was listed in the City Directory, the Alki Café. (Renton had five saloons, but that's a story for another time.) In place of numerous restaurants, the city had ten groceries, three bakeries, and two meat markets. Rentonites had returned to cooking and eating at home again.

Elizabeth P. Stewart is the Director of the Renton History Museum. The Museum will host a Smithsonian Institution exhibit on food titled "Key Ingredients: America By Food" in 2009. info@rentonhistory.org, 425.255.2330.

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around
the garden



"Knowledge is knowing that a tomato is a fruit;
wisdom is not putting it in a fruit salad."

Unknown

BY ELAINE ANDERSON

For proof that it is possible to redeem a bad reputation, look no further than our beloved fruit, the tomato. (Yes, the tomato is a fruit, not a vegetable. So are cucumbers, eggplants, and squashes. But, I digress.)

Right now, your newly planted tomatoes aren't doing anything exciting. They might be blooming, but it's likely this will not happen until late June.

The once deadly tomato bears fruit

Their fruit exists only in the gardener's hopeful thoughts. While you're waiting to bite into a juicy, home-grown tomato, here is another tomato tidbit to contemplate.

Tomatoes were once considered unfit for human consumption. They suffered from the bad reputation of the black sheep of their plant family Solanaceae, a family that includes datura, tobacco, and deadly nightshade. The innocent eggplant, potato, and even the petunia suffered right along with the tomato.

Native Americans knew better and valued the tomato as both food and medicine. However, the fruit was rejected when it made its way to Europe in the 16th century. Considered fit only for wild animals, the plant was given the scientific

name of *Solanaum lycopersicum*, meaning "wolf peach."

The first reported consumption of the tomato in the United States was in New Orleans in 1812. It's been said tomatoes were eaten by French revolutionaries, whose symbolic color was red. As a show of loyalty, they ate red food. Truth or myth? It would account for the appearance of the tomato as a food in French-influenced New Orleans.

Tomatoes contain lycopene, a health-giving property, but this benefit of the fruit is present only when the tomato has been turned into a sauce, ketchup, juice or soup.

Tomatoes also contain the poisonous alkaloid solanine, which is toxic to humans, but only if consumed in very large, concentrated

amounts. A small dose, however, can be fatal to cats, so don't feed your feline those leftover cherry tomatoes.

The green parts of the plant are a different story, and even small amounts can be deadly poisonous. Livestock have died from eating them, and humans have been poisoned from drinking a tea made from the leaves.

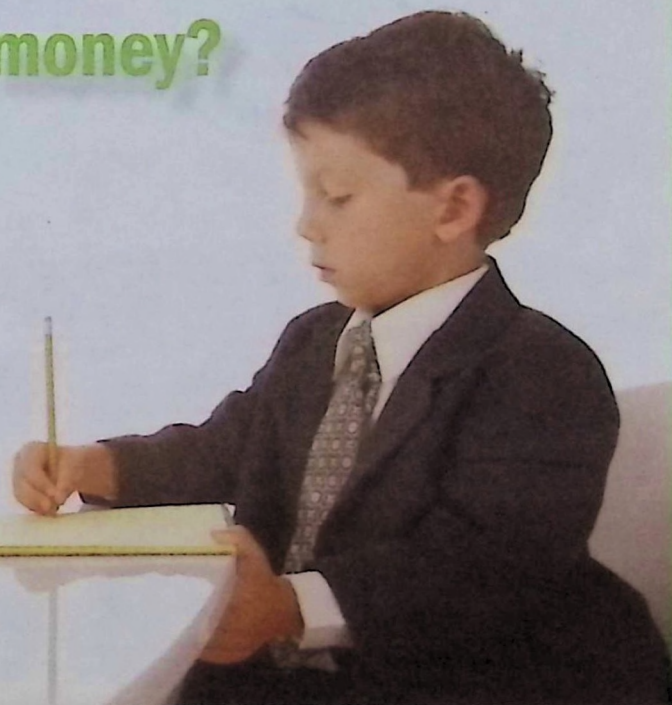
So, enjoy the fruit and leave the foliage alone. Next month, I'll provide some tips on keeping your tomato plants healthy and productive.

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program, 206-296-3440.

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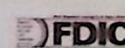


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Add laughter to your list of good health practices

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

So, can a laugh a day keep the doctor away? Dr. Michael Miller, director of the Center for Preventive Cardiology at the University of Maryland Medical Center, believes so. He and a team of researchers came to this conclusion based on a study comparing the humor responses of 300 people. The study found that people with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease. Half of the participants had either suffered a heart attack or undergone coronary artery bypass surgery. The other 150 did not have heart disease. Miller said that the most significant study finding was that "people with heart disease responded

less humorously to everyday life situations."

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

Research supports a range of other health benefits derived from humor that include enhancing your immune system, relieving pain and reducing anxiety.



Dr. Bob
Thompson

Researchers have found that aging adults who used humor more frequently reported greater coping efficacy, which led to greater life satisfaction. Students report learning more from teachers who use humor effectively. Southwest Airlines uses humor to put anxious passengers at ease before take-off.

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

Read books by Dave Barry or Bill Cosby

Put a daily calendar on your desk featuring cartoons like Calvin and Hobbs or Gary Larson's "Far Side"

Watch reruns of funny TV shows, available on DVD, like "The

Honeymooners," Carole Burnett or Jerry Seinfeld

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

Go to "YouTube" on the Internet and search for humorous videos

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

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

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

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It's time!

Evergreen City Ballet prepares to grow under new director

Story by DANA E. BLOZIS

Professional Dancer Kevin Kaiser soars across the stage in Tarantella, choreographed by Kent Stowell.

Evergreen City Ballet is ready, its new artistic director is ready, and Renton is ready, says Kevin Kaiser, appointed last January to lead the 14-year-old ballet company and academy.

"In four to five years, Renton can have a significant professional ballet company," predicts Kaiser. "This community has the ability to take the company to a higher level, and Renton is ready for it."

Evergreen's board, which appointed Kaiser with an eye on his extensive experience, shares Kaiser's vision.

Having served at ECB as an instructor since 2005, his resumé includes 30 years of dancing and six years in dance-related administrative positions.

Specifics in Kaiser's vision include expanding the company to 12 dancers on 26-week contracts (the budget doesn't currently allow for contracts) and three to four performances per year. He envisions an outreach program for schools and for students who couldn't normally afford to participate in dance.

"Our program teaches discipline to kids of all skill levels," Kaiser explained. "I want everyone to have the opportunity to learn this artistic form."

Kaiser dreams of an artists' community in Renton, with the ballet company playing a significant part. That, however, would require a permanent home. Evergreen's academy is currently located in the old McLendon Hardware building on 2nd Street, where it moved from Auburn two-and-a-half years ago. There isn't a long-term lease, but negotiations for a five- to 10-year lease are underway.

"Without a long-term lease, we are not able to grow and generate the necessary funding for our organization," Kaiser said. "We love our current facility and would like the opportunity to stay in Renton."

Originally from the Pacific Northwest, Kaiser comes from a family of talented dancers. One of the five Kaiser Brothers, Kevin performed across the country, working with

celebrities that included Wayne Newton.

At the age of 16, he began dancing professionally under world-renowned choreographers and performing an extensive repertoire: Paul Taylor's "Company B," George Balanchine's "A Midsummer Night's Dream," and virtually every male role in Kent Stowell's "The Nutcracker." Kaiser also enjoyed a 15-year career with the Pacific Northwest Ballet and served as associate artistic director of the Oregon Ballet Theater.

He returned to the Seattle area to be closer to his family and, he says, to give back to the dancing community which is so important to him. In particular, Kaiser hopes to create opportunities for dancers to work with professional-level talent so that they are inclined to remain here.

"I want to keep the talent here in the Pacific Northwest," Kaiser said.

One way is to bring talented dancers like ballerina Patricia Barker to Evergreen's academy. Barker, who performs world-wide and is a former principal dancer for the Pacific Northwest Ballet, is participating in the school's summer intensive program – professional dance instruction involving well-known artistic directors and choreographers.

Barker is enthused about Evergreen Ballet's size.

"I'm looking forward to inspiring talent from a smaller school because both Kevin and I started our training in smaller studios," Barker said. "I think the more personal attention given by teachers is important and certainly the performance opportunities are invaluable for them."

Barker has worked with Kaiser in the past and is pleased to see him in the role of artistic director.

"Kevin's talents are numerous: his extensive background in some of the best dance organizations in the country, his relationship with colleagues and friends, and his charming, witty personality. Evergreen City Ballet is very fortunate to have such a person as its artistic leader."

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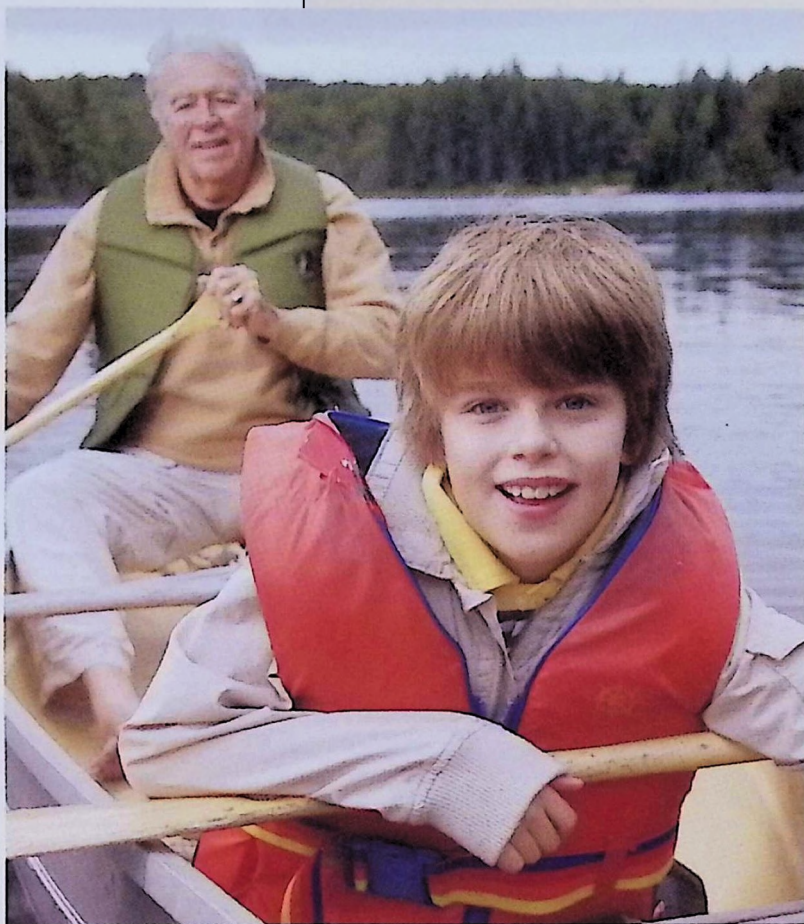
This program will feature a mixture of dance performances, both traditional and contemporary. Except for three works developed by Evergreen City Ballet's founder Wade Walthall, all

works are original including a work created by Kevin Kaiser featuring music of Etta James and Ray Charles.

For more information, visit <http://evergreencityballet.org>

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