

# RENTON *Magazine*

Volume 3 / No 3 March 2008



**Seahawks new  
training facility**  
page 12



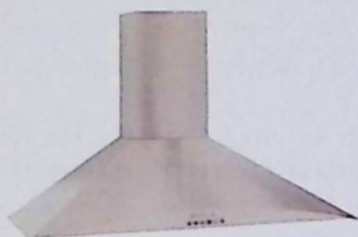
# KING and BUNNYS

A P P L I A N C E S

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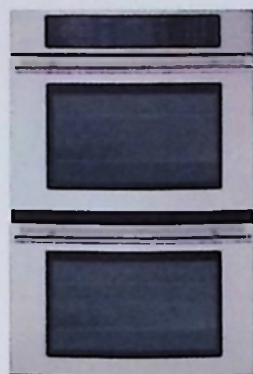
A COMPLETE EURO-STYLE STAINLESS  
KITCHEN COLLECTION.  
SEPARATING THEM WOULD BE A SHAME.



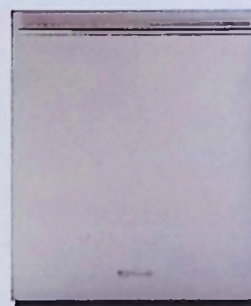
Euro-Style Chimney Ventilation Hood  
JXT8836ADS



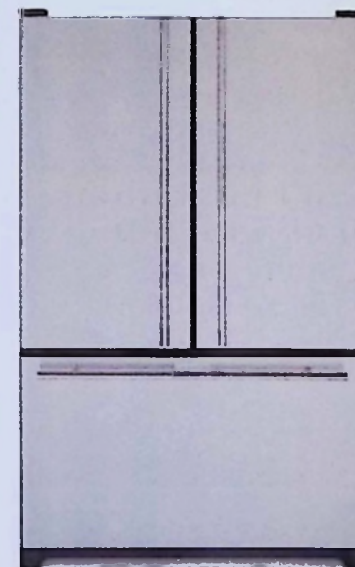
Euro-Style Gas Cooktop  
JGC1536ADS



Euro-Style Double Wall Oven  
JJW9830DDS



Euro-Style Dishwasher  
JDB1250AWS



Euro-Style French Door Refrigerator  
JFC2089HES

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\*\*See store for complete details. Offer good only on select Jenn-Air® Brand appliances.

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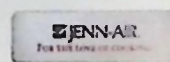
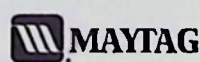
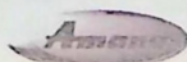
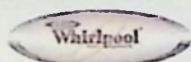
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Noon - 5pm

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## City's lake waterfront has come a long way

*I*t's hard to miss the Seahawks' new training facility at the north end of Kenndale as you drive by on I-405. In a way, it's a huge exclamation point to what has happened along the southeast shore of Lake Washington

When I was a kid, the shoreline from the south tip of Lake Washington at the Boeing Renton plant most of the way to the north end of Kenndale was wild and undeveloped.

What is now the picturesque Gene Coulon Memorial Beach Park was a marshy no-man's land 50 years ago. The lake in front of the area was an island of logs waiting to go to the sawmill. Today the park has a boat launch, walking trail, picnic facilities, restaurants and playground equipment.

The park has become a favorite not only of

Rentonites, but of lots of commuters and others who jump off I-405 to eat lunch, take a walk or relax for a few minutes.

The Cedar River Trail ends at the mouth of the Cedar River, where there's another boat launch and picnic areas. You can walk the trail from downtown, Renton right past Boeing 737 airliners wearing brilliant colors and being finished up for delivery to customers around the world.

At the north end of Kenndale, the last working sawmill on the lake is gone, replaced by high-end houses. The pollution resulting from years of operation by a creosote plant has been



David Suffia  
EXECUTIVE EDITOR

cleaned up to make way for the Seahawks' new complex.

In between, over the years a variety of housing, ranging from apartments to condos to homes, has risen above and along the lake.

At some point in the future, the railroad tracks from Renton to Bellevue may be turned into a pedestrian trail paralleling Lake Washington Boulevard and the lakeshore around the base of Kenndale Hill. That would be a big improvement from my days as a kid when we had to walk the railroad tracks from North Renton to get to Kenndale Beach Park to swim in the summer.

It's great to see that area along the lake achieving its potential and providing everything from affordable to luxury housing, to terrific public recreation areas, to clean commercial revenue for the city.

### RENTON Magazine

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**cover:** New home of the Seahawk's training facility, Virginia Mason Athletic Center. See cover story, page 12. 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

Maplewood Golf Course  
425.430.6800

Police Dept  
(non emergency)  
425.430.7500

Renton Community Foundation  
425.264.0516

Renton Magazine  
425.271.9300

Renton Museum  
425.255.2330

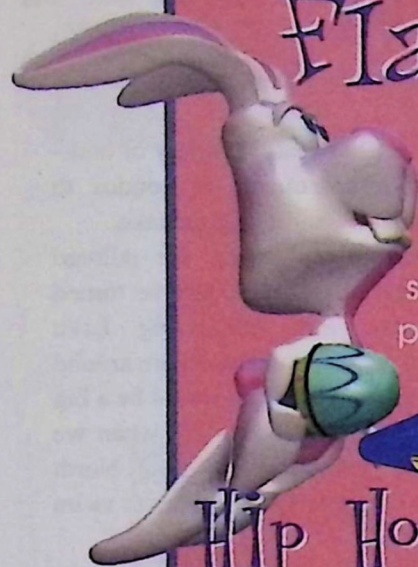
Senior Activity Center  
425.430.6633

Valley Medical Center  
425.228.3450



## upcoming events

### Flashlight Egg Hunts



Two separate night-time egg hunts at Liberty Park for ages 7-10 and 11-15. The darkened field will be stocked with loads of candy and prizes. Bring a flashlight and a sack to carry home the goodies.

March 7  
Friday at 8 p.m.  
425-430-6700  
Liberty Park  
1101 Bronson Way  
North  
Admission: Free

### Hip Hoppin' Egg Hunt

March 15 / 425-430-6700

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

Renton Community Center  
1715 Maple Valley Hwy.

Admission: \$6 for  
carnival pass

A free egg hunt for children 6 and under (with parent / guardian), starting 10 a.m. for A spring carnival will follow. Carnival pass for all activities is \$6 and includes crafts, games, and inflatables. Photos with a "Spring Bunny" and concessions are available for a nominal fee.



march 1

**Sole to Soul 2008**

Saturday at 7 p.m.

425-747-5070

Renton IKEA Performing Arts  
Center  
400 S. 2nd

Admission:  
\$15 per ticket



march 8

**Summer Part-Time Job Fair**

Saturday from 10 a.m. to  
11:30 a.m.

425-430-6700

Renton Community Center  
1715 Maple Valley Highway

Admission: Free



march 27

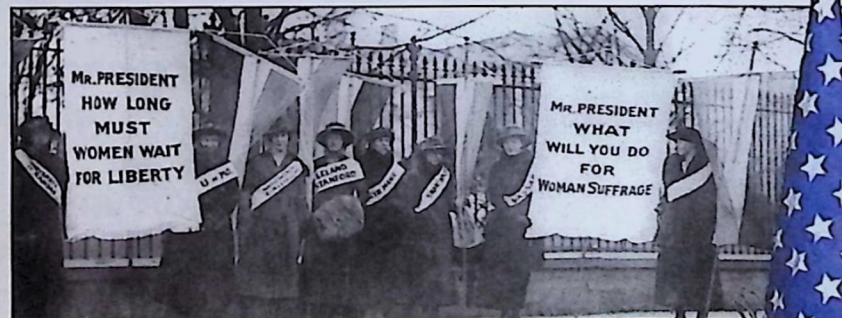
**Renton City Concert Band**

Thursday at 7:30 p.m.

425-430-6700

Renton IKEA Performing Arts  
Center  
400 South 2nd

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



### Commemoration of Women's History Month

Living Voice presents "Hear My Voice." Share the experience of one young woman whose efforts and sacrifices earned her a special place in history as she participated in the 72-year struggle to win half of America's citizens the right to vote.

March 11  
Tuesday at 4:30 p.m.  
425-255-2330

Renton History Museum  
235 Mill Ave. S.  
Admission: RHS members  
admitted free



## upcoming events

# America's BOATING COURSE

An eight-hour course for the recreational boater, provided by the U.S. Coast Guard Auxiliary. It is designed to teach safe and enjoyable boating and satisfies the new state boater education requirements. It also meets the criteria for discounts by most insurance companies. For ages 12 and up.

**March 22**

**Saturday from 9 a.m. to 5 p.m.**

**425-430-6700**

**Renton Community Center**

**1715 Maple Valley Highway**

**Admission: \$7**



## now playing

**Renton Civic Theatre presents:**

## The Complete Works of William Shakespeare

**(Abridged)**

This production embodies one of comedy's most essential impulses: the adolescent urge to take a baseball bat to the culturally revered. It's a mix of pratfalls, puns, willful misreading of names and dialogue, clunky female impersonations, and clean-cut ribaldry. Closes March 2 (check website for show times)

**Renton Civic Theatre**  
**507 S.**  
**Third St.**

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

**425-226-5529**

**www.renton**  
**civictheater.org**



**Studio-East Storybook Theatre presents:**

## THE THREE PIGS

Back by popular demand! When the wolf is on the hunt for some succulent pork, the shakin' bacon starts a-makin' a sturdy, tooth-proof home for protection. This zany participational theater rendition will have audiences, small and tall, rooting for the little porkers as they scramble to save their skins.

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

**Admission: \$8 per ticket**

**Carco Theatre**  
**1717 Maple Valley Highway**  
**1-877-827-1100**

**www.studio-east.org**

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## calendar of events

### WOMEN'S HISTORY MONTH



#### Windows in Time

Saturday, March 8, 11 a.m.

Naomi Baltuck shares stories of her friend Beth Jacobsen, who was a little girl growing up in Seattle at the turn of the 20th century. She tells these stories through the eyes of a very young girl whose father cleared the land to build one of the first houses in Seattle's Wallingford neighborhood.

Renton History Museum  
235 Mill Ave. S.

425-255-2330

Admission: RHS members are admitted free

www.rentonhistory.org

### RENTON CHAMBER EVENTS



#### State of the City Renton Chamber Luncheon

Wednesday, March 19,  
11:30 a.m. to 1 p.m.

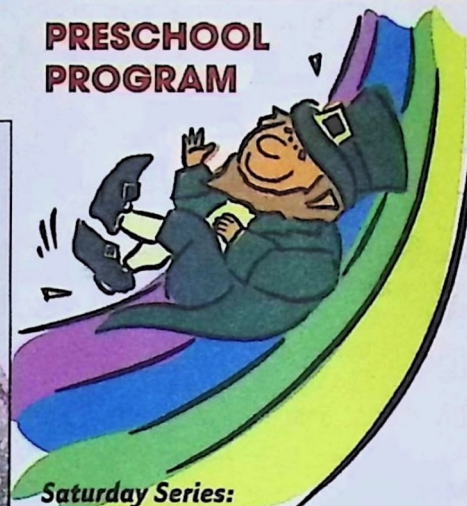
This annual event  
features Renton

Mayor Denis Law, who will address members of the Renton business community. Topics include development and annexation of the Cascade/Benson community and other city issues.

Holiday Inn-Renton, One S. Grady Way  
425-226-4560

Admission: \$35/members; \$45/non-members  
www.gorenton.com

### PRESCHOOL PROGRAM



#### Saturday Series: Leapin' Leprechauns

Saturday, March 15, 10 a.m. to 11:30 a.m.

For ages 3 to 5, some kid fun to replace Saturday morning cartoons. Stories, crafts and snacks. \$3 supplies fee.

Renton Community Center  
1715 Maple Valley Highway

425-430-6700

Admission: \$12 for residents;  
\$14 for non-residents

www.rentonwa.gov

### YOUTH PROGRAMS

#### Home Alone: "When I'm in Charge"

Saturday, March 22, 9 a.m. to 11 a.m.

A course for ages 8-12 to prepare students to respond safely to a variety of situations when direct parental/adult supervision is unavailable. Techniques covered include door/visitor and phone safety, house key and personal safety, first aid situations, Internet safety, and family communications.

Renton Community Center  
1715 Maple Valley Highway

425-430-6700

Admission: \$30 for residents;  
\$36 for non-residents

www.rentonwa.gov

#### Money Matters

Saturday, March 22, 11:30 a.m. to 1:30 p.m.

For youth, ages 9 to 14, who want to get educated, motivated, and empowered to be money smart. An energetic, hands-on class with instruction in

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Renton Community Center  
1715 Maple Valley Highway  
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Admission: \$25, residents; \$30 for non-residents  
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### **Cooking Kids: Easter Fun**

Wednesday, March 12, 5:30 p.m. to 7:30 p.m.

A hands-on cooking class for ages 8 to 12 with instructor Jaquelyn Martinsons, who will provide a series of tasty recipes. Participants are advised to "come hungry," and all supplies are included.

Renton Community Center  
1715 Maple Valley Highway  
425-430-6700

Admission: \$20 residents; \$24 non-residents  
[www.rentonwa.gov](http://www.rentonwa.gov)

## **TEEN PROGRAMS**



### **Spring Dance**

Friday, March 21, 8 p.m. to midnight

For ages 11 to 15. School identification card required.

Renton Community Center  
1715 Maple Valley Highway  
425-430-6700

Admission: \$5 at the door  
[www.rentonwa.gov](http://www.rentonwa.gov)

### **Tchoukball League**

Wednesday, March 19, through Wednesday, April 30, 6 to 7 p.m.

For ages 10 to 17, Tchoukball is a non-contact and very competitive game from Switzerland.

North Highlands Neighborhood Center

3000 N.E. 16th St.

425-430-6700

Admission: \$5 for residents and non-residents  
[www.rentonwa.gov](http://www.rentonwa.gov)

## **SENIOR EVENTS**

Renton Senior Activity Center

211 Burnett Ave. S.

425-430-6633

[www.rentonwa.gov/living/default.aspx?id=40](http://www.rentonwa.gov/living/default.aspx?id=40)

### **Knights of Columbus Breakfast**

Saturday, March 15, 8 a.m. to 11 a.m.

Renton area senior citizens are invited to a free breakfast, an annual event sponsored by the Knights of Columbus.

Admission: Free

### **Senior Stage Revue Meeting**

Wednesday, March 19, 10 a.m.

It's time to start planning the annual Senior Revue held at the Carco Theatre. This meeting is mandatory for anyone interested in performing an individual act or being involved in the Senior Revue. Show dates are Thursday, May 8, at 1 p.m. and Friday, May 9, at 7 p.m.

Admission: Free

### **Spring Fling**

Friday, March 21, 4 p.m. to 7 p.m.

An evening of food, dance and saying farewell to cold winter months! Joani Noel and duo will entertain. Cam chowder and dessert. Tickets must be purchased by March 19. Supper will be served from 4 p.m. to 5 p.m.

Admission: \$6



### **Art Extravaganza**

Thursday, March 27, 10 a.m. to noon

A showcase of artistic works and special crafts. Participants are asked to sign up with Wendy by March 24. Artists are to supply their own easels if possible.

Admission: Free

## **St. Anthony's Parish**

**HOLY THURSDAY**  
Mass of the Lord's Supper - 7:00pm

**GOOD FRIDAY**  
Solemn Commemoration of the  
Passion and Death of Our Lord Jesus  
7:00pm

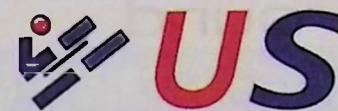
### **EASTER LITURGIES**

Holy Saturday  
Easter Vigil - 8:00pm

Easter Sunday  
March 23, 2008

Church  
7:30am / 9:00am /  
10:45am / 12:30pm /  
7:00pm in Español  
  
Hall  
9:00am / 10:45 am / 12:30pm

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[www.usblackbeltacademy.net](http://www.usblackbeltacademy.net)

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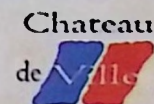


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## around the garden



**BY ELAINE ANDERSON**

*I*ll bet this has happened to you. The doors to the supermarket glide open, and you're about to enter in search of a loaf of bread and a jug of wine. The doors glide closed, but you're still outside. You've been drawn to a confection of pastel colors of yellow, pink, coral, and mauve, and brilliant flashes of gold, red, and deep

## In praise of primroses: Color for winter months

purple. It's a display of primroses.

These delightful flowers appear for sale in mid-winter, in 4-inch pots for \$1 or \$2 each. They're a variety of *Primula vulgaris*. The name *Primula*, derived from *primus*, means first or early. The common name primrose is a shortening of prime rose, or first rose. It's an appropriate name for a plant that blooms at the beginning of the year. This harbinger of the earth's awakening is also symbolic of renewed spirit, attraction, and love. A primrose path is said to be one free of strife and full of pleasure.

The primrose has been celebrated in myth and literature. When Paraisos (the primrose's ancient name), son of Flora and Priapus, died of a broken

heart, primroses sprang from his body. There are many folk tales of the power of the primrose to enable people to see fairies. Shakespeare made many mentions of the flower, and poets have sung the praises of this most charming of plants.

There seem to be endless varieties of *Primula vulgaris*, but most cannot be had for \$2. What about those 5-for-\$10 primroses? At that price, you can purchase several dozen, and if you have reasonable expectations for these bargain plants, you will get your money's worth.

You may be disappointed if you put them into the ground and look upon them as perennials. However, I've had some continue growing and blooming

year after year. The best use of these cheerful flowers is to add them to containers and tuck them into garden beds to add brightness and color. You don't even need to remove them from their pots. Each time you see them, you'll smile. Primroses will keep that smile on your face until spring awakens the rest of the garden.

*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 gardening questions, call the Master Gardener Phone Clinic at 206-296-3440.*

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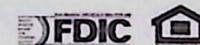
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kirby unti

## I have never met a person yet who likes taxes



KIRBY UNTI

When our kids were little, two toys they played with constantly were a colorful set of stacking cups and cardboard blocks the size of a shoe box wrapped to look like bricks. I would join them in seeing how high we could stack the cups. We used the blocks to build forts, houses, bridges and roads. My hunch is, there exists deep within the human soul a desire to put things together in a way that they can stand high and solid. We want to build lives of accomplishment, stable families and strong communities.

One of the great joys of living in the Renton community is to experience the desire this community has to build a strong future for our children. Our children are an essential building block in making our community strong and stable. The investment that we make early on in our children's lives pay on going dividends.

Kim and I raised our four

daughters in the Renton School District. During their school years we saw the district transformed by a community that believes in education. Our girls will be the first to tell you that their education has given them a leg up in their university classrooms. Two of our daughters entered into education because of the strong role models that they had for teachers.

Our kids have graduated but Kim and I will continue to be advocates for the Renton School District. We not only believe that all kids are our kids, we believe the vitality of the community can be directly measured by the investment the community makes into the lives of children.

We invite you to join us March 11 in approving three measures: Education Maintenance & Operations Replacement Levy, Technology Levy and School Building Improvement Bond.

The public needs to know that the replacement levy funds about 25 percent of the district's annual budget. This has a huge impact on class size, instructional materials and teacher's salaries. When it comes to technology, we cannot afford to allow our district to lag behind if we want our children to compete in a global economy. Caring for our buildings contributes greatly to Renton's image and has an immediate return in real estate values.

We are very fortunate that we can PASS all three measures and not increase our tax rates. When you compare our rates to surrounding districts, we look very favorable. I have never met a person yet who likes taxes, but I for one will gladly pay them because I like to stack my cups high and use my bricks to build a strong and stable community.

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

For business or pleasure  
2008 Business Mission

## Trip to China

November 11<sup>th</sup> - 19<sup>th</sup> & November 12<sup>th</sup> - 20<sup>th</sup>

### TRIP HIGHLIGHTS

**Beijing:** Tian An Men Square, the Forbidden City, Temple of Heaven, Palace Museum, The Great Wall of China, Ming Tombs  
**Suzhou:** Linger Garden, Tiger Hill, Hanshan Temple and the National Embroidery Institute  
**Hangzhou:** Economic Development Zone and Lingyin Temple  
**Shanghai:** Yu Garden, Bund Park and the Pudong Economic Development Zone

### TRIP INCLUDES

- 8 days in China: Beijing, Suzhou, Shanghai, Hangzhou and a side trip to Linyi
- Round trip intn'l airfare, all domestic flights in China and all airport taxes
- 5-star or 4-star hotel accommodations
- Three full meals every day
- Deluxe tour busses
- English speaking tour guide
- Pre-arranged business meetings
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# COACH LEIFER'S RECORD UNBEATABLE

BY ANDREW FICKES

**C**onsidering all the men's basketball coaches in Renton High School history, Irv Leifer stands pretty tall among them.

Ask him what years he won state titles and he'll rattle them off quickly: 1953, 1960, 1966, and 1967. Ask him exactly what his record was during his 30 years as Renton's coach and he'll respond, "Now, you're asking me questions I don't remember the answers to."

The fact remains, 1967 was Renton's last state title and Leifer was the first and only coach to lead his teams to four of them. After turning 85 on Feb. 2, Leifer says he's seen more things in his lifetime than most people will ever see, or ever want to see.

He was one of thousands of Marines to land on Iwo Jima on Feb. 19, 1945, one of the bloodiest battles during World War II. Out of 15,000 men in his unit, 9,000 were casualties and up to a third perished.

"To have your best friend die right next to you is something you'll always remember," he says.

He returned home from Iwo Jima to continue schooling at then-Eastern Washington College, where he'd already completed two years. While at Eastern, he scored 1,550 career points putting him second in school history.

During his senior year in 1947, Leifer was voted Most Valuable Player at the NAIA Tournament in Kansas City. It was the second straight year Eastern had reached the quarterfinals.

His love for basketball began when he was a young boy living in St. John, a farming community 50 miles south of Spokane.

"When I was a little kid, I remember all I wanted for Christmas was a basketball uniform. So, my mother made me a basketball uniform one Christmas," he says. "We had a basketball net in every barn on our property, I remember.

"I was raised during the Depression and back then there wasn't much to do, except shoot baskets," he says. "I could spend hours just shooting the ball, just shooting, shooting, shooting. I started having success with it and anything you enjoy you become very interested in it."

While at Pine City High School in 1940, Leifer would earn all-state honors. He'd do the same the following year while a senior at St. John



RENTON MAGAZINE / Andrew Fickes

Irv Leifer helped Renton High School win its last state title in 1967.

High School.

"I remember my senior year at St. John our team took second place in the state tournament," he says. "Bremerton beat us by one point for the state championship."

In 1947, Leifer was recruited by Renton athletic director Wilbur "Shorty" Luft, who was looking to fill the coaching job for one of the largest schools in the state.

"He knew of my name and my background not only at high school but at Eastern."

While coaching, Leifer did a short stint as a pro player for the Tacoma Mountainers, part of the old Northwest League. He left the game after suffering an ankle injury during a game in Vancouver,

B.C.

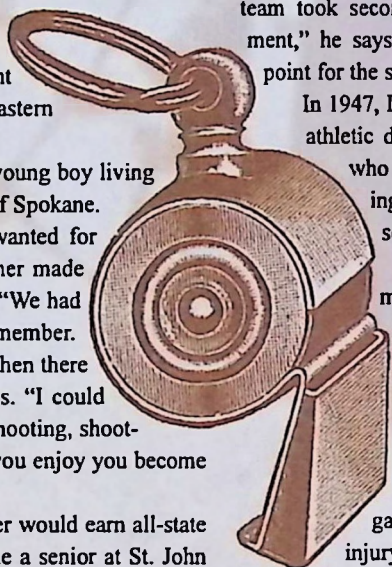
Leifer's formula for producing championship teams was simple: "We always made sure to take care of the ball. We played good defense and made every shot count."

Leifer remains fit by walking two miles every morning after preparing a nutritious breakfast for his grandsons, followed by 15 to 20 push-ups. His exercise regimen follows the book, "Younger Next Year: A Guide to Living Like 50 Until You're 80 and Beyond."

"You can't measure where you are in life," he says. "You're just naturally getting older. I think we all want to live a long and healthy life."

Leifer is thankful for where he is and where he's been.

"I'm a very fortunate person to have done something that I've enjoyed," he says. "I like the way my life turned out."



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# recipe of the month



**CHEF MICHAEL MCBRIDE**

This month's featured recipe is provided by Chef Michael McBride. Chef McBride, at Renton Technical College, Chef Instructor, graduated from South Seattle Community College with an AAS Degree in Food Science Production Management.

He is also an American Culinary Federation Certified Executive Chef.

He has 30 years of diverse experience in Hotels, Clubs and Education. During his 30 year career, Chef McBride has worked at the Brazilian Court Hotel in Palm Beach, Florida; The Jupiter Island Club in Hobe Sound, Florida; The Otesaga Hotel in Cooperstown, New York; and The Sunset Club in Seattle, Washington.

He was the First Chef Instructor for the Culinary Arts Program at Edmonds Community College and was Chef Instructor at the Art Institute of Seattle for 9 years; where he also coached the Culinary Competition Team which included winning the honor of State Champions for 2005.

## Winter Fennel Salad

Yields: 4 servings

### salad fixin's

- 12 ounces - Fennel bulb
- One whole - lemon
- 6 ounces - Leek, white, sliced into thin rings

- 8 ounces - Apple, red skin (Gala/Fuji, etc) - Sliced thin
- 4 ounces - Orange sections
- 2 tablespoons - Parsley, chopped
- Salt and pepper to taste

### orange vinaigrette

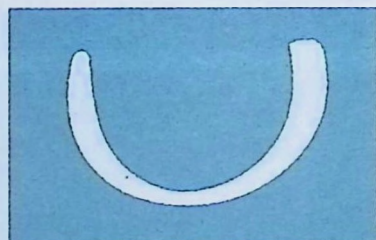
- 2 oz - Orange juice concentrate
  - 2 oz - Water
  - 1 oz - Cider vinegar
  - 1/2 tsp - Salt
  - To taste - Black pepper
  - 1/4 tsp - Dry mustard
  - 2 oz - Canola oil
  - 3 tbsp - Scallions, sliced thin
- Put everything in a bowl and mix it.

### directions

Trim stem and root from the fennel. Cut bulb in half. Lay cut side down on cutting board, slice thinly. Squeeze lemon over sliced fennel.

Add leeks and apple to the fennel. Add orange vinaigrette and toss. Season with salt and pepper.

Portion salad onto 4 plates. Garnish with orange sections and chopped parsley.



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# SEAHAWKS

## NEW TRAINING FACILITY LOOKS

**T**he Seattle Seahawks' new Renton headquarters and training facility near Kennydale might be the perfect metaphor for a professional football team.

As you drive along I-405, the new building rises like a massive lineman, solid, aggressive and very large. Named the Virginia Mason Athletic Center, it is the second largest training facility in the National Football League at about 200,000 square feet. It will house about 175 employees.

The complex includes an indoor practice field and 124,000 square feet of administration and other training facilities. Built on 19 acres along the shore of Lake Washington, it also will have three outdoor grass practice fields and a 275-car parking lot. The indoor field has 95 feet of

clearance to the ceiling to allow for kicking and punting, according to the Seahawks.

While the Seahawks plan to have the building completed by this coming summer, things won't be ready for practice sessions prior to next season. Those will take place at the team's existing Kirkland training facility, said Suzanne Lavender, team spokeswoman.

"During the 2008 training camp, we will be able to host approximately 2,500 fans for a few training camp practices. We do not plan to have any open houses at this time," Lavender said.

City officials welcomed the Seahawks' move to Renton for the jobs it will provide, the prestige it affords Renton, and the improvements it brings to the Kennydale waterfront.

"The city is delighted to welcome the Seahawks to Renton and we are eagerly awaiting the opening of the new state-of-the-art training facility. This spectacular 200,000-square-foot waterfront facility will help spur economic growth and development for our com-

Story By David Suffia  
Photos by James Bavendam



Glenn Knowle

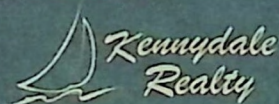
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## IS LARGE ON LAKESHORE AT KENNYDALE

"We," said Mayor Denis Law.

We are excited about moving to Renton where we are closer to Qwest Field, Sea-Tac Airport and the beautiful setting of Lake Washington. We have an excellent relationship with the City of Renton and look forward to becoming more involved in the community moving forward," Lance Lopes, Seahawks vice president, said.

The facility is located on property owned by Paul Sullivan, a Vulcan Real Estate company. Allen, a Microsoft executive, owns the Seahawks. Because the facility is self-funded, the Seahawks have declined to receive city cost.

Allen originally planned to house his corporate headquarters at the Kennydale site but those plans failed to materialize, opening the way for the Seahawks move from Kirkland. The land was once the site of a coal tar refinery and creosote plant that required a major clean-up effort by Allen's real estate company before the new training complex could be built.

The first floor of the building will house a team area and auditorium, including locker room, training room, weight room, team meeting rooms and media production studios. The second floor will contain the coaching and football personnel offices, draft room and cafeteria. The third floor will house Seahawks administrative offices.

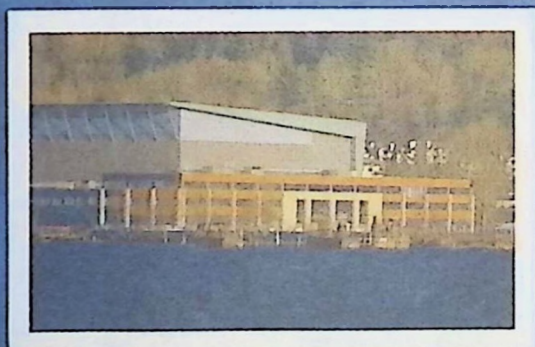
Not everyone loves the new Seahawks facility. To a few neighbors in condominiums and apartments on the east side of I-405, it is "a big ugly box" that blocks the view, according to Ted Massart, a member of the homeowners' association at the Nautica by the Lake condos. "It looks like a big factory building and it blocks the lake views of some of its neighbors. We were hoping that site would become a development like Kirkland's Carrillon Point."

"We're astounded by the scope of it. Sometimes you need to be careful what you wish for," Ellen Rubin, one of the condo owners, said.

The complex certainly stands out, as anyone who drives by on I-405 can attest.

However, Massart said his homeowners association plans no action over the building.

Alex Pietsch, administrator of the city's economic development department, said the Seahawks building met the existing zoning requirements for the site. The city made no special accommodations for it. He said the building is about 114.5 feet tall, under the 125-foot-tall limit imposed by the existing zoning.



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## New children's librarian plans to build teen programs



RENTON MAGAZINE / Dena Rosko

Children's Librarian Jessica Marie shows the children an illustration from a book. She chooses books that have large and colorful illustrations.

BY ANDREW FICKES

The job title may say "children," but the Renton Public Library's new children's librarian has her eye on developing programs for teen-agers. Jessica Marie has plans to grow the library's summer reading program and start a teen council to draw more teens to the library.

Along with the traditional children's summer reading program, Marie plans to introduce a new teen program, for sixth to 12th graders, with the theme "Metamorphosis."

Marie joined the Renton library in late November, having served as children's librarian in Tigard, Ore., where she built a strong teen program.

"She has a great passion for library services and children," says Bette Anderson, library director. "She also has a great deal of experience working with teens and we'd like to expand our teen programs here at the library, so it's great that she has that experience."

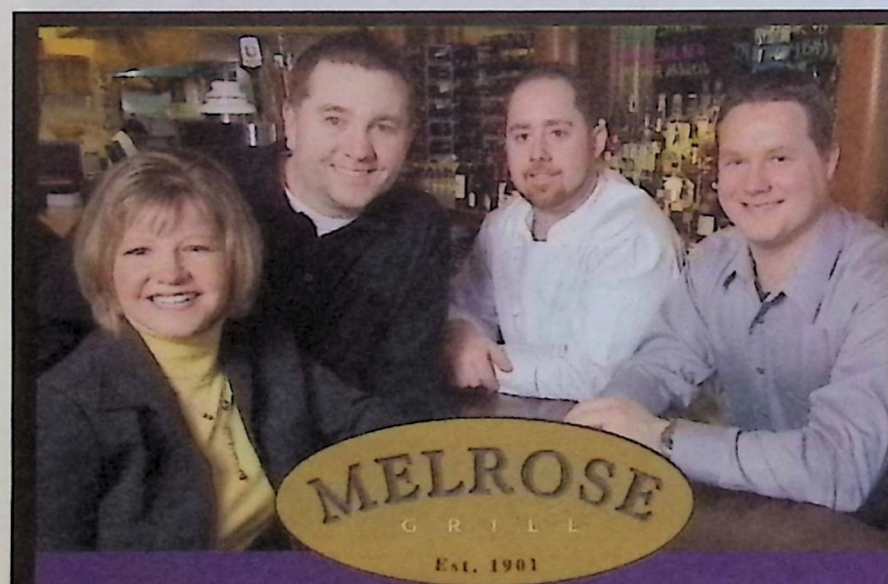
Her work in Renton is "even more than I could have hoped for and expected being a children's librarian," says Marie, who at 37 is a relative newcomer to her work.

"I was a business analyst

for a computer software company, but I realized it just wasn't a right fit for me," she says. "I did a lot of soul searching and decided I wanted to be a librarian. The library is always something I've enjoyed. I always looked forward to the library at the end of the workday."

She grew up in Texas and says she read voraciously as a teen. She completed her master's degree in library science at Texas Woman's University in December of 2004 and landed her first children's librarian job with the Tigard Public Library.

"What is especially satisfying about being a children's librarian is helping parents to



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RENTON MAGAZINE / Dena Rosko

Marie says the real fun stories are the ones where the kids, and even parents, participate.

find that special book that will inspire their child to read," she says.

Marie says circulation numbers in the Renton library are highest in the preschool picture book category. She says this is common and positive, but she'd like to see circulation numbers increase in teen literature.

"I'd like to get more teens into the library on a regular basis," she says. "There's a great wealth of literature out there for teens."

The library already has a strong preschool program with story times for children and parents. The story times are 7 p.m. Mondays and 10 a.m. Wednesdays at the Renton library, and 10 a.m. Tuesdays at the Highlands library.

The purpose of story times is to intro-

duce youngsters to the joy of reading, says Marie.

"The real fun stories are the ones where the kids participate," she says.

The theme for this summer's reading program for children through fifth grade is "Catch the Reading Bug."

"These programs are for children of all ages and help keep them active and prepared for the coming school year," Marie says.

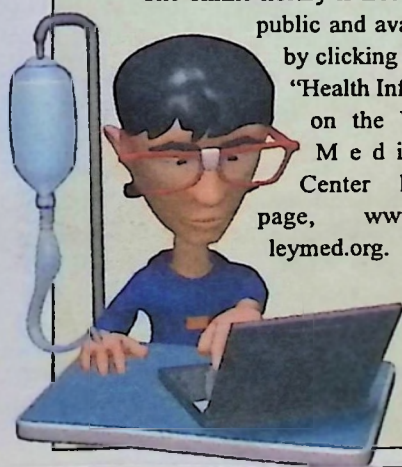
Marie says she'd like to participate in the library's efforts to create more children's librarian positions to serve the growing needs of the Renton population.

"The challenge of a children's librarian is to keep kids interested in reading and in the library," she says.

## Valley Medical's new online library educates patient community

Valley Medical Center recently launched an online medical library supported by the non-profit group, Healthwise.

The online library is free to the public and available by clicking on the "Health Info" tab on the Valley Medical Center homepage, [www.valleymed.org](http://www.valleymed.org).



Visitors can search and browse more than 7,000 health-related topics and make use of self-serve, interactive tools.

Healthwise manages an independent board of more than 300 medical experts to develop content that educates people about better health-care choices. Articles are reviewed by Healthwise for accuracy.

"We see Healthwise as a vehicle for educating our patients," says Amy McElroy, Valley Medical Center's marketing and web manager. "We feel better educated patients help improve their own health over their lifetime."

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## Diseases of pets and people, too?

BY CHARLIE POWELL

Recently, a large pet store chain received shipments of several hundred birds from a single breeder in another state. Shipments went to many states, including Washington.

Not until after distribution was it discovered that the birds potentially carried a disease known as psittacosis, which can infect people who inhale its air- or dust-borne organisms.

Psittacosis is not a new disease, so having it crop up again is not too surprising. When a disease like this makes its way into our communities, officials at state and local departments of health immediately begin measures to control or eradicate risk. Because of a quick response in this case, there is virtually no danger to humans at this point.

Animal populations are often reservoirs for organisms that can cause human disease. Some 800 or more diseases, including 25 of the most serious, come from animal populations. West Nile Virus, SARS, rabies, and Lyme Disease are well known examples.

Beyond getting their pets vaccinated for rabies, most people never think of a pet as a disease carrier. Most times they're not. But sometimes they are and can be especially infectious to people with a compromised or not well-developed immune system.

Part of our security in these matters comes from decades of vaccination, control, eradication, import controls, and the prosperity to own and maintain healthy animals. In developing nations, ill animals translate

into ill people and most often an ailing economic structure. Nations with healthy animal populations and optimal human health are most likely to be optimal participants in international commerce and be stable socio-politically.

A silent army of veterinarians, disease specialists, and physicians work around the clock monitoring the emergence of new diseases, the re-emergence of old diseases, and outbreaks of all the most important and deadly diseases. Checks at border crossings, surveillance of wildlife populations, global tracking of disease advancements, and many other techniques are used daily to keep disease out of the United States and to eradicate or control it when it arrives.

A recent example of this vigilance was the discovery of West Nile virus in North America. First isolated from a woman in the West Nile district of Uganda in 1937, it was not discovered in the U.S. until 1999, when a veterinary pathologist noted an unusual die-off of birds in the Bronx Zoo. It is believed the virus was introduced accidentally by an air traveler who was infected before arrival in New York. The disease spread quickly through infected birds, then to mosquitoes feeding on birds and then to mammals. At first it was found mostly in horses, but within three months the first human cases in this country were reported.

Now we vaccinate horses, conduct wild bird surveillance, and control mosquitoes to deal with West Nile. It is one disease that made it here and is here to stay, like many others that we control. Next time you see your veterinarian or a public health employee, shake hands and say thank you for the quality of life we and our pets enjoy. Then go wash your hands—you never know.

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





RENTON MAGAZINE / Andrew Fickes  
Mamie Thirion has come a long way from her dad's farm in May Valley.

# Easter birthday comes only twice in 95 years

BY ANDREW FICKES

For the first time in 95 years, Mamie Thirion will be able to celebrate her birthday on the day she was born—Easter Sunday.

Born on a farm in May Valley March 23, 1913, she was named "Pasqualina Domenica," meaning Easter Sunday in Italian. This will be the first time since then that Easter will again fall as early as March 23.

"It's kind of exciting that people are making such a big deal about it," she says.

She legally changed her name when she began working for Boeing in the mid-1960s.

"I came from a family of 10 girls and two boys, all born on a farm. My

dad—John DeLeo—came from Italy and was a pioneer of Washington state."

She remembers the Renton of her youth: roads lined with wooden sidewalks, a blacksmith shop where American Drapery is now and a butcher shop at the current site of Western Wear.

She remembers her family renting a meat locker to keep meat cool at Covey's Market, now the locale for the Renton Salvation Army.

Her father made his living from the family dairy farm at Coffield, now May Valley.

"I remember hopping on a milk truck from our farm to Renton High School," she says. "From the high school, the dairy truck would continue on to the Darigold plant in Seattle."

She married Numa Thirion, an immigrant from Belgium, in 1933. He worked the Newcastle coal mines and

perished on the job in 1955 at the age of 49.

Mamie worked for Boeing in the upholstery department and also for a time at Jack's Restaurant. She worked for a good many years as a babysitter, and remembers caring for Judge Gary Faull when he was a tot.

Today, Mamie spends her time gardening, doing arts and crafts and polishing her vast collection of ornamental spoons, all while listening to her favorite music, especially Irish singer Daniel O'Donnell.

Her family today includes a daughter, Marie McPeak, and son-in-law, Russell, two granddaughters, two great-grandsons, and five surviving sisters.

Family and friends will celebrate her birthday at Renton's Bethlehem Lutheran Church, 1024 Monroe Ave. N.E., on March 23.

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# Honors go to last remaining firefighting pioneer

BY ANDREW FICKES



PHOTO COURTESY OF OWEN ASHURST

Craig Soucy, president of the Firefighters Local 864, presents Jim Ashurst (right) with a copy of the Union Charter with Jim's name on it.

When Jim Ashurst joined the Renton Fire Department in 1938 as a "sleeper," making \$12 a month, he wanted to earn some extra cash and have something more to do.

Today, at age 90, he says back then "a dollar went a long way," but his day job as a gas station attendant just wasn't cutting it.

Six years later, as of Jan. 1, 1944, the city changed the fire department from volunteer to a fully-paid staff of five men: a chief, and four firefighters. Ashurst was the last of the five to be hired in June of 1944. His job required being 24 hours on, 24 hours off and paid \$200 a month. A starting salary for a Renton firefighter today is approximately \$4,148 a month.

In February of this year, the Renton Fire Department Alumni Association recognized Ashurst at a Renton City Council meeting for his service as a paid firefighter from 1944 to 1968 with a plaque, when he retired as an assistant chief. His charter member status with Local Union 864 also garnered him a Union Charter, and Mayor Denis Law presented him with a letter of recognition on behalf of the city.

Ashurst is the last surviving member of the first five paid firefighters. Colleague Ernie Tonda, who helped found the Renton History Museum, passed away a couple years ago due to complications from Alzheimer's disease.

"It's kind of odd to be receiving this recognition now," said Ashurst during a conversation in his downtown home. "It's only because I've lived so long."

"We thought it'd be fitting to honor him with the recognition he

deserves," says retired Deputy Chief Glen Gordon, communications officer for the alumni association. "He was a good firefighter and a good assistant chief."

Ashurst recalls those early days as a "sleeper," when he worked from 8 p.m. until morning every other day in the two-story fire station on the 200 block of Wells Street.

"There was a good sized recreation room there," he says. "We played a lot of pool."

In 1941, Renton's population was approximately 4,500, Ashurst remembers. With the influx of war work in 1942, the population more than tripled to 17,500. The fire department, he says, was in high demand.

In 1942 the department moved into a concrete building on Houser Way and Mill Avenue. It stayed there until 1969, when the administrative offices moved to City Hall.

Ashurst says there's no comparison between the Renton Fire Department of today and the department of 1944.

"Back then, we never had any air masks," he

says. "We went inside the buildings to fight the fire. Now, firefighters fight from the outside."

And today's fire departments, he notes, are prepared for more than just fighting fire.

"We had more fires to contend with back then, than they do nowadays," he says. "Today it's 80 percent first aid and 20 percent fire."

Deputy Chief Mark Peterson says Ashurst's tally is not far off. Of the 10,000 alarms the department responded to last year, 73 percent were first aid. The remainder were not all fires, either, but included perils such as hazardous waste spills. Preventative efforts have contributed to the decline in fires, he says.

In Ashurst's day, too, being a firefighter was like being part of a large family.

"I enjoyed every part of being a firefighter and so there's not one particular memory that stands out," Ashurst says.

"You were pretty much family," he says. "Everything you did for 24 hours was with these fellows."

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# Renton School District good news announcements

## Juniors have eyes on space

Three Hazen High School students have been selected to participate in a prestigious NASA-designed aerospace scholars program. Alex Harris, Phillip Tan and Ryan Wilkins are among the few talented juniors from across the state who have been accepted into the distance learning and summer residency program for high school juniors. The program covers the history of space exploration, the space shuttle, the International Space Station, the moon, and Mars.

## Honors English introduced

Campbell Hill Elementary School has started an Honors English class where 10 fourth- and fifth-grade students meet for 45 minutes a day to read and discuss literature. Campbell Hill staff is discussing how it can expand the program to double the number of students in Honors English.

## Coach reaches milestone

Renton High School basketball coach Rick Comer recently won his 300th game. Renton High staff presented him with an award. Rick has been a head coach for more than 17 years.

## King event draws crowd

Campbell Hill Elementary School recently hosted more than 200 family and community members during its annual Martin Luther King Jr. celebration. The event included five songs by the fifth-grade chorus and a dramatic play highlighting historic African-American figures.

## Students hit the Ore. Trail

Fourth-grade students in Todd Snyder's class at Maplewood Heights Elementary School are participating in an online rendition of the Oregon Trail. Students recently purchased supplies, loaded their wagons and took off on the Inter-

active chat/adventure managed on-line by volunteers. The students will join many participants from all over the country in the five-week program that integrates writing, science, math, reading and social studies.

## FBLA members win big

Twenty-one Renton High School students recently attended the Future Business Leaders of America (FBLA) Winter Conference to exhibit business, speaking, and computing skills. The students had their best year ever at the event, placing first in three competitive events, and taking home more than 31 awards.

*These Good News Announcements are prepared by the Renton School District Community Relations department. Contributions may be offered by contacting Randy Matheson at 425-204-2345 or at [randy.matheson@renton.wednet.edu](mailto:randy.matheson@renton.wednet.edu).*

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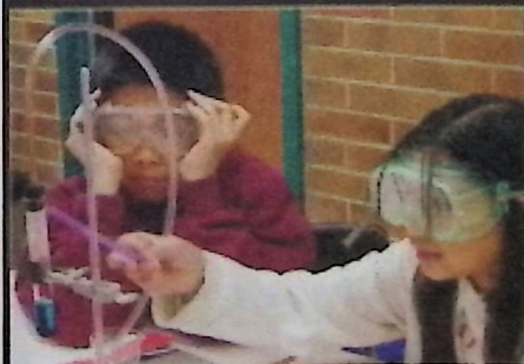
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## Take Steps to Prevent Identity Theft

Identity theft is big business. In fact, each year, billions of dollars - that's billions, with a "b" - is lost to identity theft, according to the Federal Trade Commission (FTC). This cumulative figure may not mean that much to you, but if you are victimized for a few hundred dollars, it will be an upsetting and expensive experience. That's why you'll want to defend yourself against identity theft - and the best time to take action is before you are victimized.

What can you do to protect yourself? Here are a few suggestions:

- Secure your Social Security number. Identity thieves eagerly seek Social Security numbers - so don't give out yours to anyone who asks for it. In fact, as a general rule, be reluctant to give it out to anyone at all. Always ask whomever you're dealing with if they will accept another form of identification, or, at the very least, if they will take just the last four digits of your number. And never carry your Social Security card with you.
- Shred credit card offers and bank statements. If you're not going to apply for the credit cards offered to you, shred the offers. Identity thieves have been known to rifle through garbage, fill out credit card offers and take advantage of them. At the same time, shred your bank and brokerage statements - and any other statement containing personal or financial information.

merchant who uses a secure site - i.e., one that has "https" in the web address - you should be reasonably confident that your credit card information will be protected. Never give out your credit card number to people or businesses who, unsolicited, try to sell you something over the phone or Internet.

- "Opt out" of credit card offers and other mailings. You can eliminate many of those "pre-approved" credit card offers by calling 1-888-5OPTOUT (1-888-567-8688) and following the prompts. You can also greatly reduce the amount of advertising, catalogues and other mailings you receive by going on the Direct Marketing Association's web site ([www.dmachoice.org](http://www.dmachoice.org)) and following the "Remove My Name From Those Lists" link.

Even after taking these steps, you could still run into identity theft. That's why you need to be alert for certain signs, such as the arrival of unexpected credit cards or account statements, denial of credit for no apparent reason, or calls or letters regarding purchases you didn't make. If any of these things happen to you, you may want to place a "fraud alert" on your credit reports and review them carefully. To place a fraud alert, you just need to contact one of the three nationwide consumer reporting companies: Equifax - 1-800-525-6285; Experian - 1-888-397-3742; or TransUnion - 1-800-680-7289.



It's unfortunate that identity theft is part of our modern world. But by taking the proper precautions, and by staying alert, you can help yourself avoid becoming a statistic.

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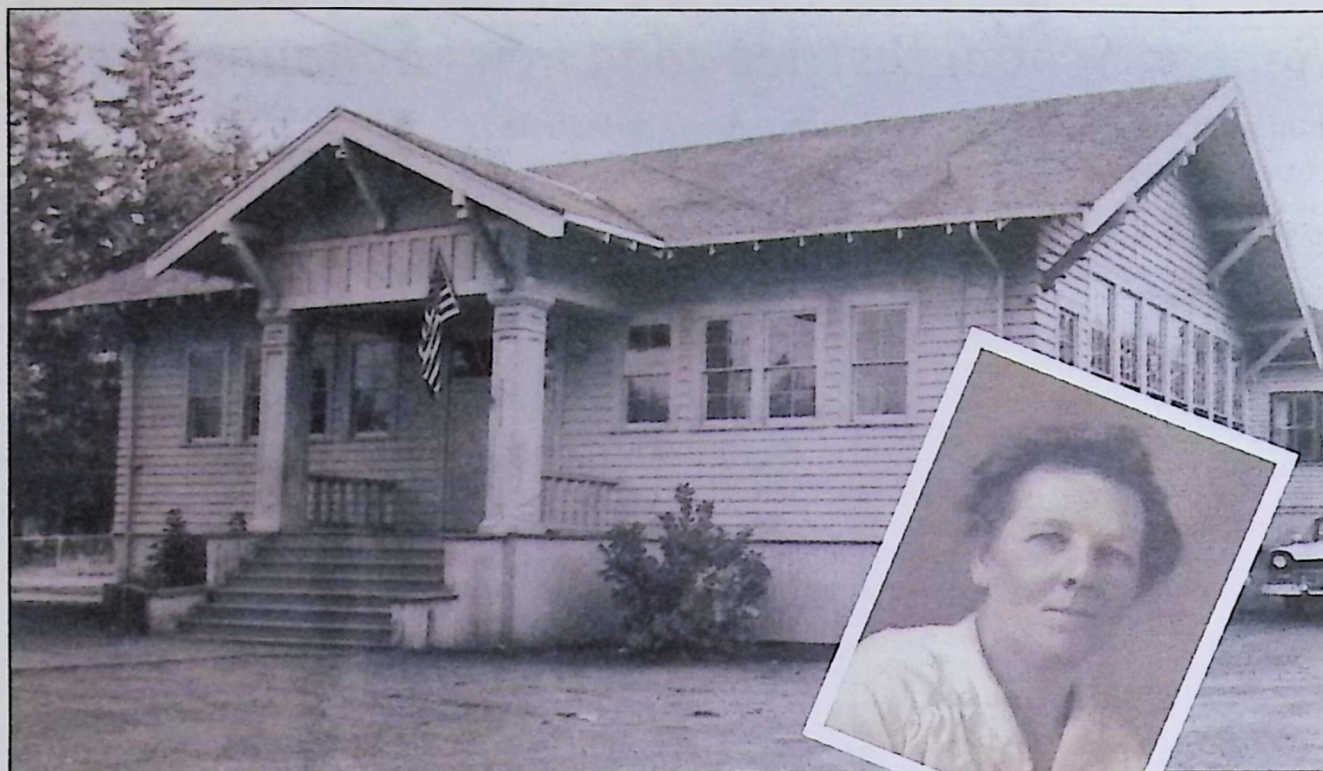
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PHOTOS COURTESY OF RENTON SCHOOL DISTRICT AND ARLENE BEALE-WORKMAN

Honey Dew was a two-room school house circa 1940's. (Inset) School Director Lillie Beale.

## Honey Dew Elementary evokes memories with future uncertain

By ANDREW FICKES

Tana Snyder's memory of her last day of sixth grade was also the end of an era for her school, Honey Dew Elementary.

Then Tana Feighner, she attended kindergarten through sixth grade from 1975 through 1983 at Honey Dew. Getting to school was only a five to 10 minute walk through Kiwanis Park.

On the day Honey Dew closed as an elementary school, students were given a memorabilia book. She still has the book with its signed mementos from school friends.

"I remember Honey Dew being a safe and nurturing place to learn. I just remember loving school and knowing people there cared about me. I'm sure it's what made me become a teacher," says Snyder, a counselor at Bryn Mawr Elementary.

Honey Dew, opened at 800 Union Ave. in 1960 and was within walking distance for many of its students. But as enrollment in that age group dropped, the

I remember Honey Dew being a safe and nurturing place to learn.

~ Tana Snyder, Bryn Mawr Elementary Counselor

Renton School District discontinued its use as an elementary school.

In the intervening years, Honey Dew was used for vocational programs and until 2006 as a temporary home for elementary students whose

hood elementary school.

How soon that will happen is still uncertain.

School board members voted last year to delay the re-opening of Honey Dew for 2007-08 because student enrollment increased only slightly.

Student enrollment projections for the 2008-09 school year, however, suggest the district may again wait to reopen the school. The school board will make a final decision later this month.

"Student enrollment around the area of the school is what's going to drive the board's decision to open Honey Dew," said Randy Matheson, school district spokesman. "Our projections see increased student enrollment over the next five years and somewhere during that time it is likely the school will re-open."



schools were being remodeled. Since 2005, the district has spent \$3 million upgrading Honey Dew so it can return to its original mission as a neighbor-





PHOTO COURTESY OF RENTON SCHOOL DISTRICT

Honey Dew Elementary School on Union Avenue, circa 1960's, prior to the addition of a kindergarten wing.

Sondra Fosness, a professional development coach at Sierra Heights, remembers her time at Honey Dew during the 1982-83 school year. She was a first-year physical education instructor, hired by then Principal Deane Brotherton.

"The school was a great beginning for me, coming from eastern Washington to the 'big city,'" she says. "It was a really great community of teachers, really cohesive and very friendly."

Fosness said it was a sad time when the elementary school was closed. The tight-knit group of teachers was scattered among several

schools in the district. Fosness said she believes the school's reopening will be welcomed.

"I would love to see it opened again," she says. "I think it's in a great part of the city. We have more than 600 students here at Sierra Heights, so it would be nice to open a new school."

"We are completing the renovation of Honey Dew as promised," said Superintendent Mary Alice Heuschel.

Renovations have included reorganizing interior building layout, including classroom wings; improving disability access; improving load-

ing and parking areas; upgrading electrical, water, and storm sewer systems; improving the roadway to meet city requirements; providing a loading dock for kitchen deliveries and waste disposal; upgrading plumbing fixtures and piping, electrical devices and wiring, and mechanical equipment including boiler; technology upgrades; replacing the roof and kitchen equipment, and adding restrooms to accommodate kindergarten children.

The March 11 bond proposal, if approved by voters, would fund field improvements for better drainage and irrigation, said Matheson.

## *Honey Dew's roots are from alder trees*

At the dawn of the 20th Century, a small community was nestled among alder trees that were covered with sweet, sticky sap at certain times of the year. That, according to Renton Historical Museum documents, is how the village of Honey Dew got its name.

With the town center at Union Avenue and Sunset Highway, Honey Dew extended from Cemetery Road (S.E. 128th) to Lake Boren and west of Union Avenue to east of Duvall Avenue.

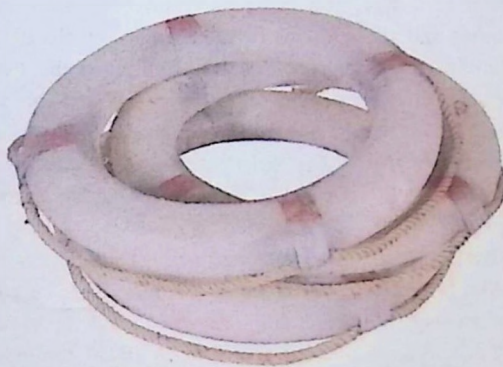
The first Honey Dew school opened in 1898, when classes were held in the home of a Mr. Morgan. Class enrollment was three to 10 students.

In 1900, one of the district's first school board members, Lillie Beale, sold property to the district for \$25 on the corner of Sunset and Union (now R and R Rentals), and a 20-by-28 foot frame schoolhouse was built.

In 1919, a two-room school was built just north of the first building. After it burned, a larger school with a basement was built in 1924.

Honey Dew was a pioneering community. People lived off the land, raised cattle and chickens and grew fruits and vegetables. The Honey Dew School was the center for community events.

In 1942, the Honey Dew School District merged with the Renton School District.



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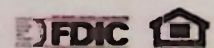
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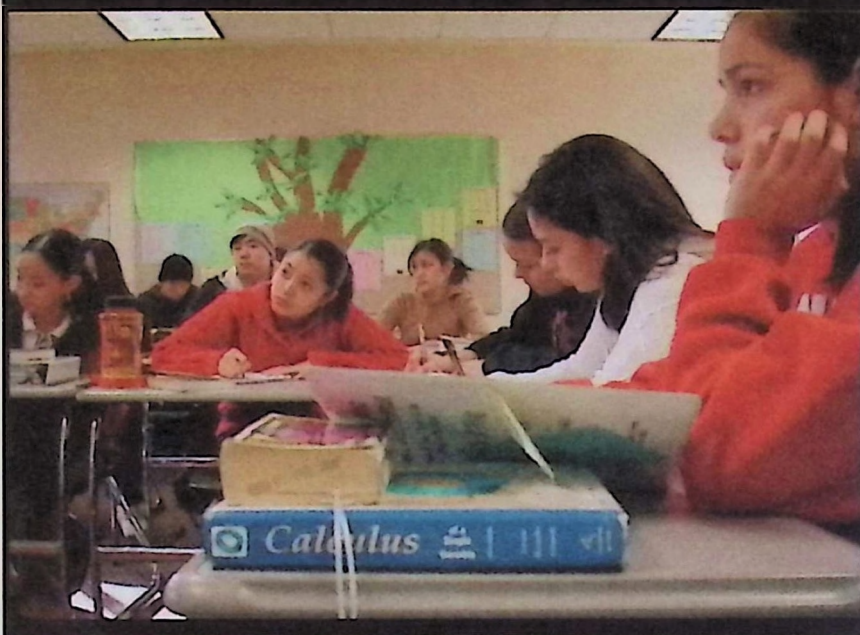
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## renton museum



PHOTO COURTESY OF SARAH ILES

The Museum's coal car begins its trip to the Northwest Railway Museum for restoration.

## A mining car's second life

BY ELIZABETH P. STEWART

In his book "The Same Ax, Twice," Howard Mansfield tells the story of an old farmer he knows who has used the same ax his whole life; he has changed the handle three times and the head twice. In a meditation on "Restoration and Renewal in a Throwaway Age," Mansfield asks the question, "Does the farmer really have the same ax?"

This is the sort of question that preservationists and curators ask themselves all the time. How much restoration or reconstruction can be done before an artifact's essential character is lost? The Renton History Museum recently faced this dilemma when debating how to care for our coal mining car. The car had been donated to the museum by the Black Diamond Historical Society, since Renton's cars were sealed up when the mine was closed. It sat in front of the museum for many years as a symbol of the city's pride in its coal mining roots.

But when museum staff took a close look, we were dismayed by the damage that constant exposure to the Northwest's wind and rain had done. The wooden bottom—already replaced once by volunteers—had begun to split and pop, with long splinters poking out. Because of the

expanding and contracting of the wood, the car was also leaning to one side. We quickly realized that before putting the coal car back on display, we had to rehabilitate this important piece of heritage.

Coal cars transported the coal from the mine face to the surface. The cars ran on rails; early on they were hauled by mules or men, and later electric locomotives and hoists dragged the loaded cars out. Working with the coal cars was more dangerous than many other mining jobs. The "trip riders," men who rode on the cars to the surface, were among those most often injured—by falling from the loaded cars, being caught between them, or forgetting to duck under a crossbeam. Actually seeing the coal car as part of our exhibit will be a visual reminder of the hard physical labor it took to fill the cars and the dangers miners faced.

But this is the only most basic information about the coal mining car; there is much more that it can tell us. Next month I will explore the question of what other information the object itself can convey. And more importantly, how can we preserve as much of it as possible?

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. She can be reached by e-mailing [info@rentonhistory.org](mailto:info@rentonhistory.org), or phone 425.255.2330.



# healthy advice

## by dr. bob thompson

### Family medicine: The only thing that hasn't changed is change

I came to Renton 25 years ago to open the doors of my first office on Kirkland Avenue in the Renton Highlands. I was one of a handful of family docs under the age of 55 working at Valley General Hospital. Most medical services at the hospital were delivered by a remarkable collection of hard working, highly independent general practitioners who had served the citizens of Renton and surrounding communities for decades.

Their stories were inspiring. Many had spent endless hours in the operating room performing a remarkable range of procedures from appendectomies to amputating limbs, repairing broken hips, and drilling burr holes to relieve pressure on the brain. They made house calls, deliv-

ered thousands of babies, staffed the local nursing homes and brought comfort to their dying patients.

This was the profession I had trained and prepared for during my seven years of post-graduate education. It was exciting, challenging and immensely rewarding. I spent long hours seeing my patients in the office, assisting in the operating room on their surgeries, delivering their babies, caring for their parents in the nursing home and making house calls when they were housebound. I made hospital rounds and managed patient care when they needed hospitalization.

However, many changes were underway. The GPs, who one by one were beginning to retire, were no longer per-



Dr. Bob Thompson

forming major surgeries or delivering babies. General surgeons were called on to handle surgical emergencies. Several new orthopedic surgeons on staff handled the broken hips and fractures. We had a neurosurgeon who cared for those who needed brain surgery. The hospital had a growing number of obstetricians trained to manage high risk pregnancies and deliver a new level of prenatal care.

The era of the "generalist" was becoming a thing of the past.

Fast forward to the present, and the only thing that hasn't changed is change itself. Even the rate of change continues to accelerate. We are experiencing greater sub-specialization within every discipline of medicine. No longer are you likely to see a general orthopedic surgeon. Now you are scheduled to see a specialist for the hand, back, sports injury, joint replacement, foot and ankle—the list goes on.

New programs at Valley Medical Center, such as the "adult hospitalist" and "intensivist," have become standard mod-

els for delivering care in both urban and suburban hospitals. Now we have physicians with more training and experience in hospital medicine. Family doctors devote 100 percent of their clinical time seeing patients focusing on prevention, wellness and chronic disease management.

Medical care over the course of one's lifetime is no longer managed by an individual, but by a team of care givers, each bringing specialized training and expertise to the bedside. I cherish the relationships I have been privileged to have with my patients over the years. I also believe referring their care to the most knowledgeable and skilled medical team to bring them through serious illness or injury involving hospitalization is doing what is best for my patients.

*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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