

# RENTON *Magazine*

Volume 3 / No 10 October 2008



**"Seattle" is under  
construction in  
Renton  
page 13**



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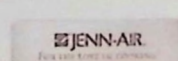
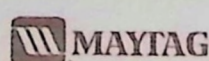
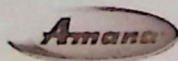
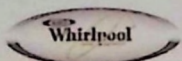
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The calendar says fall is here. But you knew that anyway, didn't you? The leaves are starting to turn, days are growing shorter and we've had cooler temperatures and some rain.

Other telltale signs: events are moving inside. Lots of events swirl around the school year, and our monthly calendar is full of them. There's something for everyone: from kids to seniors; from school productions to professional performances. All are in Renton or close by.

\* \* \* \* \*

I'm always interested in hearing from our readers. We get a number of good story tips from you and while we cannot cover all of them, we appreciate the leads.

We also get feedback from you about what we publish. In particular I wanted you to hear from John Staneff, a Kent resident who took exception

to the Quinceanera feature in the September issue: "I just read through the September 2009 issue and I'd like to register a complaint.

" 'Hispanic' means someone of Spanish descent, either literally, or through Spanish culture.

" 'Latino' means someone of Latin American descent.

"Throughout your magazine, you use the term 'Hispanic' when you should more properly use 'Latino.'

"Why does this bother me? I am of Spanish descent, therefore Hispanic, but am not of Latin American descent, therefore not a Latino. (I am 1/4 Spanish, having had a grandmother who was



**Diana Kramer**  
PUBLISHER

full-blooded Spanish.) It is clearly possible to be Hispanic without being Latino, and of being Latino without being Hispanic.

"As (you) presents things, there is some kind of underlying assumption that any Hispanic would be comfortable and familiar with the cultural aspects shown in the articles and editorials. That is patently untrue. Hence, my complaint.

"You should consider the total impact of your articles and of the terms you use. These should not be held as interchangeable, as they are not."

Words do matter, because they shape the universe in which we live. While we are not infallible, we are diligent in our efforts. I appreciate Mr. Staneff taking the time to write.

One thing is for certain; I learn something every day. I hope you do, too.

## RENTON Magazine

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**cover:** Bob and Diane Dempster and the "Seattle" in Renton. The Dempsters are planning a recreation of an historic circumnavigation. See page 13. Photo by James Bavendam.

## 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

**Police Dept**  
(non emergency)  
425.430.7500

**Puget Sound Energy**  
1.888.225.5773

**Renton Community Foundation**  
425.264.0516

**Renton Magazine**  
425.271.9300

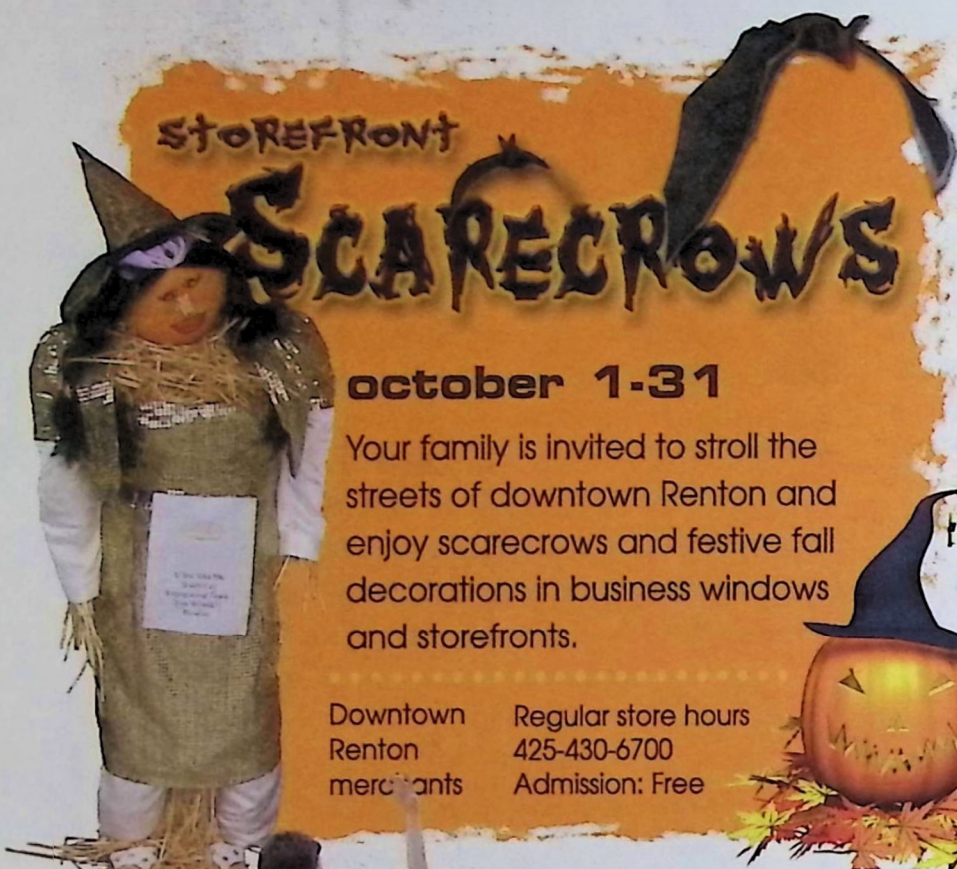
**Renton Museum**  
425.255.2330

**Senior Activity Center**  
425.430.6633

**Valley Medical Center**  
425.228.3450



# upcoming events



STOREFRONT

## SCARECROWS

**october 1-31**

Your family is invited to stroll the streets of downtown Renton and enjoy scarecrows and festive fall decorations in business windows and storefronts.

Downtown Renton merchants Regular store hours 425-430-6700 Admission: Free

october 11



7TH ANNUAL

## Harvest Festival and Business Expo

The annual festival offers a variety of booths, including arts and crafts vendors, and master gardeners, food vendors and music. There will be opportunities to view and vote for the best Scarecrow and kids can get involved in pumpkin decorating activities. The Renton Chamber of Commerce will hold its Business Expo inside of the Spirit of Washington Event Center, where 80 Renton businesses show-

case products and services.

Saturday, 10 a.m. - 4 p.m.

The Piazza S. 3rd Street and Burnett Ave. S.

425-228-1977 (Fall Festival) 425-226-4560 (Business Expo)

Admission: free

[www.piazzarenton.com](http://www.piazzarenton.com) and [www.gorenton.com](http://www.gorenton.com)



october 11

### Young Choreographers Showcase

Evergreen City Ballet introduces something new this season, giving Professional Division students and company members an opportunity to collaborate and choreograph a new work. The evening performance begins with wine and hors d'oeuvres at 6:30 p.m.

Saturday, 1:30 and 7:30 p.m.

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

Admission: \$25 per person

[www.evergreencityballet.org](http://www.evergreencityballet.org)



october 23

### 2008 Citizen of the Year

The Citizen of the Year program recognizes contributions made by individuals who help nurture the community. The program is sponsored by the City of Renton, Rotary Club of Renton, and the Renton Chamber of Commerce.

Thursday, 5 - 9 p.m.

Renton Technical College (Roberts Campus Center) 3000 N.E. 4th St.

425-226-4560

Admission: \$30 per person

[www.gorenton.com](http://www.gorenton.com)



october 25

### Downtown Halloween Party

Little ones are invited to downtown Renton businesses for safe tricks and treats. Participating businesses will post signs. The Olde-Fashioned Halloween Party in Main Street Square offers activities, costume-making, games, and family fun.

Saturday, 1 - 4 p.m.

Downtown merchants (200 block of Main Ave. S.)

425-226-6124 (Toni Nelson)

Admission: Free

E-mail: [Toninelson2@comcast.net](mailto:Toninelson2@comcast.net)



october 25, 26

### Pinocchio

Studio East StoryBook Theater presents the story of the little wooden puppet, who yearns to be real so he can read, run, and make friends like other children. However, his new friends have other plans for this eager-to-please, talking puppet. Can Pinocchio manage to tell the truth?

Saturday, 11 a.m. and 1 p.m.; Sunday, 1 p.m. and 3 p.m.

Carco Theatre / 425-226-5190 1717 Maple Valley Highway

Admission: \$9

[www.studio-east.org](http://www.studio-east.org)



NOW PLAYING

# NOT NOW

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*Darling*

September 19 - October 5

This hilarious farce makes enormous good fun of attempted infidelity and the tangle of misunderstandings it can lead to. Set in the exclusive fur salon of Bodley and Crouch, Bodley is trying to secure the affections of his latest interest by "selling" her husband an expensive mink fur coat at a fraction of its worth, but the husband seizes the opportunity to purchase the coat for his own mistress. Suspicious wives, mistaken identities, and rapid-fire jokes abound right up until the final curtain.

Carco Theater/ 425-226-5190  
1717 Maple Valley Highway

Admission: \$15 per adult, \$14 per student or senior / [www.valleycommunityplayers.org](http://www.valleycommunityplayers.org)

Fridays, Saturdays at 8 p.m.

Thursdays at 7:30 p.m.

Sundays at 2 p.m.



save the date . . . . .



RENTON SENIOR CENTER

*Holiday Craft Bazaar*

The public is welcome to check out hand-made crafts by Renton area adults 50 and over. You may find that perfect Christmas gift.

November 1

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

Renton Senior Center  
211 Burnett Ave. N.

425-430-6633

Admission: Free

[www.rentonwa.gov/living/default.aspx?id=2410](http://www.rentonwa.gov/living/default.aspx?id=2410)

HASSLE-FREE

*Holiday Bazaar*

More than 100 vendors will present a variety of hand-crafted items just in time for holiday decorating and gift-buying. Food and refreshments will also be available.

November 21 & 22

Renton Community Center  
1715 Maple Valley Hwy

425-430-6700

Friday, 11 a.m. - 6 p.m.;  
Saturday, 9 a.m. - 5 p.m.

Admission: Free

[www.rentonwa.gov](http://www.rentonwa.gov)

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- Criminal Defense
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## calendar of events

### MUSIC AND THEATRE

#### *Drood—The Mystery of Edwin Drood*

Friday, Oct. 24 - Saturday,  
Nov. 8 (check Web site for  
show times)

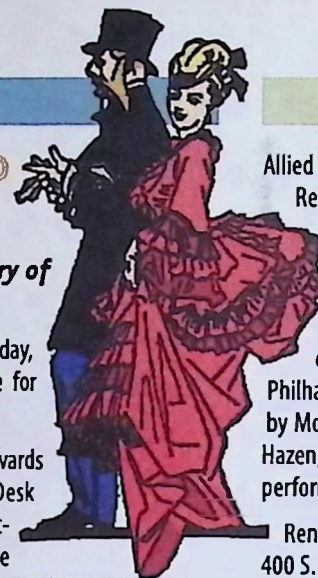
Winner of five Tony Awards and eight Drama Desk awards, this warm-hearted theatrical experience begins when the Music Hall Royale puts on its flamboyant rendition of an unfinished Dickens mystery. Edwin Drood disappears mysteriously one stormy Christmas Eve, but has he been murdered? And if so, who did it? Returning director John Munn and musical Director John Kelleher apply their touch to this show.

Renton Civic Theater, 507 S. 3rd St.

425-226-5529

Admission: \$22/adults; \$18/seniors and students

[www.rentoncivictheater.org](http://www.rentoncivictheater.org)



Allied Arts of Renton, in partnership with the Renton Municipal Arts Commission and the Renton School District, continues a 30-plus year tradition of classical music. Families are welcome to this fall concert, where many youth are exposed to classical music for the first time. The Seattle Philharmonic Orchestra will play popular pieces by Mozart and Tchaikovsky. Music students from Hazen, Lindbergh, and Renton high schools will perform with the orchestra on one selection.

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

206-772-6528 or 425-255-5145

Admission: \$8/adults; \$5/seniors; and \$3/students 18 and under

[www.seattlephil.com](http://www.seattlephil.com)

### COMMUNITY EVENTS

#### *Green and Clean Saturday*

Saturday, Oct. 4, 9:30 - 11:30 a.m.

"Green and Clean" projects at Heritage Park give volunteers a way to dig in and help maintain Renton parks. The city invites the public to make it a family day. The city provides tools, water, and a snack to keep everyone energized. Dress for the weather. Please call to register. Children under 14 must be accompanied by an adult or guardian. Check-in begins at 9 a.m.

Heritage Park, 233 Union Ave. N.E.

Admission: free

[www.rentonwa.gov](http://www.rentonwa.gov)

#### *Renton Shredathon*

Saturday, Oct. 11, 9  
a.m. to noon

This document shredding event is provided by Iron Mountain and sponsored by Sam's Club and the Renton Police Department. Residents are invited to bring up to five boxes of paper documents to be destroyed in a truck-mounted shredder. Boxes should be 12 to 15 inches deep by 10 inches high or bring the



#### *Rainier Symphony: Classical Concert One*

Saturday, Oct. 18, 7:30 p.m., Renton IKEA PAC  
Sunday, Oct. 19, 3 p.m., Foster PAC

The season begins with Tchaikovsky's Piano Concerto No. 1, featuring Regina Yeh and Symphonie Fantastique, Op. 14, by Hector Berlioz.

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

Foster Performing Arts Center  
4242 S. 140th St. (Tukwila)

206-781-5618

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

#### *Seattle Philharmonic Fall Family Concert*

Sunday, Oct. 12, 3 p.m.

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425.228.6180

**RENTON HIGHLANDS**  
3901 NE 4th St., Renton  
425.271.5400

**NORTH BENSON CENTER**  
10707 SE Carr Rd., Renton  
425.227.9104

**KENT**  
1225 N Central Ave. Kent  
253.850.9015



amount of paper a box that size would hold. Donations of canned goods will be accepted for Renton Food Bank. Renton Police Department will also provide information related to identity theft, and participants will be entered in a drawing to win a free home shredder.

Sam's Club, 901 S. Grady Way

425-430-6600

Admission: free

[www.rentonwa.gov](http://www.rentonwa.gov)

## ENRICHMENT PROGRAMS

Renton History Museum

235 Mill Ave. S.

425-255-2330

Admission: RHM members admitted free

[www.rentonhistory.org](http://www.rentonhistory.org)

### Land of the Giants

Tuesday, Oct. 14, 4:30 p.m.

This program features a screening of "Land of the Giants," a documentary that explores the story of the old Indian trail that became the seven-lane Interstate 90. The "giants"—huge hemlock, cedar, fir, and spruce trees—gave rise to a thriving lumber and logging industry. The film's co-producer, Chuck Brodish, will tell the story behind the video.

### Jacques Portier—Old Nor'West

Saturday, Oct. 11, 11 a.m.

John Salicco portrays early 19th century French voyageur Portier in his later life. Beginning with the founding of Astoria, Spokane, and Vancouver, Portier provides accounts in story and in song of the first explorers and traders of the old Northwest.

## YOUTH EVENTS

### 2008 Teen Summit

Wednesday, Oct. 8, 8 a.m. - 1 p.m.

The Teen Summit focuses on creating opportunities, connections, and resources for youth to develop into strong, healthy, civically- and environmentally-conscious, members in the community. The city welcomes Renton youth in grades seven to 11 to the Renton Community Center for a day

of motivational speakers, educational break-out sessions, including money management, healthy lifestyles, career pathways, going green and more. Registration forms can be downloaded on the city Web site under the recreation link.

Renton Community Center  
1715 Maple Valley Highway

425-430-6700

Admission: free

[www.rentonwa.gov](http://www.rentonwa.gov)

## SENIOR EVENTS

Renton Senior Activity Center

211 Burnett Ave. N.

425-430-6633

[www.rentonwa.gov/living/def](http://www.rentonwa.gov/living/def)



[auct.aspx?id=40](http://auct.aspx?id=40)

### Octoberfest Luncheon

Wednesday, Oct. 8, 11:30 a.m.

The Octoberfest luncheon is an opportunity to put on autumn colors and enjoy food and entertainment. Lunch will be served at 11:30 a.m.

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

### Monster Bash Dance

Friday, Oct. 17, 4 - 7 p.m.

The Halloween dance will include a raffle, door prizes, dancing, sloppy joe dinner and dessert. Gary Hausam will entertain. Supper served from 4 - 5 p.m. Tickets must be purchased by Oct. 10.

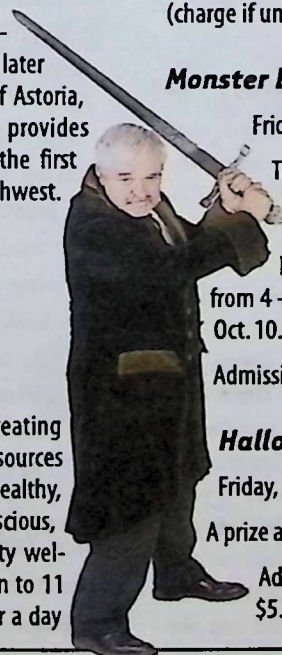
Admission: \$6

### Halloween Luncheon

Friday, Oct. 31, 11:30 a.m.

A prize awaits the most imaginative costume.

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



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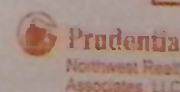
Building includes a fitness center, hot tub, club house room, two courtyards, secure parking and lobby.



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kirby unti

# Making the grade in citizenship



KIRBY UNTI

door in the morning.

There was another factor that came into play – The Report Card. We not only received grades in each subject matter, we received citizenship grades. We were graded on whether or not we kept our hands to ourselves, respected others' property, kept our desk neat and clean, demonstrated a willingness to share, and showed respect for people in positions of authority. These grades mattered just as much as reading, writing and arithmetic.

There is no doubt in my mind that if America is going to restore her place in the world today, we are going to have to be clear about what the expectations of citizenship are. We as citizens have to own our nation's values or else they will continue to be reserved as mere fodder for political campaigns.

A critical value that we have forgotten how to exercise is the value of sacrifice. The current time demands we rediscover it. I am not sure the word sacrifice appears in the vocabulary of most contemporary Americans. Every generation prior to the baby boomers knew that the only way to accomplish a higher purpose in life was by being willing to give up, delay or go without.

The real test of our time will be determined by our ability as a people to once again practice sacrifice. So, get out your report card and instead of just grading those who are running for public office, take a look at your own scores in citizenship. The time has come for all of us to be willing to roll up our sleeves and put some sweat into making America a country that the world can once again look up to.

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

The height of the political season is upon us, and we are bombarded with attack ads, messages about change, and challenges as to who most accurately represents our American values. By the time the November elections roll around, we will have had more than our fill.

What saddens me is, the issues and values that are at stake matter, but they get completely lost in all the political chatter. The truth is, when you politicize a value it loses its value. So how then can we get back to the basics of honesty, integrity, fair play, service, personal sacrifice and a concern for all?

When I reflect upon my own childhood, I realize that these values were taught and modeled in the household. They were a given and we were expected to live them out. These same values were reinforced at school and on the playground. And if there was a dispute as to who was right or wrong, I can assure you in our household my parents would take the side of our teachers. We knew this when we walked out the



# Better sleep is more important than you think.

**F**or millions of people, the consequences of a poor night's sleep – higher stress, low energy, difficulty concentrating – are an everyday occurrence. Chronic sleep deprivation can also negatively affect the health and safety of adults and children.

There are many causes of poor sleep and it's important to understand them. Your sleep issues may be the result of stress, illness, or an unrecognized sleep disorder like sleep apnea, a serious condition that can cause high blood pressure and other cardiovascular diseases. For children, sleep is particularly important to their development and ability to function well at home and at school.

Learn how to sleep better at night and enjoy better energy during the day, at a free seminar sponsored by the sleep experts at Valley Medical Center.

## THE SLEEP CENTER

### SLEEP SMARTER AND BETTER SEMINAR

Monday, October 20 | 5:30 pm – 7:30 pm

**Speaker:** Suzanne Krell, MD  
Co-Medical Director  
The Sleep Center

**Location:** Valley Medical Center  
Medical Arts Center, 1<sup>st</sup> Floor  
400 South 43rd St.  
Renton, WA 98055

To register, please call **425.656.4636**. Learn more at [www.valleymed.org](http://www.valleymed.org).



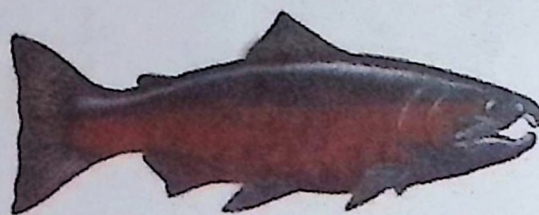
## Valley Medical Center

*Remarkable things happen here.*

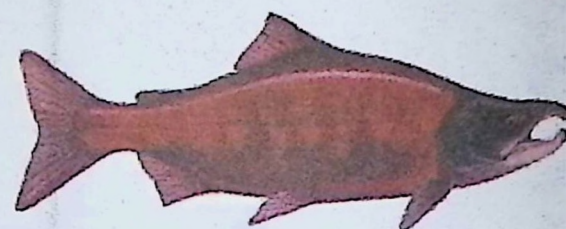




Chinook



Coho



Sockeye

# two fish, three fish, red fish, green fish

BY JUDY DUNN

*I*t's a journey so remarkable that even state road construction workers step aside for it. This summer, crews worked overtime to complete the I-405 widening project by the weekend of Aug. 9. Why? The stream below the Oaksdale Avenue SW Bridge, which was to be demolished, is a salmon run.

This fall, approximately 35,000 sockeye salmon are expected to splash up the Cedar River to spawn in the streams of their birth.

"This number falls far short of our February forecast of 75,000-100,000 and could be the lowest we've seen in many years," said Steve Foley, fishery biologist with the Washington Department of Fish and Wildlife.

"Most of the returning sockeye are the offspring of salmon that spawned in 2004, which was the second highest year for production of fry," Foley said. "We really don't know why numbers are down, but we've ruled out the flooding that happened four years ago."

The expected lower numbers mean that this fall's counting of the salmon will be more important than ever. The goal of the Salmon Watchers Program is to increase public awareness of the plight of the salmon. Volunteers will be stationed at area streams to count the salmon—both live and dead—and record the date and time of their sightings.

In 2007, 127 volunteers participated in the program. In the Cedar River Basin, Salmon Watchers observed and recorded 2,539 fish in twice weekly periods between September and December.

"The information helps us know where salmon are spawning and where barriers to salmon migration exist," said King County ecologist Jennifer Vanderhoof. "Volunteers act as eyes and ears and give a heads up when things go awry in neighborhood creeks."

"The data help educate the public about salmon and the natural world around them," said Vanderhoof, "and help government entities know more about salmon populations, their distribution within water-



PHOTO COURTESY OF CHARLOTTE SPANG, FRIENDS OF THE CEDAR RIVER WATERSHED

Volunteer naturalist Darrell Williams talks to salmon-viewing visitors about egg development.

sheds, and the use of habitat restoration projects."

The City of Renton holds a training session every September, when volunteers learn to identify the fish by size, spots, color (variations of green and red, with some brown species) and behavior.

"This year's volunteers receive training on recognizing the various species of salmon and trout," said Gary Fink, the city's surface water utility engineer. Volunteers are also needed to explain to visitors the natural and human history of the river, the life cycle and habitat needs of the fish that inhabit the Cedar River watershed, and

what can be done to ensure recovery of the species. In 2007, volunteers in King County spoke with at least 939 citizens, including 78 visitors to the Cedar River Basin.

What's the one message Vanderhoof wants to give about saving salmon?

"Nothing but rain should go down a storm drain," she said. "Storm drains flow directly into streams, rivers, and lakes—without treatment. Folks need to stop letting their car wash water, fertilizer, pesticides, pet waste, uncovered soil or any other material get washed down a storm drain."

## Salmon viewing locations and resources

See the salmon and hear volunteer naturalists explain the epic journey.

When: Weekend days, Oct. 11, 12, 18, 19, 25, 26 and Saturday, Nov. 1, 10am-5pm.

Where: Renton Library, Riverview Park, Cavanaugh Pond, and Landsburg Park.

## Salmon Watchers Volunteer Program:

- Go to [www.kingcounty.gov/environment](http://www.kingcounty.gov/environment) and click on "Salmon and trout" under "Animals, plants and habitat."

Friends of the Cedar River Watershed education-focused volunteer activities:

Board and committee work; fundraising; stewardship and education opportunities; a Saturday,

Oct. 11, watershed tree planting; training to become a volunteer naturalist, and more.

- [www.cedarriver.org](http://www.cedarriver.org)

Local training for Cedar River Basin Salmon Watchers:

- Gary Fink, City of Renton Surface Water Utility Engineer, (425) 430-7392.



# Black Box

showcases young choreographers

Story and Photo by James Bavendam

The Evergreen City Ballet will premiere a more intimate, personal ballet venue with its Young Choreographers Showcase Oct. 11.

Besides showing off the work of advanced ballet students, the evening will introduce the company's new "black box" theater. Popular with experimental theaters in the '60s and '70s, the black box is a simple, often smaller stage area, usually with black curtains on the back and sides. There's no "fly space" above the stage – that is, no vertical room to "fly" backdrops or other stage components into or out of a performance.

With only 120 seats, everyone is close to the stage and has a good view, notes Kevin Kaiser, ECB's artistic director.

The audience can see details that would be missed in a large theater performance. Large productions can have extravagant sets, but the sets can also be a distraction. In the black box setting, the focus is on the

dancers.

Performances will tend to be shorter and more personal.

The Young Choreographers Showcase "gives students the chance to choreograph their colleagues," said Kaiser. "They have to choose the music, the movement, the costumes, the lighting. Everything. This is a good example of how the theatre will give students more performances during the year. This will help them to be less nervous for the big ones."

For \$25, the evening starts with wine and hors d'oeuvres at 6:30 p.m. After a few guest speakers, the production will start at 7:30 p.m.

The black box setting may be a good way to introduce ballet to young children. It is smaller, focuses on the dancers and the productions are shorter. While large productions will remain popular, the black box setting provides an interesting and more personal alternative.



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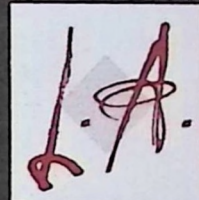
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# Liberty Ridge unites to build playground

BY ANDREW FICKES

Liberty Ridge neighborhood in the Renton Highlands is a residential area with more than 500 homes, a significant number of young families, but up until this year, no adequate place for those young families to play.

That all changed on a recent Saturday, when the neighborhood united to usher in a colorful playground with four swings, a climbing wall, spiral slide, and monkey bars.

The playground/common area at Edmonds Ave. Northeast and 2nd Ct. S.E. is a culmination of a year of planning and \$23,517 grant from Renton's Neighborhood Grant program. The grant covered the cost of the physical structure, provided by Northwest Playgrounds. The Liberty Ridge Home Owner's Association matched the grant, covering costs for landscaping and other labor.

Hilary Lester, a stay-at-home mother



RENTON MAGAZINE / ANDREW FICKES  
Shirley Jenkins helps her daughter Mikka on the monkey bars at the new Liberty Ridge playground.

of two girls (with another girl on the way) initiated the playgrounds campaign after a small group of mothers decided it was time to end having to drive several miles to the closest playground.

"We thought this would be a good way for families to get to know each other," she said.

During the hottest weekend in August, Liberty Ridge neighbors worked together at installing the playground and laying the cement, rebar, and bark. Lowe's in Renton

helped significantly, as did Carpinito Brothers in Kent. Approximately 60 parents and kids from the neighborhood put in close to 300 volunteer hours spanning two days.

"The real benefit of this playground is now mothers say, 'I can finally send my kids out to play and they're only two minutes away,'" said Tom Rowley, a project co-coordinator. "This playground also helps neighbors to meet each other. The more we know each other, the better off we all are."

Shirley Jenkins, with twins Mikka and Malik, both 8, has lived in lower Liberty Ridge for close to three years. She said her kids love the new playground.

"It gives kids something to do instead of playing on the street," she said.

"It's really amazing that Renton is willing to spend money on building neighborhoods," Lester says. "The grant program has helped people meet others they wouldn't normally meet. The more neighbors know each other, the safer the neighborhoods will be."

Since 1999, the neighborhood grant

## Neighborhood Grant Program

The Renton City Council budgets \$50,000 a year for neighborhood projects with two grant cycles, one in the fall and the other in spring. Grant applications and requirements are available at [www.rentonwa.gov](http://www.rentonwa.gov). Click on "Neighborhoods" under the "Living" tab. More information is available from Norma McQuiller, neighborhood program coordinator, at 425-430-6595.

program has awarded 141 grants to 46 different neighborhoods within Renton city limits.

# 85 Years STRONG

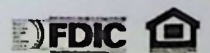
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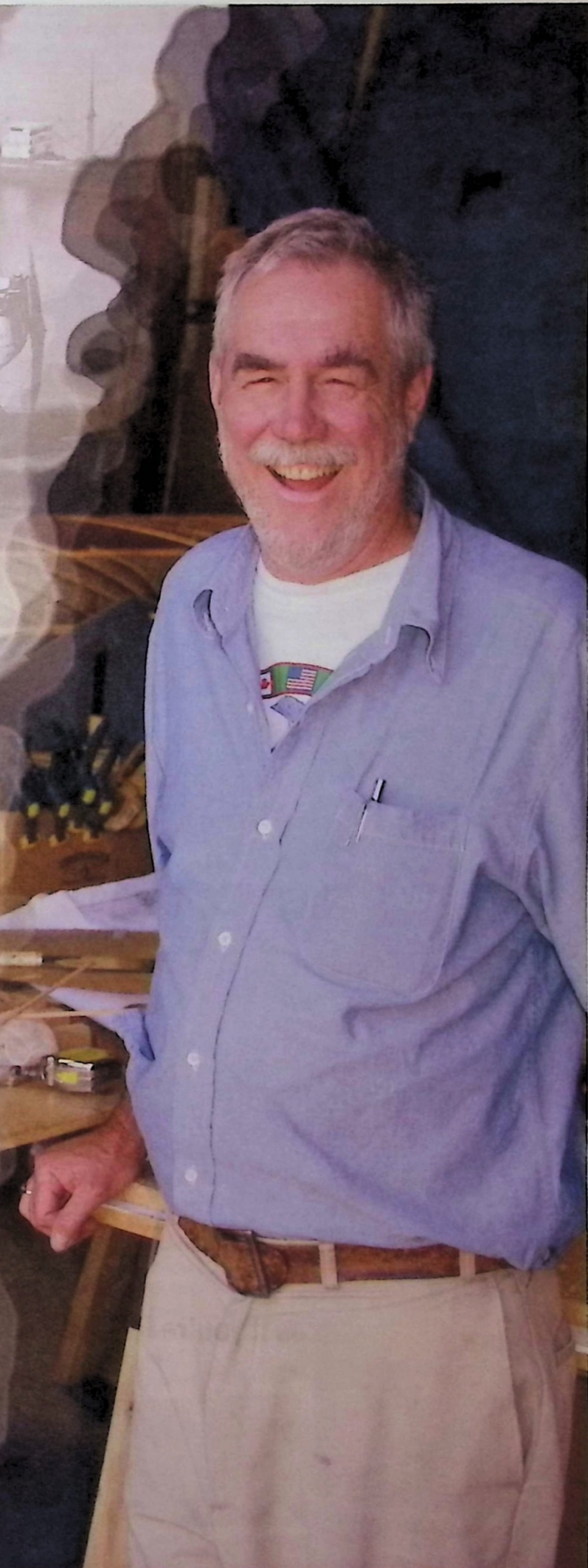
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# Seattle is under construction in a Renton hangar

BY JAMES BAVENDAM

**W**hen Bob Dempster gets the rare chance to gaze down on Renton Airport's runway from his condo near the north end of Clayton Scott Field, he's likely thinking he should be working in his hangar. Regardless of the time or the day, Dempster is consumed with events of the past and how they could be transformed into the future.

For eight years, the 63-year-old has focused his time and energy on reliving an event of 1924 – the first flight around the world. Although that flight, involving five Douglas World Cruisers, originated from Seattle, the aircraft named "Seattle" was not one of the two planes that ultimately completed the circumnavigation. This time around, Dempster intends to set the record right.

In 1924, a flight around the world was an undertaking that arguably rivaled the complexity and immensity of a later generation's moon landing.

The World Cruisers (a prototype and four production aircraft) were built for the U.S. Army Air Service. Based on a Navy torpedo airplane design, the planes were utilitarian and enormous. A present day two-person airplane weighs about 1,300 pounds and is powered by an



Photos top right (left to right), Finishers of the World Flight Group Photo (left to right): Leslie Arnold, Jack Harding, Erik Nelson, Leigh Wade, World Flight Commander Lowell Smith, Lowell Thomas (biographer), secretary to the fliers. Middle left, Major Frederick L. Marlin and Sgt. Alva Harvey, after 10 days hiking out of Aleutian wilderness from the "Seattle" crash site. Middle right, Flight personnel n World Cruiser illustrate the enormous size of the aircraft. Right, Wreckage of the Douglas World Cruiser, "Seattle," near Port Moller, Aleutian Islands, Alaska. Courtesy of the Seattle World Cruiser Assoc.

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power, four-cylinder engine.

The World Cruisers weighed close to 8,000 pounds each and were powered by 300 horsepower V-12 Liberty engines swinging 10-foot propellers.

In April of 1924, four aircraft named after major cities, (Seattle, Boston, New Orleans and Chicago) departed from Sand Point, headed toward Alaska and the Aleutian Islands. Poor weather brought the Seattle down in the Aleutians. The pilots walked to safety. The remaining airplanes continued on.

During the journey, engines were replaced multiple times and wheels switched to floats depending on terrain and available ports. Having gone most of the way around the world, an engine failure near Iceland forced the Boston into the Atlantic. The crew was saved. By August, the two remaining Cruisers made it to the United States, with the final arrival at Sand Point in September.

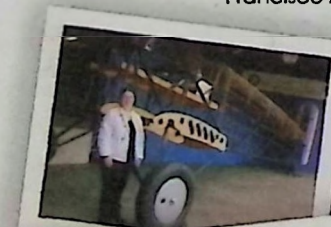
Some 40 years later, a boy in Pennsylvania built a model of a Douglas World Cruiser. To young Dempster, the feat of circumnavigation was impressive. But as many youthful interests do, it faded over the years.

Not finding work to utilize his master of fine arts degree from the San Francisco Art Institute, he studied and worked in the elec-

tronics industry in San Francisco. He moved to Seattle in 1980, continuing studies in electronics at South Seattle Community College, eventually working for Boeing in avionics development.

In 1982, wanting a better way to make frequent trips to the San Juan Islands from Seattle, Dempster earned a pilot's license and bought a Piper Cub. Open to more adventure, he

and his wife, Diane, started making longer trips in the Cub.



# Seattle Post-Intelligencer

VOL. LXXXVI., NO. 140.

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ter at Seattle, Washington.

S

SEATTLE, MONDAY, SEPTEMBER 29, 1924. TWENTY-FOUR PAGES

DAILY 5c SUNDAY

## FLYERS END WORLD FLIGHT

### Major Martin In Tears As He Is Cheered By Thr

RETURNING triumphantly after completely circling the globe by air, America's world tour squadron is here seen winging over Sand Point Field preparatory to landing. Lieutenant Smith's plane, No. 2, is leading

Lieutenant Nelson in plane 4 and Lieutenant Wade in plane 3. Below is but a portion of the cheering crowd of thousands who welcomed them upon alighting at the flying field.

THOUSANDS  
MIGHTY WELCOME  
TRIUMPHANT

Ultimately they shipped the Cub to Europe and flew through western Europe, down to Australia and the Middle and Far East.

### Transformed into the future

The thought of a circumnavigation trip in the Cub started to seem possible. They had made many of the legs already. Then, during a flying trip in the U.S., Dempster stopped at the Air Force Museum in Dayton, Ohio. There was the New Orleans. A later stop at the Smithsonian Museum revealed the Chicago.

"We get home and it dawned on me," said Dempster. "Why finish going around the world in the Cub? Build a World Cruiser! We've got the experience. I can fly around the world. Building the plane is the challenge. Of course, sometimes I look around me now and ask, what was I thinking?"

So began years of historical research. Some trips took him to museums and airplane collections. On one trip, to the crash site of the Seattle in the Aleutians, he recovered some of the original hardware.

Some information has come from adult children whose fathers were part of the original flight.

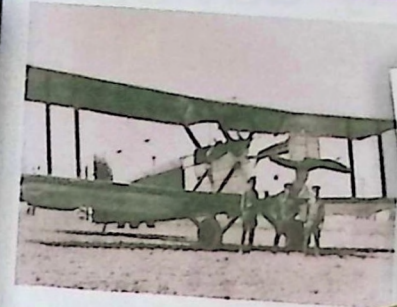
The vision remains clear. Build a replica of a World Cruiser. Name it the Seattle II. Fly it around the world. Then donate it to the Museum of Flight. For some people, an adventure is taking a cruise to Alaska. Even today, an around-the-world flight in a 1924 design is closer to a moon landing. Enthusiasm for the project from aviation leaders Clayton Scott and Peter Bowers reinforced Dempster's commitment.

The building began. During the past two years of construction, having quit his job at Boeing, Dempster has been immersed in the project. One challenge is that, although people want to help, constructing an airplane from scratch requires special skills. Welding a claw hammer on the back porch does not make an individual qualified in the eyes of the Federal Aviation Administration to help with construction. Even though a small group of qualified volunteers have helped, many components must be commercially fabricated, and fabrication is expensive.

Top, Front page: Seattle Post-Intelligencer headline about the successful completion of the world fuselage of the Seattle II, under construction for its own around-the-world flight. From left to right, Dempster next to an original from Cruiser, Seattle. Photo by James Bavendam. Although it may not look like a model, it is a model which shows how the floats were attached to the airplane. Photo by James Bavendam.



er) Henry Ogden, Mrs. Corliss Moseley  
o a Douglas



Being  
non-profit  
does not  
change the totals on  
the invoices.

## Sharing the vision

**But some powerful people have helped.**

"Boeing's help has been so important to us" Dempster emphasizes. "The wingspan of the airplane is bigger than my hangar by five feet!"

Scott Carson of Boeing Commercial Airplanes helped secure assembly space in a corner of one of the Boeing plants. Carson's support of the project also encouraged cooperation from some of Boeing's suppliers. But without a primary, financial sponsor willing to donate the aircraft to the Museum of Flight, much of the financial burden has fallen on the Dempsters.

With Bob working full time on the project, Diane has been the quiet savior, finding ways to stretch and manage personal finances to keep the project going. She mirrors Bob's enthusiasm.

"People need to know that this is for everyone. It will go in the museum," she says. "We are so grateful for the volunteers and support we've received. You

should see people's faces light up when they help build a rib or touch one of the original artifacts from the airplanes. In six to eight months we'll see it flying. Bob and I are just the temporary stewards of the project. We're in total sync on this. It will be amazing."

Although there has been public support, it can be hard to garner enthusiasm for pieces of wood. Yet the components are close to the point where they can be transformed into the shape of an airplane, something that's easier for people to relate to.

Dempster is at his hangar at the Renton Airport most days of the week. Dividing his time between construction, fundraising and educational activities, he remains focused on the vision of a World Cruiser, flying Seattle's name, and once again, making heads turn as it circumnavigates the world.

ght as flyers arrived at Sand Point on September 28, 1924. Left, Diane Dempster stands next to the  
Dempster and volunteers Mitch Herrick and Gary Carmichael show a newly fabricated aileron pul-  
much, this is the only fitting in existence, recovered by Dempster from the crash site of the Seattle,



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## healthy advice by dr. bob thompson



OCTOBER 5TH, 2008

### Election reflects progress for children

*R*egardless of which party wins the 2008 presidential election, the outcome will go down as historic. Either way, our nation will be taking a major step toward removing the final threads of gender or race inequities that have left a dark stain on our cultural history.

However, what has struck me as well in these weeks leading up to Nov. 4 is the progress we have made in accepting and supporting children with special needs. Bringing a Down's syndrome youngster front and center on stage at a political convention would never have happened in previous generations.

For much of the past century medical advice for parents of intellectually or developmentally disabled

children was to place them in an institution, thereby excluding them from the opportunity to achieve their potential in all aspects of family and community life. The social stigma of caring for a mentally disabled child in the home was a heavy cross to bear. Social, educational and healthcare resources to assist those with disabilities did not exist in the community.

Contrast that with what we have today. Here in Washington, the Department of Social and Health Services lists over 30 advocacy organizations for people with disabilities. Celebrating October as Down Syndrome Awareness Month, the Down Syndrome Community will sponsor its 12th annual Seattle/Puget Sound "Buddy Walk" on Sunday, Oct. 5, at the Seattle Center. This fundraiser will provide sponsorship for educational and social activities and events throughout the greater Puget Sound Region. Part of a nation-wide organization, The Arc of King County provides a variety of support services to people with development disabilities and their families through their many projects and programs.

With the availability of extensive parental education and support, we are seeing the benefits of earlier intervention for children with special needs. Studies have shown that early intervention with physical, occupational and speech

therapy is a key to achieving higher levels of gross motor, fine motor, language and social



**Dr. Bob  
Thompson**

skills when compared to those who didn't get help before 3 to 6 months of age.

Unfortunately there is still much to be done before the goals and dreams of each and every disabled person can be realized. Please add your support for those organizations working to provide the opportunity for all to achieve their full potential, where their many talents and gifts can be nurtured and their academic and career goals can be attained.

To learn more about the services and resources available locally visit the state's Division of Developmental Disabilities Resource Link at [www1.dshs.wa.gov/ddd/links.shtml](http://www1.dshs.wa.gov/ddd/links.shtml)

*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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# biking

GET OUT THERE



RENTON MAGAZINE / BOB DUNN

Renton Police Department detective Robert Onishi and his daughter Nicole, 12, have cycled as far as 15 miles.

BY JUDY DUNN

Federico Enrique believes in bicycling for health. But he didn't expect to meet his future wife on a ride—and all because she didn't have a lock for her bike.

Enrique joined a Cascade Bicycle Club riding event last year. The group stopped for a breather in Issaquah, at the Triple XXX. He was looking around for a tree to lock his bike to.

"I exchanged a few words with a woman who was on the ride. She tells me her dilemma and good-hearted me says, 'Okay, you can lock your bike with mine.' I chatted with her and we exchanged names. We decided to bike to Bellevue for dinner at the Pho Restaurant. So there we went, riding our bikes into the sunset."

## Health just one benefit for bicyclists

Federico, an underground utility locator for the City of Renton, and Radka, learning support coordinator at Renton Technical College's Student Success Center, were married July 4, 2008, less than a year after that fateful bike ride. They're still biking.

What do they love most about it?

"She loves the physical exercise and that she can relieve a lot of stress from work," Enrique said. "Me? I love to stop every time I see flowers along the road and pick them for her."

Cyclists have one thing in common: a sense of closeness.

"The cycling community is exactly that, a community," rider and Renton Police Department detective Robert Onishi said. "If you're there, you're family."

Onishi has been riding off and on ever since his parents bought him his first bike 40 years ago.

"I got back into cycling 10 years ago," he said. "I've been a pretty good cycle commuter since."

Last July, Onishi rode in the Cascade Club's STP (Seattle to Portland) event with some of his Renton

PD colleagues, including a friend who retired from the force after being shot in the line of duty. He also spent some quality time with a long-time friend.

"I rode from North Bend to Vantage with my buddy Keith. It was the longest ride he'd done in 30 years," he said.

Onishi enjoys memories of bicycling with his kids.

"I taught my youngest two to ride," he said. "Nicole, my youngest daughter, has been out with me on rides up to 15 miles. And when Aaron was 12, we rode—along with a few other Boy Scouts and another parent—84 miles of trail from North Bend to Easton."

Renton has some of the best trails in the area for safe, family-friendly rides.

"The Cedar River Trail is probably the most popular one," said Leslie Betlach, city parks director. "It starts at the mouth of Lake Washington and goes all the way to Maple Valley."

Cyclists can park their cars at different points along the way—Cedar River Park, Liberty Park, Cedar River Trail Park. Families can take long or short rides and stop for fun at parks with rest rooms, picnic areas, playgrounds and water features.

"Watch the City of Renton website for the updated Renton Trails and Bicycle Master Plan coming out this fall," said Betlach. "Part of that plan includes a new trail and bicycle map."

### Kids Bike NW

A collaboration of 17 youth bicycling programs in Puget Sound, Kids Bike NW is a clearinghouse, disseminating information on biking programs for kids and teens and helping parents find youth-friendly, age- and skill-appropriate programs in their own communities. / [www.kidsbikenw.org](http://www.kidsbikenw.org)

### Cascade Bicycle Club

A 9,500-member nonprofit organization in Puget Sound promoting health and recreation through bicycle activities, advocacy and education. Free daily club rides, tours, bicycling education, special riding events and other programs. / [www.cascade.org](http://www.cascade.org)

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# Time to discover the lure of

Story and photo by Sarah Zugschwerdt

## *Fly fishing*

*I*n the mellow sun on the water, and you could be part of that autumn calm, casting your fly in search of a hungry fish. If you've never tried fly fishing, all you need is the proper gear and the right advice.

Then you won't have to go far to cast your line. Just four miles southeast of downtown Renton sit Lake Desire and Spring Lake, both open year round with 139 combined acres of fishing opportunities.

To get started, you'll need a fly rod and line, waders and boots, perhaps a float tube and lifejacket, and all sorts of bug look-alikes, the "flies" that give this genre of fishing its name. Wets, streamers and nymphs sink into the water and can be used anytime; dry flies land on the water's surface and mimic real ones that hatch and buzz as the sun wanes.

Timing is crucial for these "floating flies," says Scott Hyde of Creekside Angling Co. in Issaquah. Fish surface at twilight especially to feed on these and "you may as well go to the mall" rather than try them any other time. When a fish "takes" the fly, it jumps out of the water to snap it up—this too is the lure of fly fishing.

Flies and fish both change throughout the season. As summer cools to fall, things get more interesting, not less. Fish are in full-on feeding mode, fattening up for the winter. As the snow pack dwindles, river fish "pod up" more, making for easier catches. Fishing still water in autumn means looking for leeches, immature damselfly nymphs, bloodworms, dragonflies and chironomids, says Kevin Becker of Kaufmann's Streamborn in Bellevue. All are hearty fare for trout and bass.

Each fishery is different. Knowing regulations and profile ensures success, especially for the beginner. One would discover, for example, that although the Cedar River runs through downtown Renton, it's only open June 1 to August 31, is closed nights, and is a catch-and-release fishery only.

The Washington Department of Fish and Wildlife's site, [wdfw.wa.gov](http://wdfw.wa.gov), provides this information with both the downloadable version of state fishing regulations, licensing information, and a list of fishing prospects in an easy-to-read format. And don't forget your vehicle use permit—you'll need it at many lakes and rivers to avoid fines.

The rest of the details, gear, and advice can be found at local fly-fishing shops such as Creekside Angling Co. in Issaquah, Kaufmann's Streamborn and Orvis in Bellevue, Patrick's Fly Shop in Seattle, Puget Sound Fly Company in Kent or other local fly shops.

There are several websites that list local clubs, community forums and classes.

Many clubs and shops offer classes, as do guide companies that may also offer a variety of vacations, from day-trips on up.

The lighter weight of the fly rod makes fly fishing attractive to women, notes Don Kojima of Kaufmann's Streamborn, Seattle. He regularly refers women entering his store to Northwest Women Fly Fishers ([www.northwestwomenflyfishers.com](http://www.northwestwomenflyfishers.com)), a club with regular outings.

Children, too, may join in the sport when they have enough strength to cast, and might start out with a three-pound rod, though as Kojima reflects, it's "mostly couples" that come into his shop looking to gear up together.

And even if there's only one fly fisher in the house, stopping by Lake Desire or Spring can benefit the whole family since a wildlife habitat trail connects the two lakes.

### Fish for help on the Internet

Among sites that offer help for both novice and experienced fly fishers are:

[www.washingtonflyfishing.com](http://www.washingtonflyfishing.com)  
[www.washingtononthefly.com](http://www.washingtononthefly.com)  
[www.emeraldwateranglers.com](http://www.emeraldwateranglers.com)

[www.northwestflyfisherman.com](http://www.northwestflyfisherman.com)  
[www.pacificflyfishers.com](http://www.pacificflyfishers.com)

Fisherman casting on the Cedar River, near the mouth of Lake Washington, at twilight.



## Who ever heard of ravioli?

BY ELIZABETH P. STEWART

As fall approaches and the days grow cooler, many of us think about what's known as "comfort food" these days. Comfort food is often what mother or grandmother made, and we have warm memories of the special family traditions that were ours alone.

In towns like Renton, where many different ethnic groups came together, sometimes "special" translated into "weird," especially among kids. School lunches could become occasions for embarrassment, but also fascinating opportunities to learn about the culture of other people.

In a 1987 oral history, Andrew Gigli vividly remembered his discomfort at his "weird" lunches. Born in 1913, Gigli was the son of Italian immigrants who carried on their cooking traditions in Renton. His mother made fritatas—scrambled eggs cooked with grated cheese and onions—and sent them as sandwiches with Andrew and



COURTESY OF THE RENTON HISTORY MUSEUM.  
#1999.060.1487.

Andrew Gigli (second from right in second row) and his Italian, Slovenian, Hungarian, and Czech classmates at Central School in 1922.

his sister Rose Mary. Mrs. Gigli also picked pumpkin blossoms, dipped them in batter, and fried them, as a treat.

"Who ever heard of ravioli when you were [little]?" Gigli asked. "We talk about things like that in school and people would laugh at us!"

But he also remembered his fascination with the exotic foods that other kids carried. For Gigli, first grade was when he started to feel like an American, and his fascination with other people's food was part of that process.

"The Italian disappeared, the American or English

became part of it," as he described his own Americanization. "We had strange food compared to the others, but so did the Austrians—they had different deals that they cooked and we never did."

He vividly recalled his Austro-Hungarian neighbors slaughtering pigs outside in the chill of November—something he never saw Italians do—and shaving the bristly skin, rendering the lard, and curing the meat in smokehouses all over Renton.

Slovenian students sometimes brought in their lunches a deep-dish pie stuffed with crushed walnuts called "potica" (pronounced "paw-tee-tzah"). Andrew must have tried this unfamiliar dessert, because he knew it was "real, real good."

Sharing school lunches taught him that others ate unusual foods, too, yet the child's memory of being different remained 60 years later.

"Because the school was predominantly English...if we took those [ethnic foods] to school we were ashamed of them because people made fun of us," he told an interviewer in 1987. "And today they're the 'in' thing, see? Live and learn."

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

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# Enjoy the taste of pumpkin for *Fall*

**BY CHRISTIE KATONA**

*T*here's a bit of a nip in the air and fall is here. October brings thoughts of Halloween fun and new pumpkin recipes to try.

The pumpkin is actually a squash, related to cucumbers and the ever abundant zucchini. It contains potassium and vitamin A and is 90 percent water.

The Irish brought the tradition of carving pumpkins to North America when they decided they were easier to carve than turnips, which was their usual choice. Antarctica is the only continent that doesn't grow pumpkins and Illinois is the pumpkin capital of the world.

Now that you have these exciting facts to amuse your friends, here are some great recipes to try using the wonderful crop of pumpkins now appearing in the marketplace.



**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](http://www.Christies-Catering.com).*

## Pumpkin Flan

This is a terrific dessert to serve with a Mexican dinner. Caramelizing sugar can be a bit tricky, but if you follow the directions precisely, it is easy to accomplish. Carefully read directions through before starting. They may seem a bit complex but it is really quite easy. The "bain marie" or water bath, keeps the flan at an even temperature and results in a more creamy dessert.

### you will need

1 cup sugar  
4 eggs, beaten  
1 can (16 oz.) pumpkin

1 can (13 oz.) evaporated milk  
1/2 cup sugar  
1 tsp. cinnamon  
1 tsp. vanilla extract

1/2 tsp. ground ginger  
1/2 tsp. nutmeg  
1/4 tsp. salt  
Whipped cream and nutmeg to garnish, if desired

### directions

To caramelize the sugar, place 1 cup in a heavy skillet and spread in an even layer. Heat over medium high heat until sugar begins to melt. **DO NOT STIR.** Shake skillet occasionally. When sugar begins to melt, turn heat to low and cook, stirring, until sugar is golden brown. Pour the caramel into a 10 inch glass pie or quiche pan. Tilt evenly to coat bottom of the pan.

In a large bowl, combine the eggs, pumpkin, milk and spices. Mix well. Pour over melted sugar. Place pan in a large roasting pan. Place on rack in oven, carefully fill roasting pan with water to 1/2 inch deep. Turn oven to 350 and bake for 45 to 50 minutes. Test by inserting a knife near the center, it should come out clean. Cool. Cover and refrigerate for at least 4 hours before serving or up to 1 day.

To serve, run a knife around the edges of the pan. Slip knife down under dessert to release flan. Place a pretty dessert platter over the top of the pan and turn upside down onto platter. Spoon caramel sauce over dessert. Cut into wedges to serve. Garnish with whipped cream and nutmeg if desired. Serves 8 to 10.



## Frozen Pumpkin Torte

### you will need

#### Crust:

1 3/4 cups gingersnap crumbs  
1/4 cup sugar  
1/2 cup melted butter

#### Filling

2 cups softened vanilla ice cream

1 cup canned pumpkin  
1 cup brown sugar, packed  
2 tbs. finely chopped candied ginger  
1 tsp. vanilla  
1/2 tsp cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. salt  
1 cup heavy cream, whipped

### directions

Combine crust ingredients and press in the bottom of a 9 inch spring form pan. Spread the ice cream evenly over the prepared crust. Freeze. Mix the pumpkin, ginger, spices and salt together. Whip the cream and fold into pumpkin mixture. Pour over ice cream layer, cover and freeze. To serve, remove from freezer 20 minutes before serving. Remove sides of pan and cut into wedges. Serves eight.

## Easy Pumpkin and Zucchini Bread

This easy bread makes three moist loaves, which are delicious in lunch boxes or with a cup of tea. They make a nice hostess gift and freeze well. Hulled pumpkin seeds are available in the bulk foods bin at the grocery store. They come in both roasted, salted and unsalted versions. If you wish, the nuts can be sprinkled on the tops of the loaves as well. They add a nice crunch and visual appeal.

### directions

In an electric mixer or in a food processor using the steel blade, combine:

### you will need

3 cups sugar  
1 cup salad oil  
3 eggs  
2 cups canned pumpkin  
2/3 cups water

#### Add

3 1/2 cups flour

2 tsp. baking soda  
1 1/2 tsp. salt  
1 tsp. nutmeg  
1 tsp cinnamon

#### Mix until just combined. Stir in:

1 cup grated zucchini, unpeeled  
1/2 cup toasted, hulled pumpkin seeds (pepitas)

### directions

Divide batter into three lightly greased and floured loaf pans. Bake in a preheated 350 degree oven for one hour. Cool in pans on a rack for at least 15 minutes before unmolding. Wrap in foil and store in the refrigerator. Freezes well.



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# Pet owners should be prepared

BY KATHY CONNELL, DVM

*M*anmade or natural disasters can strike any time, without warning. Be prepared with a plan and a "go kit" for pets.

Animals left alone during disasters can become injured, lost or killed. Prepare to take pets with you if you have to seek shelter away from home. Prior to any preparations, bring pets inside or confine them in kennels or pet carriers. Confined pets are safely under control. You can gather them easily when you're ready to leave.

Each pet should have a collar with ID tag, a sturdy leash, a harness (if you use one) and a pet carrier for safe transport. Besides listing your information on ID tags, also include the number of a friend or relative living outside your area. That way if you and your pet are separated, a rescuer who finds your pet can call an

alternative number if unable to reach you.

Collars can slip off, so discuss the added security of a microchip or identifying tattoo with your veterinarian.

Ensure that a carrier is sturdy and large enough so the pet can stand, turn around and lie down comfortably. Permanently label the carrier with the pet's name and your information.

If you're away from home when disaster strikes and are unable to return, make alternative arrangements. Choose a neighbor or friend to get your pets and supplies and deliver them to you at a prearranged location.

Many emergency shelters allow only service or assistance animals, not family pets. Find out if your area operates any pet emergency shelters. If not, do research to locate emergency housing for your pet at a kennel, veterinary clinic or pet-friendly hotel.

Remember, discuss plans in advance with friends, relatives and neighbors.



Take steps now to be prepared. Your pet will thank you for it.

## Your pet's "go kit" should include:

- Food and water for 3-5 days
- Food and water bowls
- Prescription medications or other drugs used routinely
- A copy of medical records, vaccination records (to include proof of current rabies vaccination) and current pet photos to prove ownership
- Written authorization for medical treatment in your absence
- Phone numbers of family, friends, your veterinarian and emergency veterinary clinic (if there is one in your area)

## Find more tips

You can find more disaster preparedness tips on-line at:

**American Veterinary Medical Association,**  
[www.avma.org/disaster](http://www.avma.org/disaster)

**Petfinder,**  
[www.petfinder.com/disaster](http://www.petfinder.com/disaster)

**U.S. Department of Homeland Security,**  
[www.ready.gov](http://www.ready.gov)

- Extra leash, harness and collar with ID tag
- Towel or small blanket for pet carrier
- Litter and small litter box (or paper plates) for cats
- Cleaning supplies (paper towels, disinfectant wipes, plastic bags for waste disposal)
- Favorite toy or treat
- First aid items
- Periodically inventory the "go kit". Medications and food should be routinely replaced to ensure freshness.

*Kathy Connell, DVM, owns and operates Foxglove Consulting.*



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## Oh, Rats!

**Y**ou may not realize it, but rats are a part of your life. Wherever there are humans, you'll find members of the genus *Rattus*. The two rats found in our area are the Norway rat (*Rattus norvegicus*) and the roof rat (*R. rattus*). The Norway rat is a sturdy fellow and can weigh up to one-and-a-quarter pounds. The roof rat is smaller and cuter, weighing in at only a half-pound.

Rats are consummate pests. They have a high reproductive rate, and they'll eat just about anything. They are particularly fond

of our garbage. They'll also eat plant material, insects, birds, fish, and other mammals, including humans. This is scary! I wonder why the rat isn't a symbol of Halloween rather than cats and bats.

No doubt you are wondering what this has to do with gardening. Just because you don't have rats in your house, doesn't mean you don't have rats. They are in your yard and garden, but there are a number of steps you can take to make them feel less welcome.

The best way to control rats is to discourage them from foraging and nesting. Do not leave out pet food. If you store pet food (or any food) outside, make sure it's in a metal container with a tight-sealing lid. Rats can chew through heavy plastic, so use

metal garbage cans, too.

I hate to say it, but you shouldn't feed birds. Rats enjoy bird food almost as much as squirrels do. Clean up after your pets. (Yes, rats eat that stuff, too.) Pick up ripe fruit and vegetables, and learn how to compost without attracting vermin.

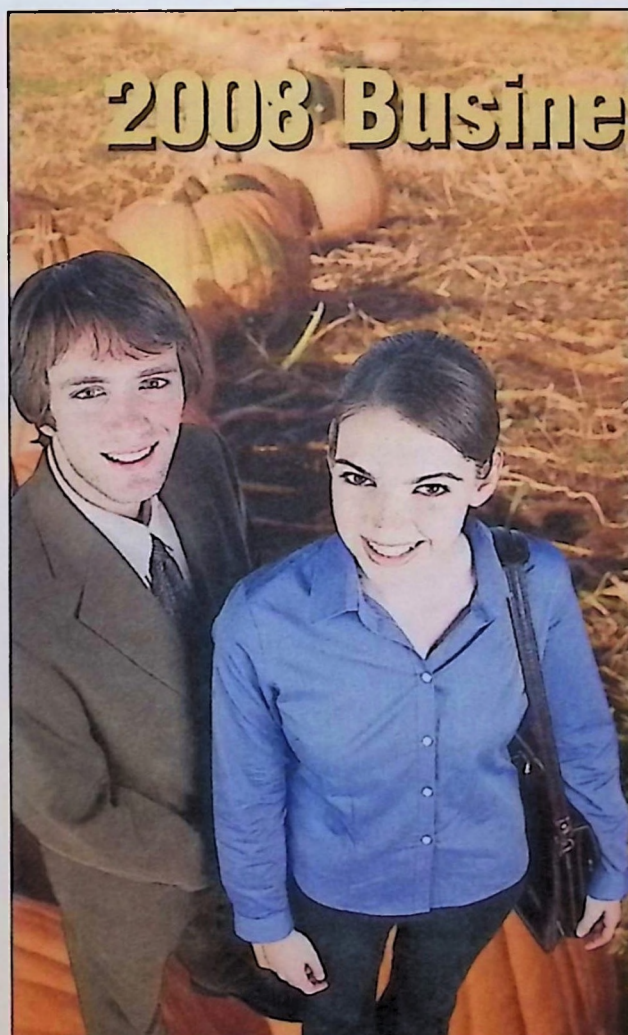
Remove dense vegetation, such as blackberry and English ivy, that provides shelter for rats. Fill in burrows and holes they might use to nest. Clear away vines that attach directly to your house, and prune tree branches that touch the roof. Don't provide a highway for roof rats.

Traps and poison should be a last resort in the battle against rats. Both can pose a serious danger to people and pets. If you are diligent about deter-

rence, you won't need to use such drastic measures to solve your rat problem.

You'll never completely rid your property of rats. But, you can encourage them to keep traveling and not become guests who overstay their welcome.

*Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by King County and WSU, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about gardening all year long, call the Master Gardener Phone Clinic at 206-296-3440.*



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# Hazen senior offers student perspective on state board

BY ANDREW FICKES

Lorilyn Roller, a senior at Hazen High School, is an unpretentious but articulate young woman with a full plate of activities. She is student body president, a captain of her high school swim team, a pool lifeguard and swimming instructor, a violinist in the high school orchestra, and a Seafair ambassador.

She ponders her 3.97 GPA (not 4.0 thanks to junior year biology), shrugs and says, "Life goes on."

As one of two student representatives on the Washington State Board of Education, Roller acknowledges, "There's a lot riding on my shoulders this year."

She represents students in the Western region; her counterpart, Austianna Quick (a junior at Oroville High School) is the Eastern region representative and Roller's mentee.

Roller has a say on student policy as set forth by the state board.

"It's pretty awesome, suddenly seeing her sitting there with 12 adults who are leaders from across the state," says Dr. Terry Bergeson, state superintendent of public instruction. "Lorilyn listens carefully and does her own research, but then has absolutely no fear of speaking out."

Roller applied for a position on the board in the spring of her sophomore year. She became one of four finalists in the Western region and after a series of interviews, presentations, and roundtable discussions, was appointed.

"I got really excited for this opportunity, because I love politics," she says. "I thought it would be something new and different."



RENTON MAGAZINE / ANDREW FICKES

Lorilyn Roller is an avid swimmer, lifeguard, swimming coach, and captain of her high school swim team. But when she's not busy in the water, she's taking care of homework and No. 1: serving on the Washington State Board of Education.

**Lorilyn listens carefully and does her own research, but then has absolutely no fear of speaking out. ~ Dr. Terry Bergeson, state superintendent of public instruction.**

As a member of DECA (a business-marketing organization for students), Lorilyn brings business acumen to the board and an affinity for numbers. Her math teachers advise her to go into business, and at one point she said yes to that. But now in her second year on the board, she says she'd like to major in international business with an emphasis on education.

"Meeting Terry Bergeson has been very inspiring," she says. "Education is her life and she never escapes it. If she can spend her whole life focused on education, I believe I can spend at least half my life focused on education."

Roller's legacy on the board will be her work on Core 24, proposed legislation that would raise high school graduation requirements to 24 credits and give students the ability to define career pathways by what classes they choose to take.

Roller was asked by the board to survey student members on the Washington Association of Student Councils to get their opinion on Core 24. She did so, but she also went beyond that and got perspectives from summer school students at Hazen High School, a demographic she was not required to tap into.

"She represents all students—not just the 'A' students—but all students on the board," says Bergeson. "She's going to be a great leader for the state of Washington in the future."

"Being on the board has changed my focus on life," Roller says.

Roller's final board meeting will be May 2009.



# Renton schools welcome new teachers

**BY ANDREW FICKES**

**R**enton schools hired 120 teachers to fill open positions this fall – way more than can be interviewed for one *Renton Magazine* article. To get a sampling of what these newcomers bring to Renton schools, we spoke with two new teachers and a principal. Principals and teachers were recognized and welcomed at the New Teachers Breakfast, hosted by the City of Renton and Renton Chamber of Commerce, in August.

## **Damien Pattenau, Principal, Renton High School**

Damien Pattenau has come full circle since graduating from Renton High School in 1995.

"This is where I've wanted to be for a long time," he says. "I graduated from Renton High School, taught at Renton High School, and coached at Renton High School."

In 1999, he graduated from Washington State University with a bachelor's degree in English and started his teaching career at Kent-Meridian High School, where he taught English from 1999 to 2001. He left Kent-Meridian to teach at R.H.S. from 2001 to 2003.

He decided to challenge himself and re-entered WSU to work on his master's degree in educational leadership and his principal certification, which he received in 2005. Prior to becoming principal at R.H.S., he was assistant principal at Hazen

High School from 2005 to 2008.

Becoming principal of Renton High School, he says, feels like a dream.

"It's pretty unbelievable that it's happened," he says. "It happened sooner than I might've expected."

## **Ann Strawn, Life Sciences Teacher, Hazen High School**

Ann Strawn brings real-world experience to her freshman-sophomore life sciences classes, having worked 10 years in the biotech industry as a product development specialist. She worked in the laboratory on advances in pregnancy tests, AIDS research, and prostate cancer research.

Prior to her biotech experience, she taught three years of biology and algebra in southern California. After her biotech work, she returned to teaching in 2001 in northern California.

Strawn's husband, a sales director, got a job in Kent, and they moved to the area in 2007.

"What I'd like to do in the class is stress to the students that science is all around them and science is fun," she says. "It's not about reading a book and writing; science is about getting your hands dirty in the lab."

## **Larissa Klein, Second Grade Teacher, Talbot Hill Elementary**

After eight years of working in sales and marketing at a south Seattle-based floor finishing distributor, Larissa Klein decided it was time to return to something she always wanted to do: teaching.

She stayed in sales far longer than she expected because the pay was so good.

But she longed to teach, something she thought far more fulfilling and meaningful.

Klein did her student teaching at Talbot Hill and during that time experienced the impact that the MicroSociety program had on students.

MicroSociety is a program that ties real world practices to the daily school

curriculum. Talbot Hill is the only school in the state to administer such a program.

"Students are taking what they're learning in the classroom and learning how it fits in the real world," she says. "It's powerful and amazing how this program creates citizens that can function in our society."

## **Renton School District good news announcements**

### **Lindbergh, Renton High recognized for WASL achievements**

Renton and Lindbergh high schools earned recognition for improvements on the Washington Assessment of Student Learning (WASL). Both schools were listed among the top five in the state with the greatest increases in student test scores: Renton High in mathematics and Lindbergh in reading.

### **Tiffany Park, Bryn Mawr welcome kindergarteners**

Teachers and staff from Tiffany Park and Bryn Mawr elementary schools made home visits to new kindergarten students at the start of the school year to welcome them to school. The annual visits encourage parent involvement in

their child's education early on, and let parents and children know how much teachers and school staff care about their families and their education. The visits also help to bridge cultural gaps as many of the families speak limited or no English and do not visit regularly with teachers in classrooms. Staff from both schools brought children free school supplies and book bags as part of the visits.

### **High school athletics receive financial support**

Renton, Lindbergh, and Hazen high schools have been selected to receive \$2,000 for athletic programs by Joe's Sports & Outdoor Foundation in celebration of the new store opening at the Renton Landing. Principals from the three schools were honored at the store's grand opening in September.

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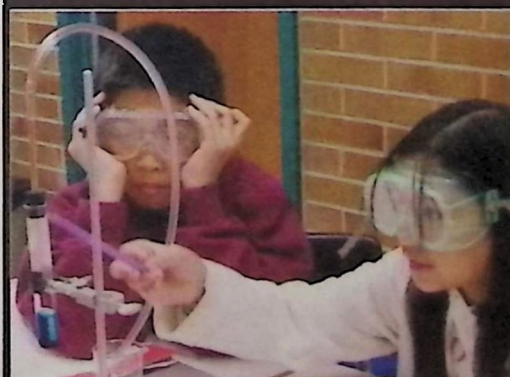
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## renton library news

## Art is at home at the library

Art and literature are natural companions, so it is not surprising that public libraries are home to works of art. Two pieces at the downtown Renton Library are of special interest to the community.



Bette  
Anderson  
COLUMNIST

First is a series of art screens by Marvin T. Herard, presented to the newly-constructed Renton Public Library in 1966 by Allied Arts of Renton. A professor of art at Seattle University for many years, Herard's work as artist, painter and sculptor can be seen in many locations in and around Seattle.

The screens in the Renton Library were cast in red bronze, an alloy composed of copper, tin, lead and zinc. A composition of circular and rectangular shapes, two of the screens highlight the magazine reading area in the library, and a third serves as an architectural element to define a passageway along an interior wall. The colorful surface of the screens is reminiscent of the patina found on ancient metal sculptures.

Perhaps the Renton Library's best-loved art piece is "Homework Comes First," a bronze

sculpture by Martha Pettigrew. This statue of a boy sitting on a hassock reading a book, baseball and mitt resting beside him, has greeted passers-by at the entrance to the front deck of the library since 2003.

Pettigrew began her career as an illustrator and later established herself as one of the foremost Western contemporary sculptors. She is the recipient of many prestigious awards for her work and has received commissions from businesses, universities, and state and local governments across the county.

The Pettigrew boy, as the library sculpture is fondly nicknamed, has had a rough year. He suffered damage in May of 2007 when side-swiped by a car that jumped the curb of the parking lot. Repairs took several months, and everyone was relieved when he was finally re-installed in his accustomed spot.

Unfortunately, it was recently discovered that one of the brackets holding the statue to the base had broken, so he was removed a second time for repairs that required advice from Ms. Pettigrew. It won't be long before his familiar face will once again welcome people as they approach the library.

Watch for a future article highlighting other special artwork that can be seen at the Renton Public Library.

Bette Anderson is the  
Renton Public  
Library director.  
425.430.6610

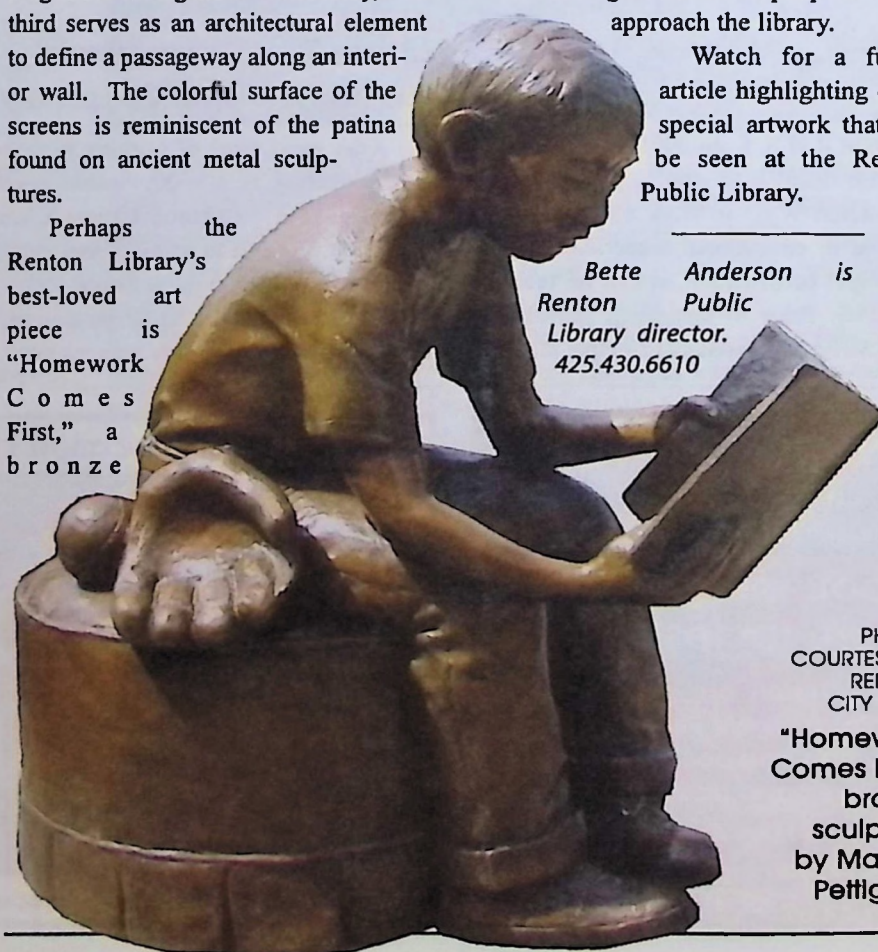


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# Event offers new look at old age

BY JUDY DUNN

No one wants to grow old, and many of us ignore the signs. But that very denial can lead to a crisis when we look up one day and see someone we love struggling. Maybe the water is turned off because Dad forgot to pay the bill. Or Mom got burned by a grease fire because she left the range burner on.

"Getting older and needing care are two of the most important, complicated, emotional, and expensive experiences we will have in our lives," says Liz Taylor, former *Seattle Times* columnist on aging. "And yet most people wait until there is a crisis to act."

Taylor is founder of Aging Deliberately, a Bainbridge Island-based business that educates and motivates people to plan for their aging over the long-

term. She helps older people and their families make well-informed choices when someone needs care. Her mission: To educate families, older people, community planners, legislators and service providers on the issues that affect how we age.

Just a century ago, the average life expectancy at birth in America was 47. Though lots of babies were being born, not many people lived to the age of 80 or more.

Now, thanks to medical care and higher standards of living, people are living longer. Average life expectancy today is almost 80 – and climbing – and the fastest growing segment of the American population is people 85 years and older. Most of us will live well beyond the number of years our ancestors did, longer than we



Liz Taylor

can even imagine. There is a very real need to plan for our aging – before we are incapacitated.

On Saturday, Oct. 18, Renton Technical College will host its first Eldercare School for anyone who is concerned about a friend, a parent, a grandparent – or just wanting to prepare before a crisis situation hits.

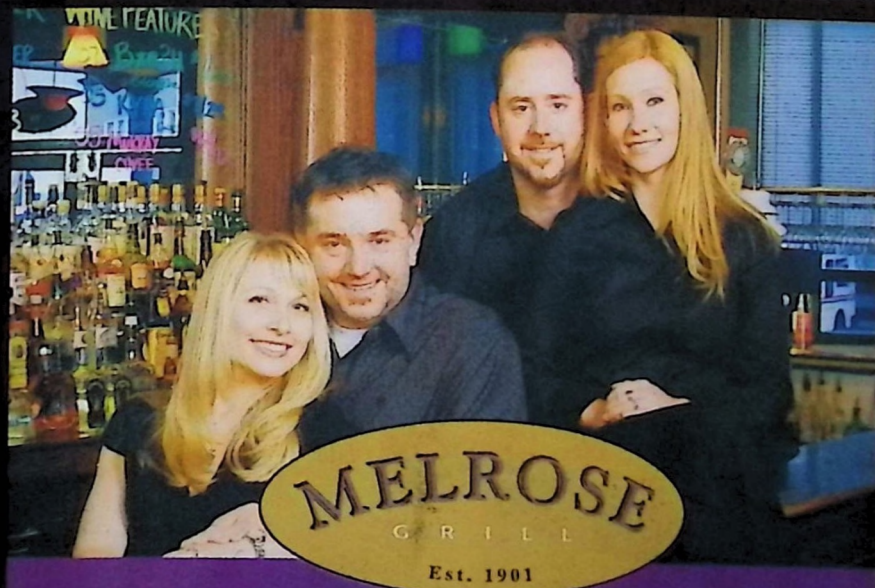
Richard Bray, director of donor relations for St. Vincent de Paul of South King County and a Renton resident, plans on being there.

"We all ought to be interested," he said. "Every one of us has a neighbor, a family member, a friend, a teacher from our past – someone we know who is going through this. I have a personal stake because some of my family members are entering this phase. But I'm also attending because of the work we do with the poor at St. Vincent's. The people we serve are often isolated in their senior years and have no one to turn to. I want to become educated myself so we have resources for them."

## Eldercare School

- Saturday, Oct. 18, Renton Technical College
- \$20 fee includes lunch
- For more information or to register, contact Jennifer Rock at 425-235-2352, ext. 5727, e-mail her at [jrock@RTC.edu](mailto:jrock@RTC.edu), or visit [www.RTC.edu/LIFESTYLE](http://www.RTC.edu/LIFESTYLE).

Eldercare School provides a day of information and support for older people, their family and caregivers – light lunch included – for a fee of \$20. Taylor's morning keynote address will introduce basic eldercare issues, such as identifying an older person's needs, finding ways to pay for care, and learning the rules of care-giving. Afternoon workshops offer a choice of sessions on finding services and resources, exploring living arrangement options, learning about legal and financial issues, and understanding healthcare and aging-related issues.



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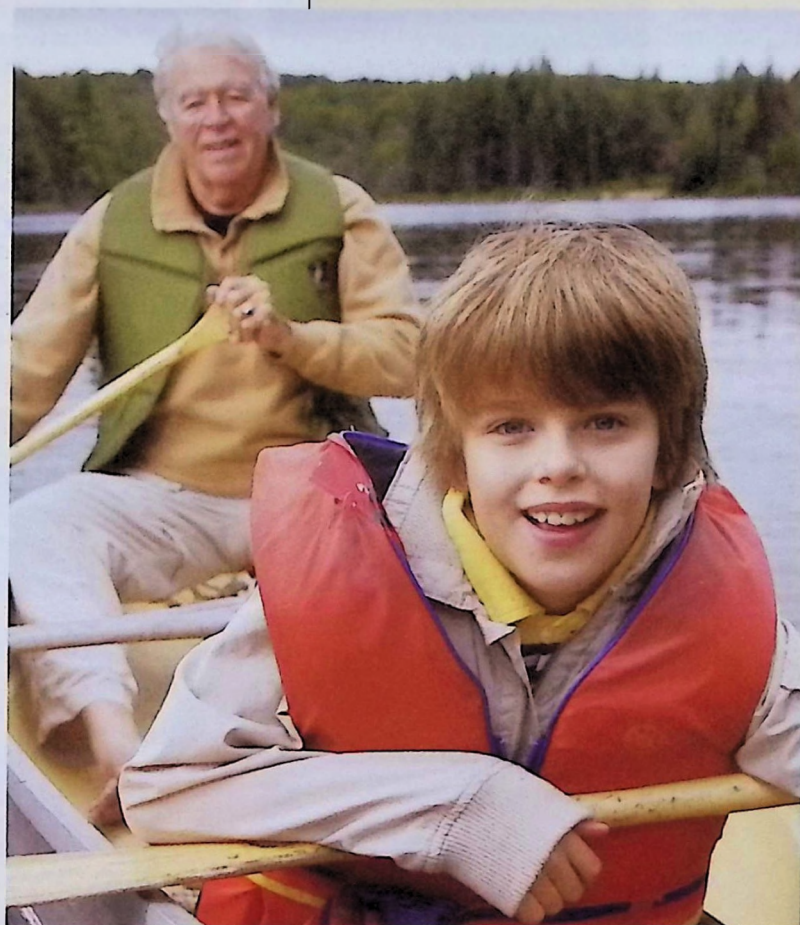


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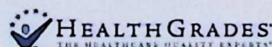
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