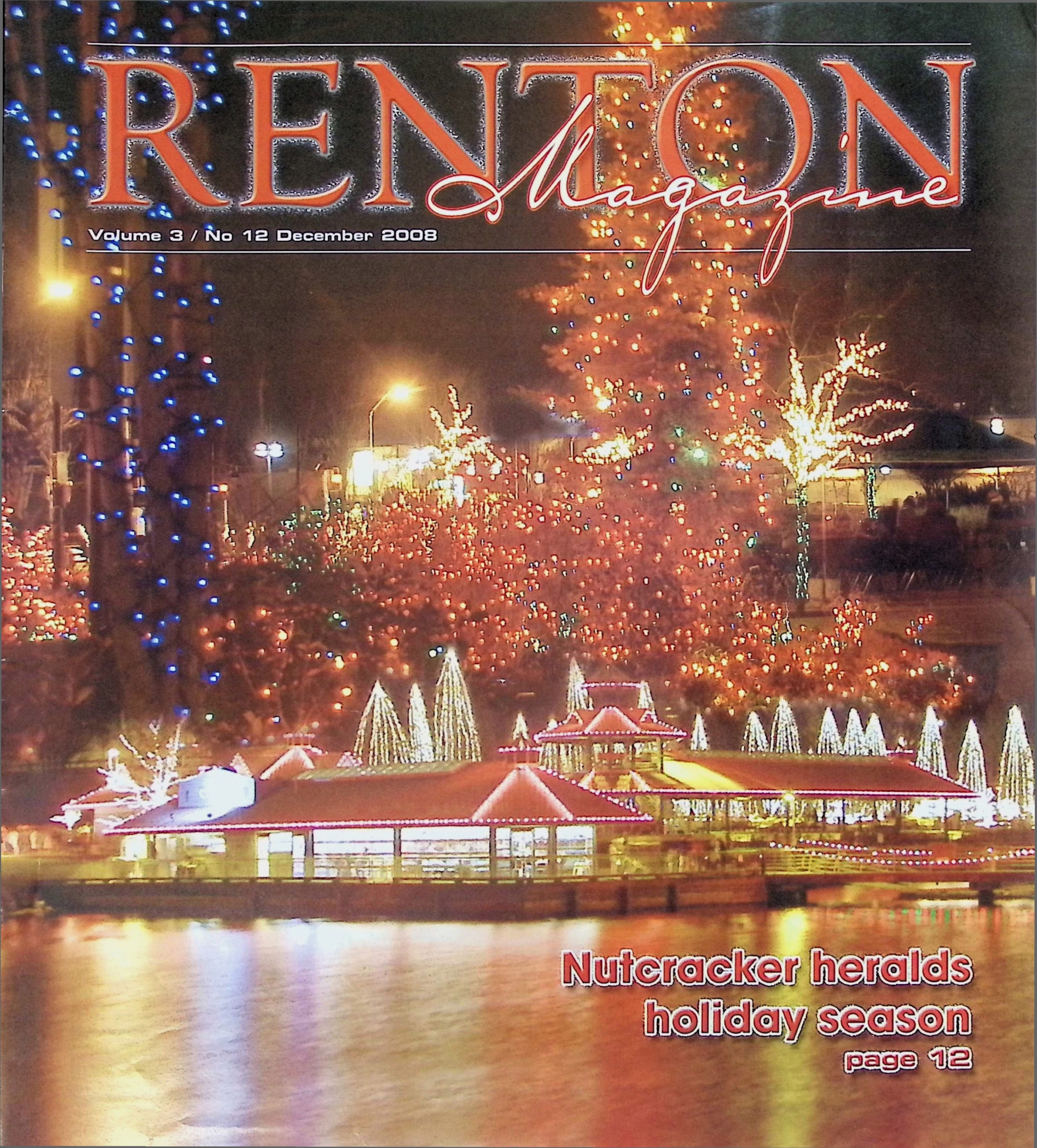


RENTON *Magazine*

Volume 3 / No 12 December 2008



**Nutcracker heralds
holiday season**
page 12

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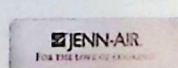
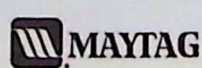
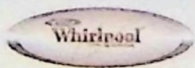
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We always look forward to the feedback we receive on *Renton Magazine*. While most is positive, some of you take the time to point out things we could have handled differently. We appreciate it all, whether it comes via e-mail, mailed note or phone call.

We strive to tell the stories of people who live here, who may have stories and cultures different from ours. We're starting to plan for 2009. With only 12 issues per year, we can't write about all of the holidays and traditions, but we will persist.

We continue to learn more about the diversity within populations and cultures. People sharing a common language or heritage are not monolithic.

After publishing the article last month about Diwali and the Sikh community, one reader sent me an e-mail with more historical

references to further educate me. Another woman called to thank us for the article. Her children attend Renton schools, and have made friends with children from all over the world. The mother wants to know more about the customs of the other families.

Several years ago I browsed through an airport gift shop, whiling away the layover. It was a very slow day in late October and soon I was alone in the shop with the keeper. She began watching me, and then asked where I was from. "Seattle," I said. "Were you born in America?" she asked. She wanted to ask me something.



Diana Kramer
PUBLISHER

She wanted to know about Halloween. Her children had been telling her about it and she was worried. Not about the costumes, but about the idea of her children begging from the neighbors.

Oh, I explained that no one would think poorly of her children if they trick-or-treated on Halloween night, and that neighbors not wanting to be bothered would have darkened homes.

Wow, I thought. As if it weren't hard enough to learn the language, find a job and enroll the kids in school. And suddenly, I saw the slight woman as very brave.

We all want to fit in, to be accepted as good parents and people. Expect us to continue to seek positive stories that celebrate our strengths, our community and our differences.

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cover:

Our winter evenings make the Clam and Piazza Lights even more dramatic. See page 4. Photos by Gary Palmer.

important phone #'s

City Hall
425.430.6400

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425.226.4560

Community Center
425.430.6700

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Library (Highlands)
425.430.6790

Police Dept
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425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

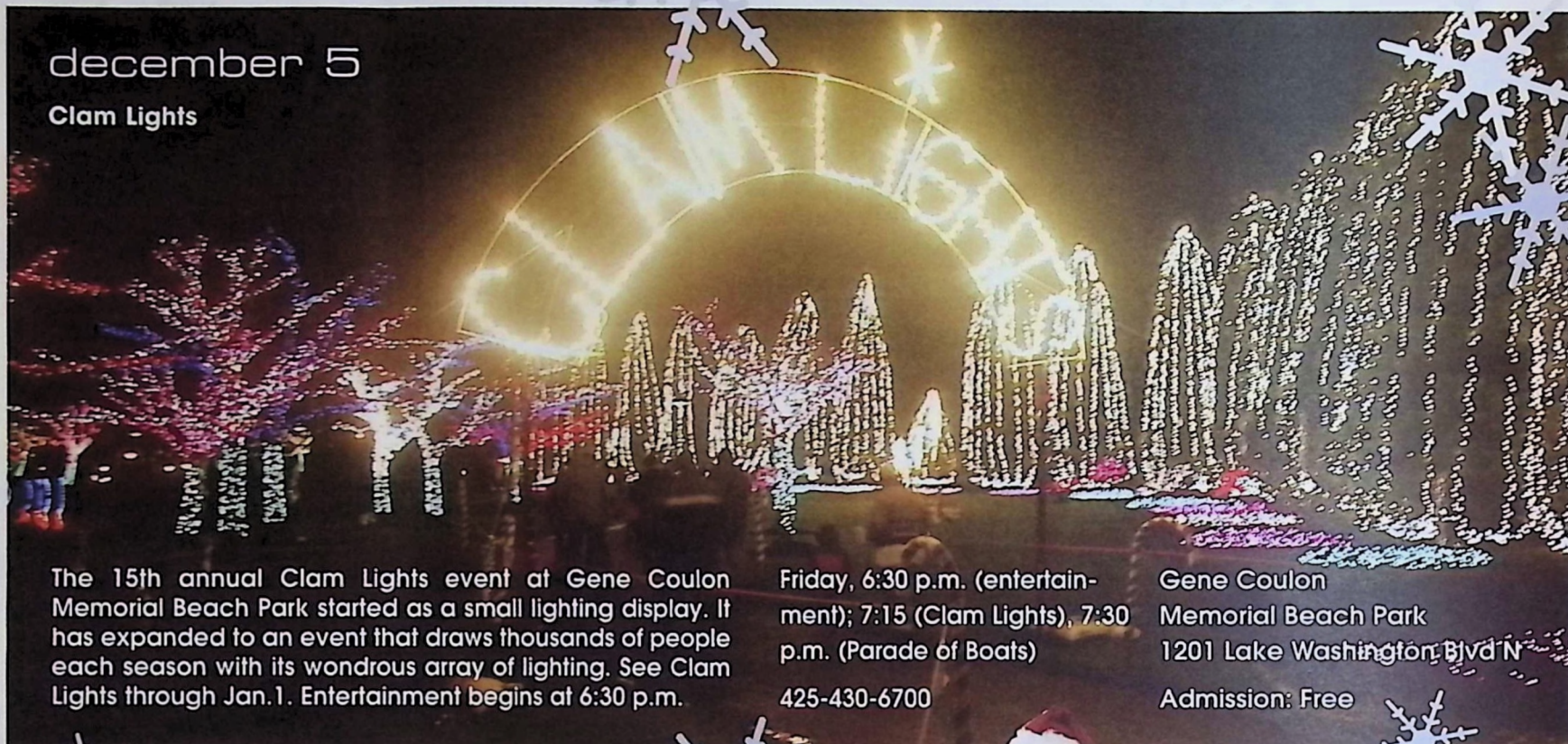
Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events

december 5

Clam Lights



The 15th annual Clam Lights event at Gene Coulon Memorial Beach Park started as a small lighting display. It has expanded to an event that draws thousands of people each season with its wondrous array of lighting. See Clam Lights through Jan. 1. Entertainment begins at 6:30 p.m.

Friday, 6:30 p.m. (entertainment); 7:15 (Clam Lights), 7:30 p.m. (Parade of Boats)
425-430-6700

Gene Coulon
Memorial Beach Park
1201 Lake Washington Blvd N
Admission: Free



december 4

Renton City Concert Band Holiday Concert

The 70-plus piece community band, directed by Michael Simpson, presents a diverse selection of holiday music.

Thursday, 7:30 p.m.

Renton IKEA Performing Arts Center

400 S. 2nd St.

425-430-6700

Admission: \$10/adults; \$7/students and seniors

www.rentoncityconcert-band.com



december 6

Downtown Holiday Celebration/Tree Lighting

The public is welcome to enjoy caroling, hot cider, and roasted chestnuts. An evening of entertainment is sponsored by Piazza Renton. You're invited to bring your camera for pictures with Santa and canned goods for the food bank.

Saturday, 2 p.m.

Downtown Renton
South 3rd St.

425-917-0173 or 425-228-1977

Admission: Free

www.plazzarenton.com



december 13

Breakfast With Santa

Children ages 2 to 12 are invited to a Saturday breakfast with Santa. Parents, grandparents, and kids can enjoy breakfast and entertainment. Children must be accompanied by an adult.

Saturday, 9-11 a.m. and noon-2 p.m. (two seatings)

Renton Senior Activity Center

211 Burnett Ave. N.

425-430-6633

Admission: \$8/per ticket



december 13

Rainier Symphony Holiday Concert

The Rainier Symphony presents a festive holiday performance with the Northwest University Concert Choir featuring Vivaldi's "Gloria," Handel's "Hallelujah Chorus".

Saturday, 7:30 p.m.

Renton IKEA Performing Arts Center / 400 S 2nd St

206-781-5618

Admission: \$17/adults; \$12/seniors and students; 12 and under free

www.rainiersymphony.org

upcoming events

Yes Virginia,



There is a Santa Claus
..... december 5-20

This is sure to be one for all to see. Inspired by a simple, poignant letter written more than 100 years ago by an 8-year-old girl named Virginia O'Hanlon to the editor of the New York Sun, and made famous by the timeless editorial response printed on the front page of the Sun, "Yes Virginia" is a play for young and old, reaffirming life's highest beauty and joy: "the eternal light with which childhood fills the world." This is the RCT directing debut of Daniel Reinking.

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

Renton Civic Theater
507 S. Third St.
425-226-5529

Admission: \$22/adults;
\$17/seniors and students
www.rentoncivictheater.org



december 12, 13, 18, 20

Santa's House
IN DOWNTOWN RENTON



Visit Santa's House at the Piazza Park to tell him all your holiday wishes. Free photos and sittings for good boys and girls.

Piazza Park
South Third Street
and Burnett Ave. S.
425-226-6124 (Toni)

Fridays, 5-7 p.m.;
Saturdays, 1-4 p.m.
Admission: Free

The Nutcracker december 19, 20, 21

The Nutcracker captivates the holiday spirit through the beauty of dance and music. Audiences will be entertained by the dancing snowflakes and take a journey with Clara and her Prince to the enchanting far-away land where the exotic Arabians, sweet Marzipan and graceful flowers dance to Tchaikovsky. This is a magical, timeless classic for the whole family.



Friday, Saturday, 7:30 p.m.;
Saturday and Sunday, 1:30 p.m.
425-228-6800

Renton IKEA Performing Arts
Center, 400 S. 2nd St.
www.evergreencityballet.org

Admission: \$38/general
admission; \$28/seniors;
\$18/child and student

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calendar of events

HOLIDAY ENTERTAINMENT



Argosy Christmas Ship

Wednesday, Dec. 17, 8-8:20 p.m.

Featuring entertainment by a local Northwest choir, the Christmas ship will be just off the shores of Gene Coulon Memorial Beach Park. The ship's annual visit draws an audience of thousands in the holiday spirit.

Gene Coulon Memorial Beach Park

1201 Lake Washington Blvd. N.

425-430-6700

Admission: Free

www.argosycruises.com

HOLIDAY DANCING

The Rockin' Horse Dance Barn

11820 150th Ave. S.E.

425-255-9211

www.learn2dance4fun.com

18th annual

Ho-ho-ho down Party and Dance

Friday, Dec. 19, 8-11:30 p.m.

This dance will include an hour cowboy cha-cha dance lesson from 7-8 p.m. Dance styles will include country, swing, ballroom, Latin, and line dancing. A potluck will be served at 8:30 p.m.; everyone is welcome to bring a favorite dish to share.

Lesson and dance: \$12 per person; dance only: \$10 per person

Rockin' at the Barn Christmas Dance

Saturday, Dec. 20, 8 p.m.-midnight

This dance will include a half hour introductory dance lesson at 7:30 p.m.

Admission: \$12



Rockin' New Year's Eve Dance

Wednesday, Dec. 31, 8 p.m.-1 a.m.

Usher in 2009 with a dance event that includes hors d'oeuvres, a sparkling cider toast, and a balloon drop. Introductory dance lesson at 7:30 p.m.

Admission: \$25 in advance; \$30 after Dec. 20

SCHOOL WINTER CONCERTS

Winter Festival Concert

Wednesday, Dec. 10, 7:30 p.m.

Lindbergh High School band, orchestra, and choirs will perform a selection of holiday classics under the direction of Brian Hoskins.

Lindbergh Auditorium

16426 128th Ave. S.E.

425-204-3291

Admission: \$5/adults; \$3/students without ASB (with ASB is free)

brian.hoskins@renton.wednet.edu



EDUCATIONAL EVENTS

Celebrate the Holiday Season

Saturday, Dec. 13, 11 a.m.

Allan Hirsch presents "The Real Toy Story."

Children and families have an opportunity to hear about the origins of toys and also have a chance to try them out. The program includes tools that became toys, the Pharaoh's fan, the ancient Chinese bamboo dragonfly, the Eskimo's yo-yo, the Australian bull roarer, Native American darts, ratchet noise-maker from India, the Greager from Israel, and more.

Renton History Museum

235 Mill Ave. S.

425-255-2330

Admission: RHS members admitted free

www.rentonhistory.org

COMMUNITY CONCERTS



Renton Youth Symphony Orchestra

Sunday, Dec. 20, 3 p.m.

Enjoy this talented group of young people as they perform unabridged classical compositions reminiscent of the season.

Carco Theatre

1717 Maple Valley Highway

425-430-6706

Admission: \$10/adults; \$7/students and seniors

SENIOR EVENTS

Renton Senior Activity Center

211 Burnett Ave. N.

425-430-6633

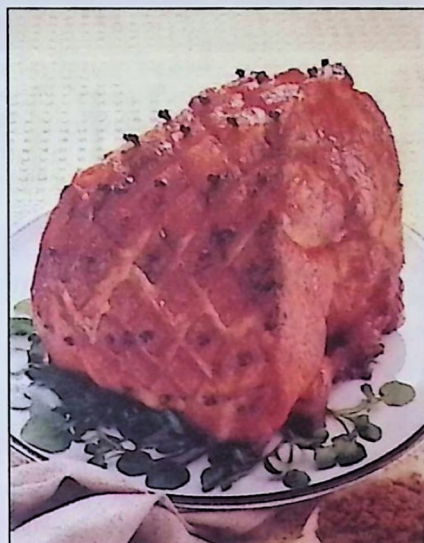
Snowman Jingle Dance

Friday, Dec. 19, 4-7 p.m.

A joyful celebration with the Uptown Lowdown Swing and Jazz band, dinner and dessert, and

door prizes. Supper served from 4-5 p.m. Tickets must be purchased by Dec. 12.

Admission: \$6



Holiday Luncheon

Monday, Dec. 22, 11:30 a.m.

Seniors are invited to wear holiday attire and gather for lunch and music by local school students. Lunch will be served at 11:30 a.m.

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

EVENTS AT THE LAKESHORE

The Lakeshore

1148 Rainier Ave.

206-772-1200



Holiday Craft Bazaar

Friday, Dec. 12, 10:30 a.m.-2:30 p.m.

The Lakeshore's annual craft bazaar will feature local vendors selling homemade crafts. Desserts and beverages will be available.

Admission: Free

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Kirby Unti



A bright light shines

BY KIRBY UNTI

*D*o you ever meet people whom you just fall in love with? I have to tell you, I just love and admire Captains Terry and Rutendo Masango, who are serving the Renton Rotary Salvation Army Food Bank.

They are what I call beautiful people whose hearts are so in the right place. They come from their home country of Zimbabwe, where they experienced suffering that seldom has its match in the United States. They have come to Renton with their children, who will steal your heart the moment you meet them.

Terry and Rutendo live on next to nothing and give their lives to see to it that others have a chance to better their own lives. They have invested heavily in our community and are present at every significant gathering. They have fallen in love with Renton and have made it their home.

They understand the difficult times that we are currently going through. They know what it means to go without food, shelter and hope. Because it is part of their own personal experience, they have committed their lives to seeing that others are treated with dignity and respect when the carpet is pulled out from under their lives.

We all have a chance to support the wonderful work of Terry and Rutendo. You can make a generous donation of goods or money to the Renton Rotary Food Bank. The

need is rising daily while the supply of food is dwindling. You can help by calling the Renton Salvation Army and volunteering to help by ringing the bell at the many kettle locations throughout our community. You can make a difference by dropping off a toy that will be given to a child of need during the holiday season.

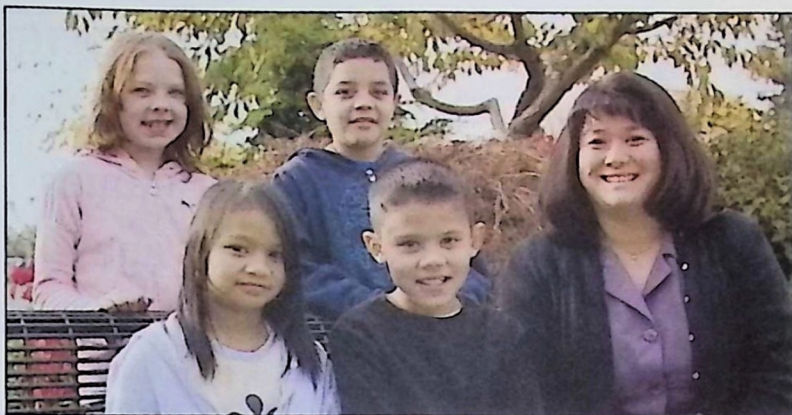
There is no doubt that we are going through the most difficult economic times that most of us have ever experienced. Yet the truth remains that we are nowhere close to what our grandparents experienced during the Great Depression. Not many of us are repairing our shoes with cardboard insoles to keep out the cold and water. Not many of us will use gunny sacks to sew draperies to cover our windows.

Yes, these are tough times, and people are going without food, shelter and basic health care. But the majority of us, while our pensions may be compromised, are still far better off than those who have gone before us. The greatest thing we can do for our lives and for our communities is to share a portion of what we have so that those who go without may have at least a portion of the basics.

This is what Terry and Rutendo are committed to. They who have so little, day in and day out demonstrate what it means to give so much. Renton has a rich reputation for being a generous community with a caring heart.

We are on the verge of entering this holiday season and I encourage all of us who are able to share our gifts so that all might have hope during this holiday season. When I meet people like the Masango family it inspires me to want to give more of my life away.

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



RENTON MAGAZINE / BOB DUNN

Cascade Elementary School Principal Shannon Harvey, winner of the Milken National Educator Award, poses with student council officers. Seated, l. to r., president Shaina Bacani and historian Christian Harris. Standing, l. to r., secretary-treasurer Hayley Hamby and vice president Bryan Rodriguez.

BY JUDY DUNN

*T*he kids at Cascade Elementary School always knew their principal was special. Now everyone else does, too.

On Oct. 29, in an assembly that caught her completely offguard, Dr. Shannon Harvey was presented the prestigious Milken National Educator Award. The "Oscar" of the education world, the Milken Award recognizes outstanding educators who model excellence and exhibit exceptional student learning results in the classroom. It comes with a cash prize of \$25,000. This year, it was the only one presented

Renton principal wins *'Oscar of education'*

in the state of Washington and one of only 80 awarded nationwide.

"She is very helpful and a really good principal," said student council president Shaina Bacani. "I like everything about her."

Since Harvey has been at the helm, Cascade has seen dramatic improvements in student achievement. Students passing the reading standards on the Washington Assessment of Student Learning (WASL) test increased from 48 percent in 2004 (the year she came on board) to 81 percent in 2007.

Though her leadership is key, Harvey is quick to point out the fact that it's a team effort. "Communication and collaboration are needed," she said. "It takes everyone planning, implementing and following through to make our school a great one. We also have wonderful families that support Cascade and parents are involved in many ways. We have a motto here: 'At Cascade we are dedicated to learning and working together.'"

Harvey's staff was as surprised about the award as she was.

"She is a wonderful and talented leader," said first grade teacher Laurie Wold. "We are very excited that she is being recognized for all the hard work she puts in here. She is very committed to staff and students and makes Cascade a warm and supportive community to work and learn in."

Harvey was specifically recognized for helping her staff analyze test data to inform instruction, for effective use of school resources, and for taking on leadership roles, including representing Renton's elementary school principals on key instructional committees. Last year, Cascade was selected as one of just six Title I Distinguished Schools by the Washington State Superintendent of Public Instruction.

Renton Schools Superintendent Dr. Mary Alice Heuschel said about Harvey: "Shannon Harvey is a dedicated professional with the passion, knowledge and commitment to lead the talented group of teachers and staff at Cascade Elementary School. Renton is proud of the national recognition of Dr. Harvey's life work to help children reach their full potential."

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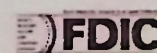
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Not 'SORRY' when families play together

BY ANDREW FICKES



With family movie nights, television, and the latest and greatest interactive video games, you may assume the classic pastime of playing board games is a relic of the past.

But in Renton's Freiwaladt household, Corrie and Jay make sure their children get the chance to enjoy a good board game. Along the way, they may even learn important skills and life lessons.

On a recent school night, while waiting for Dad to come home from work, Corrie, 4-year-old Adrian and 7-year-old Aria plunge into the game Chutes and Ladders. Adrian is slowly getting the hang of spinning the number dial.

"This game teaches the skill of spinning," Corrie says. "It took some time to teach Adrian how to spin the dial but he's getting it."

Chutes and Ladders, introduced to the United States by Milton Bradley in 1943, teaches the skill of counting to 100 while offering a life lesson about good morals. Players spin the wheel and move their pawn according to the number spun. If a child's pawn falls upon a character doing a good deed at the bottom of a ladder, the player climbs the ladder to a higher number. Bad deeds at the top of a chute slide the child's pawn back down. The goal is to reach the hundredth square.

"This game is good at helping children decide what number is greater or smaller," says Corrie. "It also teaches that good work might yield rewards, and bad behavior equals consequences."

The Freiwaltds estimate they have close to 40 board games in their closets. Corrie, a fifth grade teacher at Tiffany Park Elementary, grew up in a household where playing board games was second nature.

"In my family, kids would play Uno, while parents would play bridge," she says. "Love of games was instilled in me by my parents and grandparents. Growing up, I never had trouble finding someone to play games with."



RENTON MAGAZINE / ANDREW FICKES

Aria Freiwaladt, 7, climbs her pawn up the ladder to the 100 marker, winning the game while brother Adrian, 4, watches.

I like playing board games because I get to spend more time with my family.

~Aria Freiwaladt

After meeting her future husband in college, Jay's friends dubbed her "board game queen" because of her passion and extensive knowledge. Even today, Corrie throws board game parties and chairs the social committee at Tiffany Park.

Meanwhile, circling around the family table, Adrian and Aria joyously jump into a game of Sorry. At one point, Adrian repeatedly says the word, "sorry," with a smile.

"I think Sorry teaches children patience and also teaches children how to be polite," Corrie says. "For example, you may make a move that puts someone in a worse predicament than yourself and you say, 'sorry.'"

The game requires more than counting and number recognition, Corrie says. "There's a lot of strategy involved in getting to the slide and earning four more spots."

Aria says she enjoys playing games because, "I get to spend more time with my family."

Corrie notes that board games give families more opportunity for interaction. Parents learn their children's personalities, and the games teach that everyone is a winner – whether you win or lose – because playing the game itself is fun.

"Video games don't teach patience or taking turns," she says.

Classic board games for all ages

Hi Ho! Cherry-O

(3-6 years): For two to four players. This is a suitable starter game for young ones; it teaches fine motor skills and requires kids only to know numbers 1 through 4, or all, or nothing.

Candyland

(3-6 years): For two to four players. Also suggested as a child's first game, it teaches how to be a gracious winner or loser, color recognition and matching, and basic counting. No reading required.

Sorry!

(6 and up): For two to four players. An interactive game for adults and kids, it incorporates luck, strategy, and counting.

The Game of Life

(9 and up): For two to six players. A classic family board game that even teenagers enjoy. It teaches the importance of prioritizing and budgeting with a message that money isn't always the answer to happiness.

These board games and many others are available locally at Children's Book Shop & Teaching Supplies, Wal-Mart, Target, Toys "R" Us, and Fred Meyer, among others.

around the garden



BY ELAINE ANDERSON

There was a time when only the wealthy had access to freshly cut flowers, which were grown in greenhouses on large estates. Now, even those of us with modest incomes can take them home to enjoy. Flowers are affordable beauty, and the market for them remains strong even in times of recession.

The floral industry began in England in the late 1800s, and for most of its history the major flower producers were in Japan, Western Europe, and North America. Today, however, there are new growing centers in countries where the climates are better and the costs of labor and production are lower. These are, for the most part,

A look at the dark side of fresh floral beauty

third-world countries.

Colombia is the leading flower producer in South America. The United States imports 79 percent of its flowers and of that, 59 percent comes from Colombia. It's in Colombia where the dark side of the floral industry has been attracting the most attention.

We've learned to live with the minor imperfections of organic fruits and vegetables, but flowers are nearly impossible to grow organically. Even the tiniest blemish lessens their value. By the time the posies you purchase have reached our shores, they've been exposed to a variety of potentially lethal chemicals.

In the United States, pesticide use is regulated, but this isn't so in Colombia. Chemicals designated "extremely toxic" according to the World Health Organization are in widespread use, and the cost to workers' health and the environment is great.

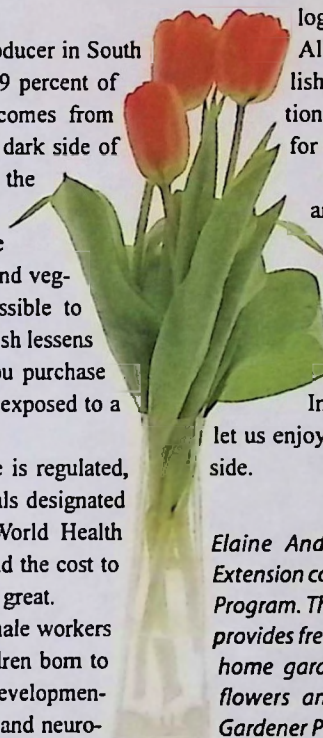
The risk of miscarriage among female workers is higher than normal. Studies of children born to these women have shown them to be developmentally delayed. Elevated rates of cancer and neuro-

logical disorders have also been documented. Although a monitoring agency has been established by the Colombian flower growers association, its standards are widely ignored, and penalties for infractions are minimal.

When we purchase these sprayed, fumigated, and doused flowers we, too, are exposed to dangerous chemicals. We get poisons on our skin, and we inhale poison when we breathe in their fragrance. Seek out eco-friendly flowers, those that carry a label stating they have not been treated with poisonous chemicals.

In time, we can make a difference, one that will let us enjoy the beauty of flowers, a beauty with no dark side.

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



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The Nutcracker

BY JAMES BAVENDAM

In a world that rushes from one innovation to the next, one video game to the next, "The Nutcracker" maintains its staying power as a 14-year-long holiday tradition for the Evergreen City Ballet (ECB).

While many forms of entertainment appeal only to specific ages or genders, "The Nutcracker" engages young children to adults. Based on a story by E.T.A. Hoffman, life-sized dolls, parties, an attack by the army of the fierce Mouse King, journeys to the Land of Snow and the Land of Sweets—it's a busy night before Christmas in Clara Stahlbaum's house.

Kevin Kaiser, the ballet's artistic director, suggests, "The way to watch this is to see how young Clara's fantasy comes to life. 'The Nutcracker' is unique in that it takes you down into a dream."

The ECB creates a skilled, but family atmosphere for "The Nutcracker." More than a professional troupe, it is a school. Of the 30 performers who appear in a performance, only six are paid professionals. The majority are developing dancers from this region.

Professionals may be highly skilled, but amateurs bring a sense of community and humanity as we watch young performers doing their best to dance their parts. Local theaters provide more intimate settings that create a different experience than large theaters, where audiences may be a long distance from the performers.

Sharing the honors

Three girls will take turns as Clara, each responsible for two performances. One girl will do both performances in Auburn; the other two will share the four performances in Renton.

Alexis Leffel, Auburn, will dance as Clara in two performances in Renton and play other roles in the Auburn performances. She's been taking lessons at the Evergreen City Ballet Academy for seven years. An "A" student in the sixth grade at Mt. Baker Middle School, she also plays the double bass in the school orchestra—no small feat when she's in ballet classes five days a

week.

Erika Klein is part of the professional company. She will dance the part of the Sugar Plum in all performances.

"It's great to do 'The Nutcracker' every year," said Klein. "I've danced in it since I was 3 years old. I look at others who are 16 and we see photos of them when they were 8. There are a variety of parts, each demanding different levels of skill. The Sugar Plum is demanding. She's the pretty princess that welcomes Clara into the Land of Sweets. All the little girls remember her with the tiara and want to be her. 'The Nutcracker' is especially nice to see with the talented dancers we have at ECB."

Preparations for "The Nutcracker" start early. Kaiser identifies the students who have the skill to dance specific parts as well as the maturity to portray those characters. Kaiser notes that it's a challenge, within a single performance, to work with mature professionals down to the "wee little ones" who perform.

Although the basic sets are brought forward from previous years, some require fresh paint or repairs. Costumes are adjusted for their new performers; some are reconstructed due to age and wear. Coordination with the theaters requires time and an ability to adjust to the physical differences in each venue.

Watch for subtle humor

Attentive audiences are rewarded with subtleties and humor. During the party, watch for the Maiden Aunt who isn't afraid of a good drink or the Granny who repeatedly falls asleep. During the battle scenes, the Rats are always good for unconventional antics. Andi Bryndza, ballet mistress, muses, "My favorite part is at the end when Clara awakens from

her dream, her nutcracker she still has her tiara she Sweets. So, was it just a dream to go there? I love that parents young children catch that dream of their parents if she really

"One of the things I like about the performance is that the costumes are reasonable so the whole thing doesn't ruin their budget," said Kaiser. Tickets, he adds, are \$80 each. Here, the performance is free and it is a unique experience.

"Some of the families who come to the performance or going out makes it special and something everyone is usually rushing



oliday tradition

Nutcracker

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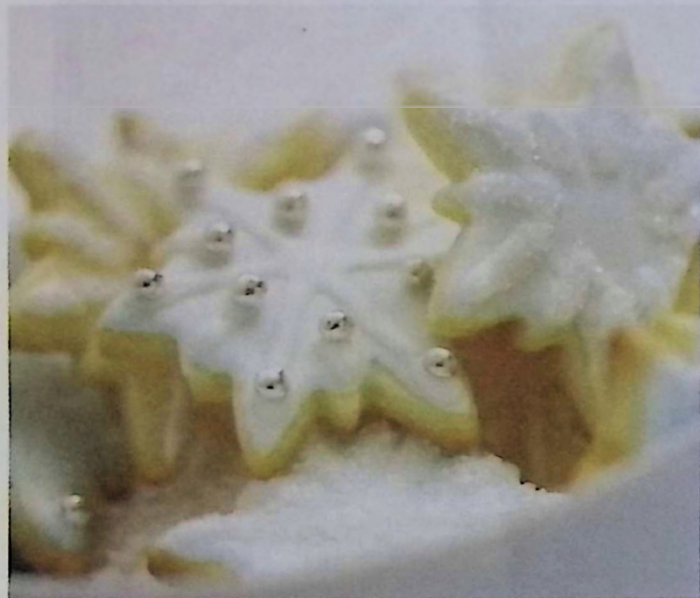
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days in both the afternoon and evening, attending
can be worked into the busiest of schedules. The
biggest challenge will be deciding with your chil-
dren, was it a dream, or did it really happen?

PHOTOS COURTESY OF EVERGREEN CITY BALLET





BY CHRISTIE KATONA

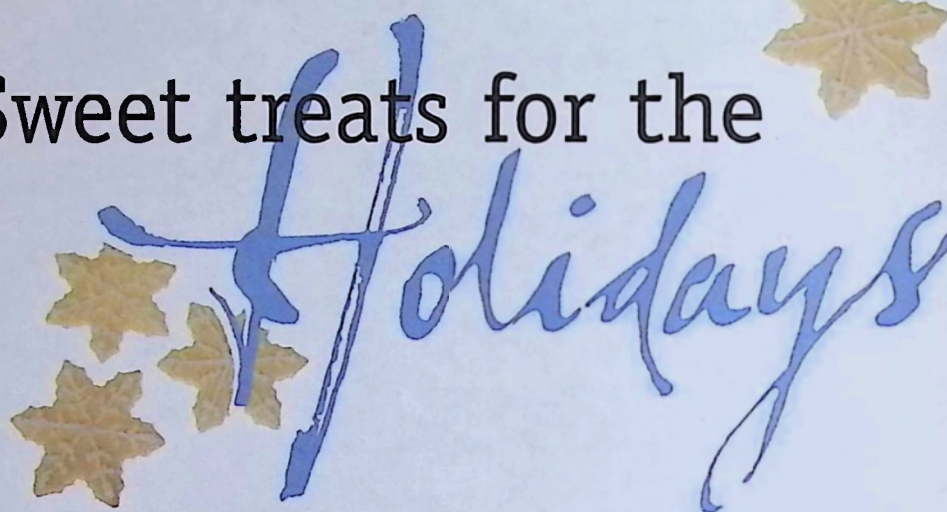
Everyone loves receiving homemade goodies during the holidays. The special treats we can all whip up in our own kitchens are especially thoughtful for both the giver and the receiver in today's economy. There are wonderful packaging materials available to make gifts festive and personal. So let your creative juices flow and get cookin'!



CHRISTIE KATONA

Christie Katona is the owner of Christie's Catering Inc. in Renton. She attended the Cordon Bleu in London, has authored many cookbooks, taught cooking classes for many years and worked as a restaurant consultant. More recipes and suggestions can be found at www.Christies-Catering.com.

Sweet treats for the



This quick and easy recipe can be made ahead and frozen. It's just the thing to have on hand for last-minute gifts or guests. Lime zest is the green colored skin covering the fruit, not the white part which is called the pith and is quite bitter tasting.

Key Lime Fudge

Makes 2 1/2 lbs.

you will need

- 3 cups white chocolate baking chips
- 1 can 14 oz. sweetened condensed milk
- 2 tsp. finely grated fresh lime zest
- 2 tbs. lime juice
- 1 cup coarsely chopped Macadamia nuts

directions

Line a 9 inch square pan with foil and butter the foil. In a heavy bottomed sauce pan, melt the chips over medium heat, stirring occasionally. Stir in the condensed milk until smooth. Add the zest, juice and nuts. Pour into prepared pan. Cover and chill until set. Can be kept at room temperature for one week; freeze for longer storage.

Margie's BEST Pecan Brittle

Makes 4 gifts

My cousin Margie always has the best recipes. Each year she gives me a big bag of this delicious pecan brittle. I usually eat the entire bag on my way home from Maple Valley to Renton. It's that good.

A few tips before you start:

- * Humidity makes the candy sticky. It's best made on a dry day, don't make steam in your kitchen while the candy is cooking.
- * Pre-measure the soda and nuts before beginning.
- * Use a wooden spoon.
- * The last step will go quicker if you warm the nuts, but do not toast them.
- * Sprinkle the baking soda evenly over the mixture, it will incorporate more quickly.
- * Break and store as soon as possible. It can still be slightly warm.
- * You can buy cellophane bags at a dollar store.

you will need

- 2 cups white sugar
- 1 cup light corn syrup

- 1/2 cup water
- 1/4 cup butter
- 1/2 tsp salt

- 3 cups coarsely chopped pecans
- 1 1/2 tsp baking soda

directions

Cover two cookie sheets with foil. Butter the foil. Set aside. Butter the sides of a heavy 3 quart saucepan. In it, combine the sugar, corn syrup, butter and salt. Cook, stirring constantly, over medium high heat until mixture comes to a boil and bubbles gently across the surface. Insert a candy thermometer and continue to cook, stirring occasionally, until the mixture reaches 275 degrees. Stir in the pecans. The mixture will cool and thicken, but continue to stir constantly until the mixture reaches 295 degrees.

Remove from heat and immediately stir in the baking soda. Mixture will puff up and get lighter in color. Stir quickly but only until the soda is incorporated. Immediately pour half of the mixture onto each prepared cookie sheet. Do not spread out. The candy will settle as it cools, but it should have a bubbly texture to it. As soon as it is cool, break into bite-sized pieces with buttered hands. Store in cellophane bags in a cool place but do NOT refrigerate. This recipe will make four generous gifts, if you can keep away from it!

Santa's Whiskers

Makes 4 dozen

These colorful cookies are easy to make and delightful to eat. Rolls of the dough can be frozen and then sliced and baked for company or gifts. When giving cookies as a gift, please be sure to give each variety wrapped separately. It's so disappointing to get a lovely plate of beautiful cookies wrapped together and they all taste the same!

you will need

3/4 cup candied green cherries, finely chopped	1 cup butter, at room temperature
3/4 cup candied red cherries, finely chopped	1 cup sugar
1/2 cup flour, divided	2 tbs. milk
1 1/2 cups walnuts, finely chopped	1 tsp. vanilla
	2 cups flour
	1 cup flaked coconut



directions

In the workbowl of a food processor, using the steel knife, chop the green cherries sprinkled with 1/4 cup of the flour to keep them from sticking. Remove and set aside.

Repeat with the red cherries, adding the remaining 1/4 cup flour. Remove and set aside with the green cherries in a large bowl. Finely chop the walnuts and add to the cherry mixture.

Wipe out the workbowl and combine the butter, sugar, milk and vanilla until smooth. Add the 2 cups flour and combine. Remove dough and stir into the cherry and nut mixture until combined. Divide in half and using waxed paper, form each half into a log 2 inches in diameter. Roll each log in coconut, pressing firmly to adhere. Chill the rolls for several hours or freeze for longer storage.

To bake, preheat the oven to 375. With a sharp knife, cut the dough into quarter-inch thick slices. Place on a greased cookie sheet and bake for 10 to 12 minutes or until edges are light golden brown. Remove cookies to a wire rack and cool.

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pet care

Separation anxiety: When your dog can't bear to see you leave

BY CHARLIE POWELL

During holidays, people travel and some times their dogs don't. When dogs don't travel, alternative lodging or a pet sitter is employed. For some pooches, this can be a very anxious time that leads to unwanted behaviors.

Although uncommon in cats; separation anxiety is a recognized problem in dogs. It is somewhat uncommon for most veterinarians to see and treat it. Some estimates show approximately 15 percent of pet dogs suffer from this type of distress.

Some dogs sometimes panic when their owners run routine errands or even when they grab their keys without leaving. Dogs have no time reference and cognitively can't rationalize that the absence will pass. The panic they experience can be as real and as intense as any a person experiences.

Anxious dogs can get destructive and may in fact threaten their own health and safety. They may tear down blinds and curtains, ruin clothes or shoes, and dig, chew or scratch at doors or windows. Excessive barking or howling is a frequent sign of separation anxiety as is inappropriate urination or defecation. During the frenzy, dogs can swallow things they shouldn't and injure themselves with cords or electrical wires.

Dogs typically don't "outgrow" separation anxiety and it may not be



seen by an owner until they are ready to depart. Early signs of separation anxiety include dogs that always follow their owners from room to room, won't sleep without their owners' presence, don't like being left outdoors alone, become excited, physically depressed, or anxious when their owners try to leave, and are overly enthusiastic when the owners come home. Submissive urination on excitedly greeting the owners when they return is common, too.

Most dogs suffering from separation anxiety act out within 15-30 minutes of their owners' departure. Owners can unknowingly stimulate the behavior through excessive excitement when arriving or leaving. Dogs with separation anxiety need to be approached calmly both coming and going. Yelling or physical punishment is always counterproductive and unnecessary.

If your pet behaves in this manner, consult your veterinarian. There are short-term medications that can help dogs with anxiety, and veterinarians can offer specific behavior modification plans. If a dog must be boarded, contact the facility in advance and provide the staff with medication if needed and any behavior plan for when the owner leaves. Some dogs may have a clinical problem with anxiety and may require long-term medication and a behavioral plan again set forth by a veterinarian.

Charlie Powell is the public information director for the Washington State Veterinary Medical Association and Washington State University's veterinary college.

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RENTON MAGAZINE / DAVID SUFFIA

Bill Belmondo of Renton takes aim on the 13th fairway at Maplewood Golf Course.

BY DAVID SUFFIA

{ Golf, Mark Twain once wrote, }
is a good walk spoiled.

I suspect that Twain may have been a wimp. Golf is so much more than a walk around a grassy park. It's a physical and mental challenge. It's a test of character and will.

And around here, if you're a real golfer, you don't let winter get in the way.

Sure, I know most golfers put away their clubs and spikes somewhere around early or mid-October when the temperatures start to dip and there is the hint of rain in the air.

But there is no need to toss your golf bag in the back of the closet and leave it there until April. Rain, howling winds and the threat of snow just add to the test.

That's why they make rain gear, long johns, heavyweight golf gloves and pocket warmers.

Besides, golf is cheaper during the colder months of the year. You can play 18 holes at Maplewood, Renton's city-owned golf course, for only \$19 during the week, \$15 if you're a senior or if you

Winter golf isn't for wimps

start after 1 p.m.; and \$29 on a weekend.

Play is pretty fast on local courses on a winter afternoon because there probably aren't going to be a bunch of slow-pokes in front of you holding up the game. By the end of October, the number of golfers drops by about half. By November and December, there are even fewer, with just us diehards out on the tees.

Maplewood is a pretty good winter course, drier than most in South King County, because it has good drainage.

There are a few things to remember about winter golf locally. First, long johns (thermal underwear for you sophisticates) are a good investment, unless you enjoy shivering your way from hole to hole. Good rain gear, including a waterproof hat, is a must. Don't depend on an umbrella; it's just a lightening magnet.

Always keep an extra pair of socks in your golf bag or your car. By the time you've slogged around the course, you'll need them.

Invest in some brightly colored golf balls; fluorescent pink or orange are good. They aren't worth a darn during the fall when leaves of the same color are littering the course, but they'll be easier to see in the dead of winter when white golf balls are hard to pick out on a wet or frosty fairway.

Pocket warmers are an essential winter golf accessory. It's difficult to hit the ball properly when your fingers are so numb you can't tell if you're actually holding a

golf club or not.

On really, really cold days when the ground may be frozen, a small hammer isn't a bad tool to have in your bag, so you can pound a tee into the ground. That may sound daunting, but remember that on such days the golf course probably will have you aim at a temporary green, which will be a shorter distance away and save you a stroke.

Bill Niemi, a groundskeeper at Maplewood, recalls when a tournament was scheduled for the dead of winter. Dozens of golfers showed up bright and early but the course was "solid white" with frost, and the tournament had to wait.

"No one left," Niemi says. "Golfers were sleeping on the floor in the halls and the pro shop waiting for the frost to thaw. Finally, after four hours when it was obvious it wasn't going to warm up, they cancelled the tournament and people went home."

Niemi also recalls seeing one diehard teeing off from a temporary artificial mat in the dead of winter.

"This guy swung at the ball hard and his spikes slipped on the mat. He spun around three times and fell down."

Niemi himself sometimes goes on the course in the winter. Once, on the sixth hole, the pond was frozen over and he and his buddies tried to see who could get closest to the hole by skipping their golf balls over the ice. Now that's winter golf.

The Nutcracker

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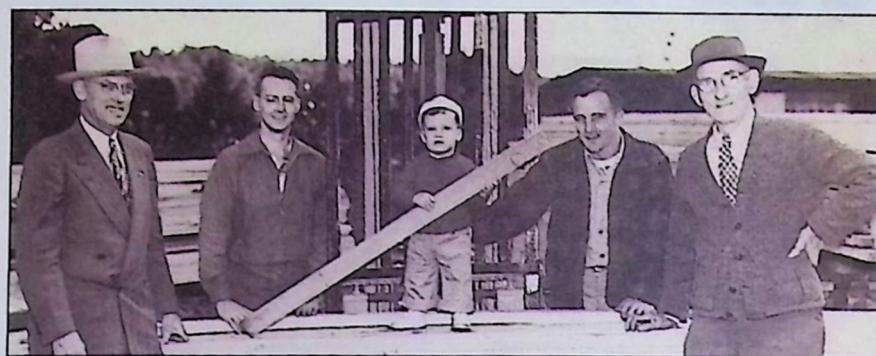


PHOTO COURTESY OF THE RENTON HISTORY MUSEUM, NO. 1981.062.3119

Lumberyard owner Alden See Sr. (far left) was named a "prize optimist" in 1933 for his faith in the return of better times for Renton business.

Optimism sees Renton through booms and busts

BY ELIZABETH P. STEWART

Renton has experienced periods of boom and bust throughout its history. We're in one now, but anyone who has lived here for any length of time—or is a student of history—knows that citizens of Renton take the bust cycles in stride. The most optimistic business owners and landlords redouble their efforts to invest in their businesses and buildings, and consumers pay attention to shopping locally. In Renton, we have typically ridden out hard times with greater commitment to the local economy.

At the election of 1932, Republican President Herbert Hoover, faced Democratic challenger Franklin Delano Roosevelt in the midst of an economy spiraling into the Great Depression. Unemployment and foreclosures were widespread. By the time FDR took office in 1933, a nationwide run on banks—dramatized by George Bailey's bank in the film "It's a Wonderful Life"—threatened a collapse of the American banking system.

The situation was so extraordinary that the new president proclaimed a "bank holiday" on March 6, 1933, closing all banks for four days to allow Congress to pass banking reforms. The First National Bank of Renton and Peoples' Bank of Renton were among those banks. The year 1933 was so hard that Seattle radio personality Lloyd Spencer remarked on the number of trailers he had seen in Renton

full of fuel wood salvaged after logging companies had come through.

Yet in spite of all this, entrepreneurs went out of their way to demonstrate their confidence that business in Renton would come back, not just with words but with money spent on improvements. Lou Johnson, the proprietor of a North Renton grocery store, invested in a new 12-foot Frigidaire meat locker and the Eagle Grocery added a new awning. Mr. and Mrs. Charles T. Teeme completed a renovation on the Western Hotel and refurnished their guest rooms. Al Morgan added a new marquee to his tire repair business and repainted his building.

There is no doubt that Renton's residents suffered during the Depression—the city's unemployed agreed to work for 45 cents an hour on public works in 1933—yet so many forged ahead expectantly.

"I am not a bit afraid of the future in Renton," said Al Morgan. "We are going ahead with improvements just as though we had inside information." The Renton Chronicle named lumberyard manager Alden See as the city's "prize optimist," pointing out that despite the ongoing crisis for lumbermen, "in a few instances we have seen them emerge more full of fight and confidence than ever."

It is worth remembering their example as we weather our own economic uncertainties.

Elizabeth P. Stewart is the Director of the Renton History Museum. She can be reached by e-mailing info@rentonhistory.org, 425.255.2330.



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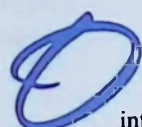
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ARCHIVE PHOTO COURTESY OF RENTON CITY CONCERT BAND

Renton City Concert Band gets in tune for the holidays

BY ANDREW FICKES



On a Thursday night at Renton High School, Renton City Concert Band members file into the band room with instruments in tow.

The 60-plus members – young and old, professionals, retirees, semi-professional musicians, music teachers, and married couples – tune their instruments, talk up a storm, and prepare for their holiday music concert Thursday, Dec. 4, 7:30 p.m. at the IKEA Performing Arts Center.

The musicians say to expect a good selection of big band tunes and holiday standards.

"In the best way, these musicians are like high school students; they love coming early, hanging out, and playing music," says director Mike Simpson, also a band director at Kentwood High School for nine years. "There are people who come here earlier to hang out. Carpools are set up. There's a lot of dedication and loyalty within the group. It's a nice thing to have some consistency within the band."

The band was formed sometime in 1985 by three stalwart Renton musicians: the late Randy Rockhill, Harley Brumbaugh, and Jim Young.

Rockhill, from 1939 to 1964, helped put Renton High School on the map as one of the best high school music programs in the state. Brumbaugh for many years taught choir at Hazen High School and from 1986 through 2003 direct-

ed the Renton City Concert Band. Young for many years served as the group's concertmaster before Sue Tierney recently took over.

The idea behind the band was to provide a way for local musicians to gather, read music and play, but not necessarily perform. Simpson said that the group also provides an outlet for those who may not have a place to play or who have not performed in some time.

With so much interest shown within the first year, the group decided to perform. Rockhill passed the directing baton onto Brumbaugh and in November 1986 the group, which numbered about 50, had its first performance.

"Our first performance we outnumbered our audience, which was mostly family and friends," says Shari Fisher, a clarinet player in the group for 22 years and Rockhill's daughter. "We played well enough that it was apparent we were the real thing, and we all enjoyed it and we wanted more. We found out that this is what we wanted to do."

Fisher joined just prior to the first show in 1986 following a 20-year absence from playing her clarinet. She joined because she wanted a place to perform and also to be with her dad.

"I feel really lucky to have played in a band for 22 years with dad. Every Thursday night we went to band together," she says.

Fisher recalls her dad being her band teacher for four years at Renton High School. She graduated in 1964, the same year he quit teaching. Rockhill passed away last January at 90.

Vern and Betty Graham, retirees, are one of the many married couples in the group. They met in high school band in Goldendale, Wash. Vern is a tenor trombone player, Betty a percussionist.

"The thing that holds this group together is the camaraderie; you meet these people and you care about them," says Vern.

The band will perform again in March and June at Carco Theatre. During the summer, it performs at the Coulon Family Concert series, Renton River Days, and the Fourth of July celebrations.

Want to play along?

Musicians interested in playing with the Renton City Concert Band are invited to attend a rehearsal.

Rehearsals are from 7:30-9:30 p.m. Thursdays in the Renton High School band room, but musicians are

advised to arrive a half-hour early. The band is maintained by the Renton Parks and Recreation Department. Band members pay a quarterly fee, \$15 for Renton residents and \$18 for non-residents.

More information is available at www.rentoncityconcertband.com.

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Renton School good news announcements

Nelsen students excel in WASL reading

Nelsen Middle School reading teachers Ashlie Tusberg and Nicole Holsather report a 64 percent increase in reading scores on the Washington Assessment of Student Learning (WASL) by students in their Tier II and Tier III reading classes. Fifty-one of the 84 students in the classes increased their score by an average of nearly 12 percentage points.

Apples provide a practical English lesson

Highlands Elementary School students recently walked to the local Safeway store to learn more about how a supermarket works. Each year, as part of a learning unit, second grade teacher Ellen Barrett takes her English Language Learner students to meet with Safeway's produce man and learn about apples and apple products. The store visit helps students improve their English language fluency and reading and writing skills by learning to describe, compare and contrast apples and products.

Fairwood Lions help eighth grader

The Fairwood Lions Club recently purchased a \$6,000 Braille note-taking device for Nelsen Middle School eighth grader Brian Saboroboro. Brian, who is legally blind, depends on the device for completing his school work, keeping track of his assignments, and to have an effective method of editing and producing written assignments. Renton Lion's Club purchased a similar piece of equipment for Brian in 2004. That device became irreparable and had to be replaced.

Lindbergh students distribute gifts to needy children

Lindbergh High School students in Terry Derrig's busi-

ness education class recently created boxes of gifts and supplies as part of Operation Shoebox. Students filled the boxes with personal hygiene items, toys, candy and snacks, and trinkets for little girls. Lindbergh's boxes will be distributed by Operation Christmas Child to children in need and orphans in the United States and throughout the world.

Highlands Elementary students celebrate novel writing month

Fourth- and fifth-grade students in Andrea Gollob's class at Highlands Elementary School are writing a novel in celebration of National Novel Writing Month. Students are learning how to create interesting characters, setting plot and have set goals for the number of words they will include in their novel. Students will use many resources to create their novel including a web site for National Novel Writing Month and others for young writers.

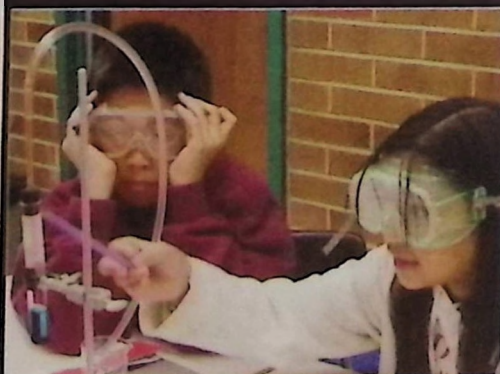
Renton High senior recognized for athletic achievement

Renton High School senior Armin Basic was recently honored by the Seattle Seahawks and the U.S. Army as the high school student-athlete player of the week. Armin was selected for his performance on the field, leadership, reliability, dedication to academics and community involvement. The award includes a \$250 associated student body fund grant for Renton High School, two Seahawks game tickets and sideline tour, and recognition on the Hawkvision Jumbotron.

Lindbergh High coach recognized

Lindbergh High School coach Jef Rettmann was named Seamount League Cross Country Coach of the year for both boys and girls.

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healthy advice

by dr. bob thompson

Change your investment strategy for the holiday season

As another holiday season approaches, many of our families and friends are facing fear and uncertainty about the future. Our country's economic and financial landscape has been battered as if hit by a hurricane. The trust we had long enjoyed in our financial institutions and the housing market has been stolen like a thief in the night.

It is times like these when our character is tested. It is times like these when we are given greater opportunity to reach out and help others not as fortunate as ourselves. It is times like these when we experience more deeply the value of our families and loved ones as they bring hope and comfort into our daily lives.

This holiday season let's take the time to really appreciate what we have that isn't subject to the volatility of the stock market or the global economy. Let's use the time we are given to strengthen and rekindle the key relationships we may have neglected while being distracted by the political and economic headlines of the past several weeks.

Let me suggest we spend this holiday season unplugged. Turn off our TVs. Not just for a few hours, but for a few days. Let's silence our cell phones, put a temporary freeze on text messaging. Remove the ever-present earpieces pumping music from our iPods. **TURN OFF THE INTERNET!**

I know what you are thinking: "My teenagers will go through 'digital withdrawal.' They won't know what to do with their thumbs and fingers after the first hour." But if they stay with it long enough, they will be pleasantly surprised by the freedom and relief that will gradually replace their anxiety in the midst of their electronic isolation.

So now you might be wondering, what will we do as we sit looking at each other in awkward silence, the chaos and noise of the outside world no longer a dis-

traction? Here are a few suggestions:

- Talk to each other
- Break out the dusty board games from the family room closet
- Visit an elderly relative or friend living alone or in a nursing home
- Handwrite and mail letters or cards to a loved one
- Plan and cook a big meal together; deliver the food to a neighbor
- Go for a walk along the Seattle waterfront
- Take an evening to check out the lights and holiday decorations downtown
- Go bowling, roller skating or to an indoor go-cart track
- Read favorite stories out loud to each other
- Watch old family videos
- Create a memory book of photographs from the previous year
- Make homemade decorations together as gifts for friends
- Have a family "sleep-over" in a local hotel, use the indoor pool and room service
- Go inner tubing at the Pass
- Go to a play or concert together
- Go to the local gym to play or exercise together.

This holiday season, let's invest in the ones we love and celebrate what we have been given that can't be taken away by Wall Street: Each other.

Dr. Bob Thompson is a family practice physician with more than 25 years of experience in Renton, and is Valley Medical Center's director of recruitment and new program development.



Dr. Bob Thompson

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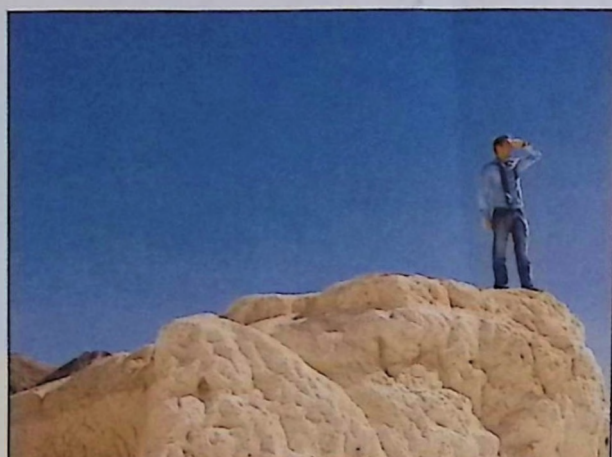


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BY AARON OESTING

Most people associate libraries with books, which is understandable. For many decades the library was a place that provided books for reading and research. A recent study by the Online Computer Library Center (OCLC) confirmed this association after a public poll determined the library "brand" is all about books.

Opportunity awaits at the library

However, this notion of "libraries = books" has always been too simplistic and is definitely outdated in today's social and information environment. It is time for people to embrace a new, broader library brand, which equates libraries with opportunities.

Opportunities may seem an odd word to associate with libraries, but when you look at the role libraries have long envisioned for themselves and striven to fulfill in the community, this new "brand" is just common sense.

One of the earliest missions of public libraries in America was to provide access to information so that people could educate themselves and thereby transform their lives. Libraries provided this opportunity so that everyone had the means to achieve the "American dream." This mission continues today but is undergoing a change as media and learning are digitized and delivered in an expanding variety of formats. The "libraries = books" equation is becoming obsolete.

Just as information is being freed from the book format, libraries are freeing themselves to expand on their

transformative role in the community. Today, librarians see themselves as providing a variety of opportunities, such as opportunities for satisfying curiosity and stimulating imagination; opportunities to gather socially; opportunities to connect to the online world; opportunities for educational, career, and business success; opportunities for community participation; opportunities to assimilate into American life, and more.

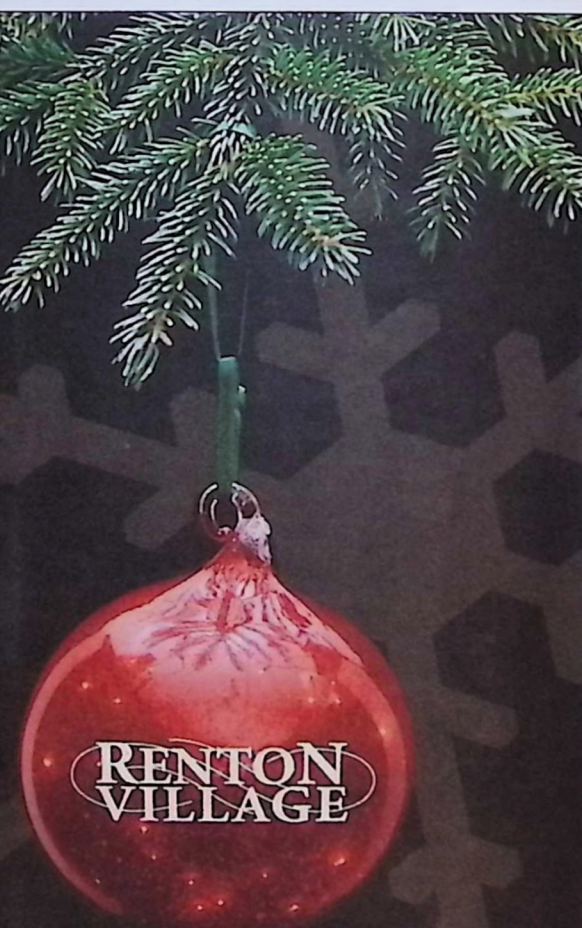
In Renton, this broader vision of a library's role as a provider of opportunities was recognized by the community, the library board, and the library planning committee during the recent master planning process, and it inspired many of the goals and objectives for Renton's libraries that are identified in the study. As we move forward in this troubled economy, we hope that the new vision of the library will become apparent and begin to change people's idea of what libraries are all about.

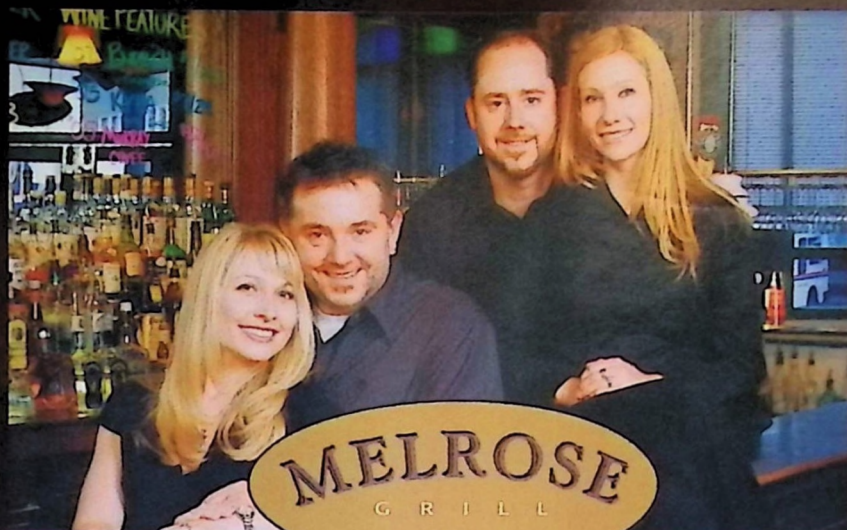
Aaron Oesting is assistant director of the Renton Public Library.

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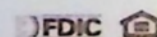


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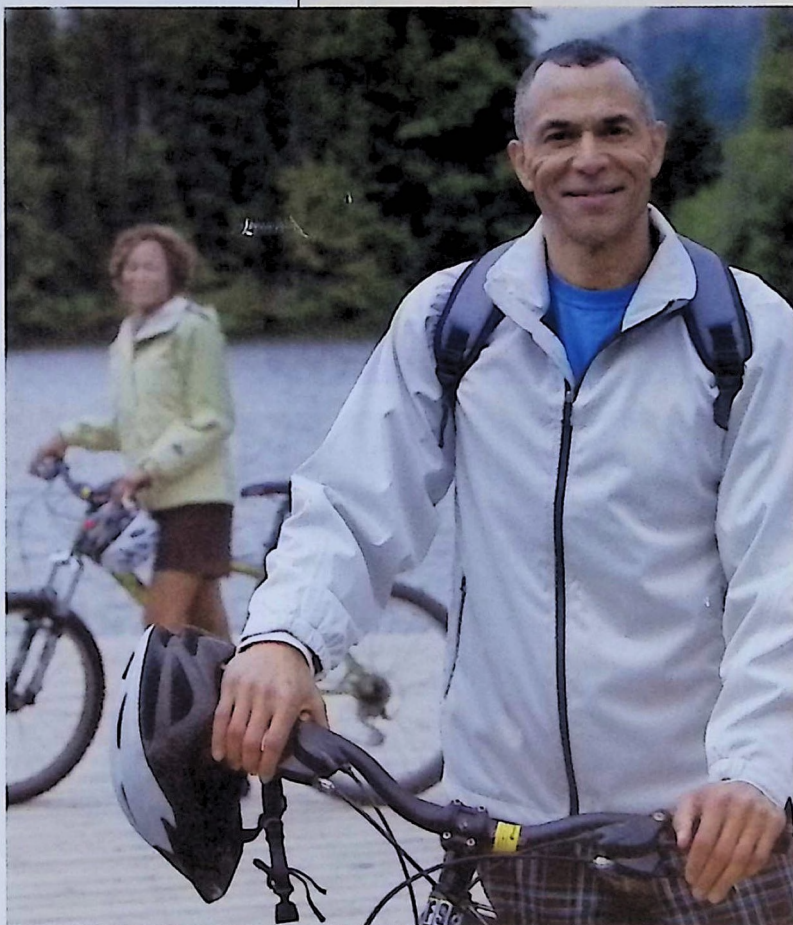
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