

RENTON Magazine

Volume 2 / No 1 January 2007



Cover:

A firefighter's
love for art

page 26

KING and BUNNYS

A P P L I A N C E S



Getting it all done
is looking better all the time.

STYLE FOR LIVING EVENT

\$400

CASH BACK*

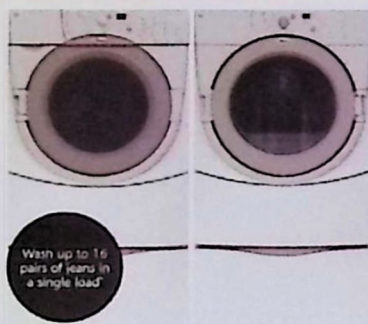
by mail with purchase of
4 select Whirlpool Gold® kitchen appliances



Offer valid January 1–March 31, 2007

*Mail-in offer only. See store for complete details. Some models featured may not qualify for promotional offer. Offer good only on select Whirlpool® Brand appliances. Void where prohibited by law.
®Registered trademark/™Trademark of Whirlpool, U.S.A. ©2006 Whirlpool Corporation. All rights reserved. For more information on Whirlpool® Home Appliances, visit www.whirlpool.com or call 1-800-253-1301.

Free delivery in the local area | 12 Months Same As Cash O.A.C.



GHW9300P

GE/GW9250P

Whammer Deal Priced

Whirlpool® Duet® ht Washer

- Direct Inject wash system deep cleans with a concentrated burst of detergent
- Cradle Clean™ wash motion
- 6-point suspension system
- Built-in water heater with Sanitary cycle

Whirlpool® Duet® Dryer

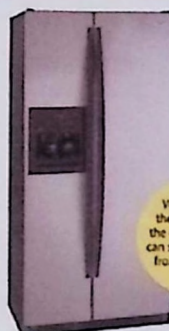
- Dry time = Wash time™
- The Wrinkle Shield™ Plus option helps prevent wrinkles for up to 120 minutes after drying time
- Quiet Dry Plus noise reduction
- Reversible door with window

Washer & Dryer Pairs from \$599

duet



shown with optional
15.5" pedestal



GCSSHEXN

Whammer Deal Priced

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

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

Refrigerators from \$479

We moved
the ice bin to
the door so you
can store 8 more
frozen pizzas*



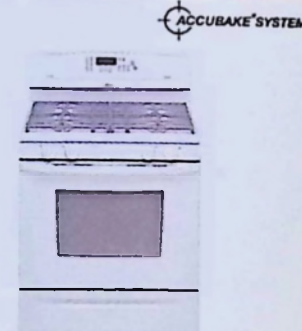
GU2200XT5

Whammer Deal Priced

Whirlpool Gold® Dishwasher

- Slate Interior
- Glass Xpress™ cycle
- Soak & Scour option
- Automatic Soil Sensor monitors the soil in the wash water and adjusts the cycle accordingly
- Super Capacity tall tub

Dishwashers from \$269



GS563LXS

Whammer Deal Priced

Whirlpool Gold® Gas Range

- 4.7 cu. ft. capacity
- AccuBake® heat distribution system
- Delay Bake & AccuSimmer® burner
- (1) 13,500 & (1) 12,500 BTU sealed Power™ burners
- (1) 9,500 & (1) 5,000 BTU burners
- Full-surface, cast-iron grates

Ranges from \$299

ACCUBAKE® SYSTEM

Store Hours

Monday - Friday
9am - 7pm

Saturday
9am - 6pm

Sunday
Noon - 5pm

HOME OF THE

Whammer DEAL

4608 NE SUNSET BLVD • RENTON WA
Across from Albertsons & Starbucks in the Renton Highlands
www.kingandbunnys.com • 425.277.0600

We do Business the Old Fashioned Way!



publisher's note

The recent windstorm was a wake-up call for most of us who have not taken emergency preparedness seriously.

Despite the tragic loss of life, more than a million homes left without power, and extensive property damage, this was merely a small taste of what we could face if the "big one" ever hits our region.

Many people began to panic as we witnessed the rush to gas stations that created long lines and short tempers. Cold weather made it very difficult for those left without power, which also resulted in significant losses to many local businesses. Traffic was nearly gridlocked for the first couple days and communication options were limited.

While this storm is considered one of the worst in history for this area, the impacts and inconveniences pale in comparison to what it would be like to survive a major disaster. Public safety officials have been preaching for

years that we need to prepare to take care of ourselves and our neighbors in the event of a catastrophic event. Police and fire fighters worked around the clock responding to calls as a result of this storm. They warn that they will not likely be able to respond if this area is struck by region-wide disaster.

The Renton Fire Department offers an excellent training program called Community Emergency Response Team (CERT) to help communities survive a disaster. The training involves bringing community groups together to learn how to develop a disaster response team comprising your neighbors, who can provide immediate assistance in the event that



Denis Law
PUBLISHER

police and fire fighters are unable or delayed from responding to your neighborhood. It's a very worthwhile program that is coordinated through the city's Neighborhood Program. We'll have more details on this program in next month's issue of *Renton Magazine*.

Meanwhile, we owe a lot of gratitude to the fine job done by city crews, police officers and fire fighters who worked around the clock to assist the public following the storm. And while many were very frustrated by the power outages, Puget Sound Energy and other power companies deserve our praise for their tremendous efforts to restore power despite the degree of damage caused by this storm.

November and December were challenging months in the weather department and hopefully we have sunny days ahead. Meanwhile, we send you our best wishes for a healthy and prosperous New Year!

RENTON *Magazine*

VOL. 2 | ISSUE 1

425.271.9300

Publisher | Denis W. Law
denislaw@rentonmagazine.com

Associate Publisher | Diana Kramer
dianakramer@rentonmagazine.com

Executive Editor | David Suffia
davidsuffia@rentonmagazine.com

Advertising | Diana Kramer
dianakramer@rentonmagazine.com

Reporter | Andrew Fickes
news@rentonmagazine.com

Graphic Artist | Kerri Ladines

Photographer | David Nelson

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

The Renton Magazine is mailed each month to homes in Renton, East Plateau and Fairwood. Total circulation is 18,000. Publisher retains the right to reject any advertising. Copyright 2007 Puget Sound Publishing Co. All rights reserved. Use or reproduction, in part or full, without written permission is prohibited. Back issues and single copies are \$2.00. Subscriptions are available for \$20 per year.

Puget Sound Publishing Co.
15 South Grady Way, Suite 514
Renton, WA 98057

contents

4 upcoming events

5 now playing

6 events calendar

7 editor's viewpoint

9 kirby unti

10 renton schools

16 healthy advice

17 renton library

18 renton entrepreneurs

22 recipe of the month

24 community service

25 service clubs

cover:

Renton Firefighter Richard Jahn is best known for his paintings depicting Renton landscapes. See page 26 for details. Cover design by Kerri Ladines.

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



jet city improv

A night of theater sports and improvisation for the family with one of Seattle's best-known improv companies. There will be opportunities for audience participation and entertainment for all ages.

january 26

Jet City Improv

Friday at 7:00 p.m.

IKEA Performing Arts Center
400 S. 2nd St.

Admission: \$12/adults and \$10/seniors and students

425-204-3455



january 27

**Story Book Theatre:
Jack and The Beanstalk**

Saturday at 11 a.m.
and 1 p.m.

425-204-3455

IKEA Performing Arts Center
400 S. 2nd St.

Admission: \$8 for all



february 2

John Amos Halley's Comet

Friday at 8 p.m.

425-204-3455

IKEA Performing Arts Center
400 S. 2nd St.

Admission: \$30/adult,
\$28/seniors and students,
\$32 at the door



february 9

1970s Rock

Friday 6:30 p.m. to 9 p.m.

425-235-2352 ext. 5728

Renton Technical College
Robert C. Roberts Campus
Center
3000 NE 4th St.

Admission: \$50 per person



february 9

The Odd Couple

Feb. 9-25

425-226-5529

Renton Civic Theater
507 S. 3rd St.

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

now playing



Missoula Children's Theatre: Rumpelstiltskin

Saturday, Jan. 13, 3 p.m. and 7 p.m.

Missoula Children's Theatre provides young actors and actresses a professional theater experience. Auditions will be Monday, Jan. 8, from 4:30 to 8:30 p.m. at the Renton Community Center. There are approximately 50 to 60 roles for students in grades kindergarten through 12. Rehearsals will be Jan. 9 through 12. Auditions are limited to 200 students.

Carco Theatre

1717 Maple Valley Highway / 425-430-6743

Admission: \$10/adults and \$6/students and seniors

Website: www.ci.renton.wa.us/commser/rec/carco.htm

The Hi-Liners Downstage Center presents: Puss in Boots

January 5, 6 & 7

Who's the cleverest cat in the kingdom? Puss in Boots! A classic fairy tale of a hapless hero and a cunning cat that set out to win the charming princess, defeat the ogre and befriend the king.

Friday, Jan. 5, and Saturday, Jan. 6, 7:30

p.m., Sunday, Jan. 7, 1:30 p.m.

Carco Theatre

1717 Maple Valley Highway

Admission: \$10/all seats

206-617-2152

Website: www.hi-liners.org



IKEA Performing Arts Center

Tingstad and Rumbel

January 12, 7 p.m.

A rare combination of instruments, create an unusual and unexpected sound. Eric Tingstad has a distinctive guitar technique that harkens from a Segovian tradition combined with his creative finger-style picking and acoustic amplification design. Nancy Rumbel performs on double ocarina, oboe and English horn.

Friday, Jan. 12, 7 p.m.

IKEA Performing Arts Center
400 S. 2nd St.

Admission: \$22/adult, \$20/seniors and students, \$24 at the door
425-204-3455

Website: www.ikeapac.org

"Play Murder" at Renton Civic Theater

January 12, 13 & 14

Renton Civic Theater's second stage offers "Play Murder," a taut thriller written by local television, radio and theater star Kent Phillips.

Friday, Jan. 12, and
Saturday, Jan. 13, 8 p.m.
Sunday, Jan. 14, 2 p.m.

Renton Civic Theater

507 S. Third St.

Admission: \$15/adults and
\$10/seniors and students
425-226-5529

Website: www.rentoncivictheater.org

The Good Luck Frogs



Pendants and Earrings
available in 14kt gold
with Tsavorite Garnet
and Emerald eyes



Garland SINCE 1983
Jewelers, Inc.

814 S. 3rd St., Renton
425.255.5101

Open Monday through Saturday
www.GarlandJewelers.com

calendar of events

ENTERTAINMENT

Art Show

Richard Jahn, a local firefighter and artist, will feature his artwork at The Met Coffee and Wine Bar from noon until 6 p.m. on Saturday, Jan. 13. Much of Jahn's art is of scenes from around Renton and the greater Seattle area. Jahn's art will be displayed later in the year at Carco Theater (April 4 through May 26) and at Renton River Days (July 26 through July 29). Come and enjoy this innovative artist.

The Met Coffee and Wine Bar
232 Burnett Ave. S.
425-687-7989
Admission: Free
www.richardjahn.com



Missoula Children's Theatre: Rumpelstiltskin

Saturday, Jan. 13, 3 p.m. and 7 p.m.
Missoula Children's Theatre provides young actors and actresses a professional theater experience. Auditions will be Monday, Jan. 8, from 4:30 to 8:30 p.m. at the Renton Community Center. There are approximately 50 to 60 roles for students in grades kindergarten through 12. Rehearsals will be Jan. 9 through 12. Auditions are limited to 200 students.

Carco Theatre
1717 Maple Valley Highway
425-430-6743
Admission: \$10/adults and
\$6/students and seniors

Website: www.ci.renton.wa.us/comm-serv/rec/carco.htm

Jet City Improv

Friday, Jan. 26, 7 p.m.

A night of theater sports and improvisation for the family with one of Seattle's best-known improv companies. There will be opportunities for audience participation and entertainment for all ages.

IKEA Performing Arts Center
400 S. 2nd St.
425-204-3455
Admission: \$12/adults and
\$10/seniors and students
Website: www.jetcityimprov.com



Story Book Theatre: Jack and The Beanstalk

Saturday, Jan. 27, 11 a.m. and 1 p.m.

Jack won't let fear of heights or giants deter him from his quest to reclaim his family's stolen fortune. Join him on his journey up the beanstalk in this zany rendition of the classic fairytale of bravery, adventure, and a truly amazing vegetable patch.

IKEA Performing Arts Center
400 S. 2nd St.
425-204-3455
Admission: \$8 for all
Website: www.ikeapac.org

SCHOOL EVENTS

Band and Orchestra Winter Concert

Thursday, Jan. 25, 7 p.m.

McKnight Middle School
1200 Edmonds Ave. NE
425-204-3600

www.renton.wednet.edu/mcknight/default.html

Talent Show

Thursday, Jan. 25, 7 p.m.

Kennydale Elementary School
1700 NE 28th St.
425-204-4700

www.renton.wednet.edu/schools/kdl.htm

THEATER CLASSES

Renton Youth Symphony Orchestra

Mondays, Jan. 8 through May 6,
6:30 p.m. to 8 p.m.

The Renton Youth Symphony Orchestra offers students an opportunity to perform unabridged classical compositions as a group.

Carco Theatre
1717 Maple Valley Highway
425-430-6700

Tuition cost: \$75 for residents and
\$90 for non-residents
www.ci.renton.wa.us/comm-serv/rec/carco.htm

Elementary Ensemble: Alice in Wonderland

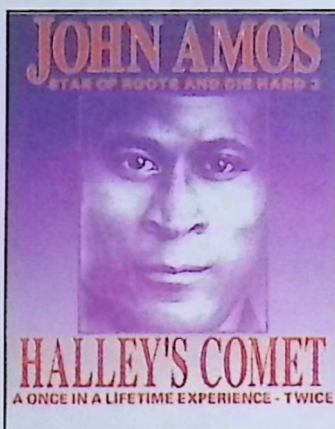
Wednesdays, Jan. 17 through Feb. 28,
4:30 p.m. to 6 p.m.

For ages six to 12. Students enjoy the world of Lewis Carroll as they venture down the rabbit hole and into the land of theater! They'll learn the basics, such as characterization and projection, as they embody the Mad Hatter, the Queen of Hearts and more. A performance is planned for the last day.

Carco Theatre
1717 Maple Valley Highway
425-430-6700

Tuition cost: \$95 for residents and
\$114 for non-residents
www.ci.renton.wa.us/comm-serv/rec/carco.htm

FEBRUARY EVENTS



John Amos Halley's Comet

Friday, Feb. 2, 8 p.m.

John Amos has become known to audiences as Kunta Kinte in "Roots," James Evans in "Good Times," Admiral Percy in "The West Wing" and Ethan Baker in "The District."

Amos now presents a character portrayal in his own creation, "Halley's Comet." This is the story of an 87-year-old man who shares the memories of a lifetime seeing Halley's Comet twice. Amos promises the audience a whirlwind adventure through time.

IKEA Performing Arts Center
400 S. 2nd St.
425-204-3455

Admission: \$30/adult, \$28/seniors
and students, \$32 at the door
Website: www.ikeapac.org



Renton Technical College Foundation presents: 1970s Rock

Friday, Feb. 9, 6:30-9 p.m.

An evening with the school's talented culinary students, who will prepare

1970s-inspired dishes. Diners will observe the preparation of food specialties, then enjoy the food with complementing wines. The evening also features a silent auction.

Net proceeds will benefit the Renton Technical College Foundation's culinary scholarships and endowment, as well as providing general scholarship dollars.

Renton Technical College
Robert C. Roberts Campus Center
3000 NE 4th St.
425-235-2352 ext. 5728
Admission: \$50 per person
Website: www.rtc.edu



The Odd Couple

Feb. 9-25

Neil Simon's beloved "Odd Couple," Oscar and Felix will grace the Renton Civic Theater stage for the first time. Directed by long time RCT favorite Lee Pasch.

Renton Civic Theater
507 S. 3rd St.
425-226-5529

Admission: \$20/adults,
\$15/students and seniors
www.rentoncivictheater.org

If you have an upcoming event you want others to know about, we want to hear from you. Please send information about your event to news@rentonmagazine.com or call us at 425-271-9300.

Growing up in Renton leaves fond memories

I've just turned 63, an age where it's tempting to recall some of the nice things I grew up with as a child in Renton.

There was the old Pioneer Bakery downtown. If I close my eyes I still can smell the aroma that encircled me as I walked in the door. I can savor the taste of maple bars that seem somehow better in memory than any I've tasted since.

I can recall the smell of pungent cheeses, cured salami, and exotic spices that mingled in the air of Businello's Delicatessen, along with the clamorous mix of foreign languages from the bustling customers.

There was the old Buster Brown shoe store downtown, where I got new shoes every year before the start of school. They had this cool X-ray machine where you stuck your feet inside, pressed a button and could see your toe bones. It's a won-

der our toes didn't turn black and fall off from the radiation.

There were the Renton, Roxy and Rainier theaters in downtown Renton, all playing feature films, and only one screen in each of them. I loved the Rainier, long-since torn down, where we watched Saturday matinees for a dime.

I remember the first day I went to Renton Junior High School, which was then attached to the high school. There was a hamburger joint on the corner near the school. I can't remember the name, but they served old-fashioned burgers that



David Suffia
EXECUTIVE EDITOR

tasted like the real thing, not cardboard copies. The french fries and hand-made milk shakes were manna.

There was a sign behind the counter that read IITYWYBAT. I remember asking the woman behind the counter what IITYWYBAT meant the first time I sat down at a counter stool.

"If I tell you, will you buy a turnover?" she asked me back.

I was confused and said I didn't know about that, but what did IITYWYBAT mean?

"If I tell you, will you buy a turnover?" she asked again.

It took about three times before I got the joke, a joke that was played on countless RHS freshmen over the years, to the delight of older kids.

IITYWYBAT was an agglomeration of the first letters of the question, "If I Tell You, Will You Buy A Turnover?"

No one had to be convinced to buy the turnovers once they tried one. They were the best I've ever tasted, especially the peach.

Renton has more memories in the making that others no doubt will recall fondly 50 years from now. But they won't remember the archaic J.C. Penney store in downtown Renton that had a main floor and a balcony floor. You paid the clerks at the front of the store and they put your money in a little canister, pulled a cord, and the canister zipped up a wire to one of the cashiers on the balcony. They returned your change the same way. No credit cards. No checks. Just hard cash in a can.

They won't remember the old roller skating rink in South Renton that is now a car lot, where lots of kids nervously took their first dates. And of course there was the Rec Center, a recreation hall on Park

SUFFIA - page 9

Experience...

You can count on the finest professional service at
FIRST FINANCIAL ESCROW.

We've closed thousands of escrows, and whether purchasing your first home, or refinancing an existing mortgage, you will always be treated with respect. We understand this transaction may be the largest investment a person will make, and that's why it is important to find a company with a reputation for excellence!

Located in Downtown Renton's FIRST FINANCIAL CENTER

Serving our Community since 1980

FIRST FINANCIAL ESCROW

Member of the First Financial Holdings Family of Companies

208 Williams Ave S Renton WA 98057 | PO Box 358 Renton, WA 98057 | 425.255.4466

Toni Nelson: a Renton icon in perpetual motion

BY ANDREW FICKES

At age 70, Renton City Councilwoman Toni Nelson likes to tell her family, friends and colleagues that she's just getting started when it comes to giving back to the community.

An office wall covered with plaques and certificates are testimony to Nelson's lifetime of service to the people of Renton. She was named Citizen of the Year in 1986.

Her most acclaimed contributions include her role on the founding board of Renton River Days in 1985 and her single-handed efforts at getting the Renton Farmer's Market off the ground in 2002.

"The Renton Farmer's Market was my baby," she says. It meant fulfilling a promise she'd made to the Renton Chamber of Commerce.

"I promised to them that I would get it done by the year following my retirement in 2001," she says. "It's definitely been a gathering place for people. It's definitely a kick."

Nelson considers herself a hands-on person — a doer.

"I volunteer in all different ways," she says. "If I accept a job, then I'm going to do it."

Always in motion, Nelson admits her mind is plotting a million steps ahead. These days she's plotting what she'll do after she retires, for the second time, in January of 2008, the end of her council term.

She retired for the first time in 2001 when she sold her business, the Renton Flower Shop. She'd started as a designer there in 1958, managed the store beginning in 1971 and bought the business in 1981.

"I want to be flexible in what I do next after I retire. I want to find something that's really meaningful," she says. "I want to do something that will help others."

"I can't imagine her fading into the sunset," comments her good friend Norma Cugini. "That's not her style."

Renton wouldn't be what it is today without Toni Nelson,



RENTON MAGAZINE / David Nelson

Toni Nelson is a founding board member of Renton River Days and has volunteered for this community event since 1985.

I want to find something that's really meaningful. I want to do something that will help others. ~Toni Nelson

says Cugini.

Nelson is a third-generation resident of Renton, with daughters Roxanne and Kimberly the fourth and their children the fifth. A third daughter, Jacqueline, lives in Enumclaw.

Nelson's paternal grandparents immigrated to Renton in 1905 from Italy. She was born in 1936 in the Rainier Valley area of South Seattle. Her parents named her Antonette, a combination of her father Anton's first name and her mother's middle name, Nettie.

Her maternal grandparents came from England, and her British grandmother got her involved in community service at an early age. She remembers collecting dimes with her grandmother for the March of Dimes.

Her current passions are helping children suc-

ceed at school and ensuring people have the basics, like clothing, food and water.

"I truly believe that if you provide the necessities of living to someone, then they'll succeed in life," she says.

Nelson serves on the Salvation Army Advisory Board and for nine years has been a mentor through the Communities in Schools of Renton program.

Daughter Kimberly remembers volunteering early in life with her mother and two sisters.

"She taught us that hard work pays off, that if we put our mind to something we can achieve it," she says. "Everything she has done is what she feels is good for the city of Renton. Never has it been politically motivated. The Renton Farmer's Market will definitely be her legacy, because that was something she did on her own."

Toni Nelson's activities at a glance

Chair, Renton Chamber of Commerce Downtown Committee

Member, Board of Communities in Schools of Renton

Member, Salvation Army Advisory Board

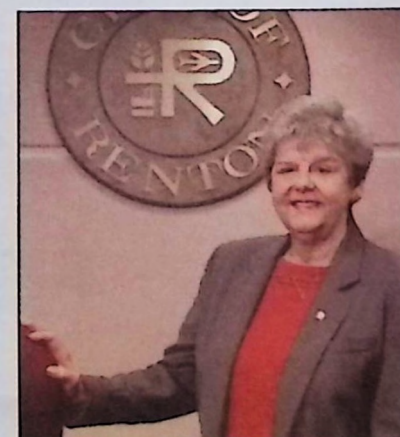
Member, Friends of Youth Advisory Board

Member, Soroptimist International

Founder, Renton Farmer's Market

Founding board member, Renton River Days

Veteran member, Renton City Council



A chance to get it right

I have always been grateful that time is broken up into annual segments. We call them new years. Imagine if it simply went on with no celebration allowing us to say goodbye to the past and hello to a new beginning? In fact I am darn grateful that each year is broken up into weeks and each week into days.

Oprah Winfrey sums up my feelings rather well: "Cheers to a new year and another chance for us to get it right."

I am a die-hard believer that no matter what yesterday held for us, today we can make something better of our lives and the lives of those around us. We can use all that has happened to us – the good, the bad and the ugly – to leverage a better future.

I am watching this happen between two young men that I have known in this community since they were little kids. Both of them made some really bad choices in their teen years. It has cost Carl 10 years in prison and C.J. three years in a wheelchair and maybe more.

Carl and C.J. grew up in the congregation I serve. They both come from good families. They played sports together and attended the same high school. Both of them discovered the thrill of partying and both of them believed at one time they were immortal. They could handle whatever came their way.

What neither Carl nor C.J. realized is how slippery the slope can be and how quickly one can find his life in an absolute mess. I talked with both of them when



Kirby Unti
COLUMNIST

they were younger. I gave them the same advice my dad gave me about, "You don't have to go looking for trouble. It will come to you."

And it did. Carl was involved in a drug deal gone bad and C.J. woke up in a coma after he passed out on the couch with his head tilted in such a way that it impaired the oxygen going to his brain. Both of them are lucky to be alive today.

The greatest gift that both of the kids have ever been given is families that have not given up on them. One family has made the trip weekly to visit their son in prison. The other never missed a day in the hospital or rehab center. This kind of care has made it possible for Carl and C.J. to face up to the truth about their choices. They are no longer blaming others or making excuses, and both are committed to the long haul of becoming productive citizens.

Carl has been working hard on getting an education. He is a lot smarter than I and is now studying calculus. C.J. has spent all of his efforts learning to become independent and is now able to take several steps unassisted. C.J. hopes to become a rehabilitation counselor. C.J.'s growing independence has made it possible for him to visit Carl in prison. The two of them are renewing their friendship and encouraging one another to fight the uphill battle to overcome their pasts and become fully contributing citizens to our community.

It's going to be a long haul for both of them but I am confident that 2007 holds for them the same promise it holds for all of us: "Another chance to get it right."

Happy New Year Renton!

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

SUFFIA from page 7

Avenue in North Renton, where sock hops were held after high school football games, long torn down to make way for industry.

All that's left of the old Carnegie Library is a historical plaque in the ground. It was a grand little brick building that was torn down to make way for a parking lot, replaced by a decidedly grander new library over the Cedar River.

The old library would be a historic treasure if it still stood.

Renton has newer treasures that I love as well, including the trail along the Cedar River where you can watch salmon spawn. And Liberty Park endures, a playground for generations. The tennis courts where my friends and I spent so many hours in the summer are still there. The much newer skate board park is a delight, even if you only sit and watch and wonder what it would be like to be 13 again instead of 63.

To Renton, We're "Bill"

William LeBlanc
Manager
Frontier Bank's
Renton Office

However, for the record, we're **Frontier Bank**:

- The largest commercial bank headquartered in Western Washington
- Over \$3 billion in assets
- With more than 45 offices serving 8 counties
- Over 750 caring employees who remember your name
- Offering countless services from Commercial Loans to Online Banking, Cash Management, and more

617 South Third Street, Suite 8
Renton, WA 98055
425-277-6866
www.frontierbank.com
Member FDIC

FRONTIER BANK
The High Touch Bank

Rita Harris: Everybody's grandma

BY MANNY FRISHBERG

*R*etirement just doesn't suit some people. That is the case for Rita Harris — known to everyone at Renton High School as "Grandma." She has been working there for the past 14 years as a kitchen aide and, at 78 years old, she says she has no intention of stopping anytime soon.

"I package lunches for preschool children," she says. "The rest of my job is just to take care of the condiment counter and I'm the pizza woman. I'm the pizza Grandma," she adds with evident pride.

This is her third career. She spent 25 years working at Safeway before taking early retirement. While staying at home she began studying the idea of investing in the stock market.

"My husband also retired and I decided that I would be home for a while. But instead of being home, I had already formed a business club. I did that with seven of my friends and we did very well at that."

She pegs the passage of time by the steep losses and lay-offs at the Boeing Company in Seattle.



RENTON MAGAZINE / David Nelson

"Grandma" Rita Harris serves a slice of pizza to a Renton High School student.

"I can remember, we bought Boeing for \$15. We were smart so we did very well. Then," she says, "we took our money and we invested it in a store."

Her next job was managing the store that the investment club started with their profits. She did that for five years.

"I was the one that was the entrepreneur in the investment club. We had a dress shop and a consignment shop, combined. We had new and vintage clothing and vintage jewelry, as well. It was in a mall in Seattle. It had a pretty good run but then everything changes," says Grandma.

(With one grandchild and two great-grandchildren, she prefers to be known as Grandma.)

In 1991 she went looking for something part-time to keep herself occupied and was hired by the Renton School District.

"That was just fine; my husband was happy with it. I was just gone for three or four hours. Then I lost my husband, so then I was very happy I had the little job because it gave me something to do."

She has outlasted the woman who hired her and all of

GRANDMA HARRIS — next page



Experience, Service, Results!

It takes a skilled professional to see you through from start to finish. Marcie's career serving sellers and buyers in 2,300 home and condominium sales closed over nearly two decades has always been dedicated to customer service. She is among just four percent of agents nationwide earning the Certified Residential Specialist designation, has won numerous Five Star Agents client satisfaction awards, and is an active Renton community leader.

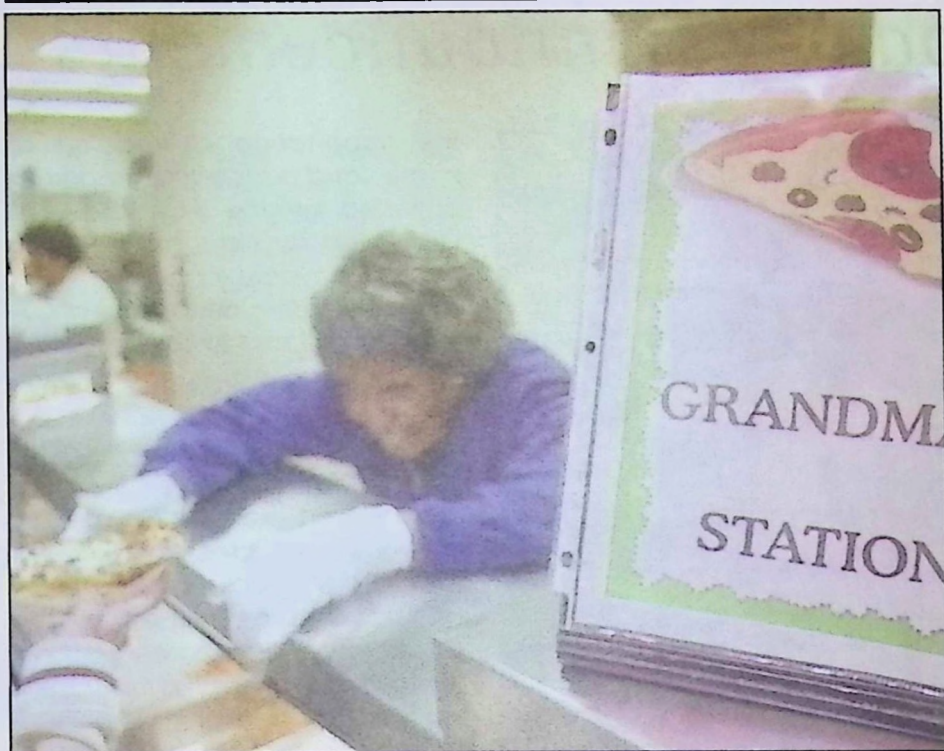
Marcie Maxwell • 425.466.8000 • 206.949.1696 • www.MarcieMaxwell.com • Marcie@MarcieMaxwell.com

Marcie MAXWELL

MAXimum Real Estate Service

Associate Broker, Realtor, CRS

Windermere



RENTON MAGAZINE / David Nelson

Grandma Harris has been serving food to students for the past 14 years.

GRANDMA HARRIS

from page 10

her co-workers from that time, although she says they still stay in touch.

Rita Harris was born and raised in Brooklyn, New York. She says she still loves her hometown and has gone back to visit there when she could.

"I'm a New York person," she says. "I went to school there. I got married there and my son was born there; everything good that happened to me was in New York."

In the 1970s her husband was hired by Boeing as an interior decorator for airlin-

ers and the company moved them to Seattle. They lived in the city for more than 20 years before finally moving to Renton in 1985.

Grandma Harris says her job is not hard and she never goes home tired, but the real reason she enjoys it is her daily interaction with the students.

"It's a great job for a person like me because I love to talk. I can just talk to the kids, and the kids are great.

"They're nice to me because I'm nice to them, and I talk to every kid that comes through my line. I talk to them and they know me. I just love the children. As long as I can do it and be with the children, then that's great," she says.

WWEE holds Table Captain informational event

Washington Women's Employment and Education, a non-profit organization focused on breaking the cycle of poverty and allowing people to become self-supporting, is hosting an informational event from 6 p.m. to 8:30 p.m. on Wednesday, Jan. 10 at Uptown Glassworks in Renton.

The dinner event will provide attendants information on the organization's upcoming King County Breakfast in April and what it takes to be a Table Captain. Uptown Glassworks is located at 230 Main Ave. S. Admission is free, though reservations are requested. For more information, call 253-474-9933 or visit www.wwee.org.

sweetgrass
home & garden

...for your home, your garden and you.

Custom Gift Baskets • Handbags
Garden Accents • Furnishings • Trellises
Birdhouses • Garden Books
Hummingbird Feeders • Vintage Furniture
French Linens • Lamps • Candles
Fine Toiletries • Original Art & Prints

332 Burnett Ave S. • Renton, WA
425.226.7280
SweetGrassHome.com

Costume Children's Parties

We create a unique fairy tale for your child.
Many themes to choose from.

www.AliciasWonderland.com
Call for orders, consultation, appointment, or reservation
SINCE 1981 425•917•3112

World Class Education | Highly Qualified Teachers

Nearly 7 in 10 Renton teachers have advanced degrees.

Renton School District

www.renton.wednet.edu
425.204.2345

RENTON

Renton Technical College Foundation

"Our plan looks at our needs now and how we can help others in the future."

Don and Pearl Jacobson built their life around hard work, helping others and good planning.

So when they put together their estate plan, they named Renton Technical College (RTC) Foundation as beneficiary of a Charitable Remainder Trust. This provides income for their retirement years, while establishing the promise of an RTC scholarship for the future.

If you'd like more information about how to leave gifts from your estate, or the services RTC provides our community, please contact Chuck Tiernan or Debbie Ranniger at the RTC Foundation, (425) 235-2356.

Renton Technical College | 3000 NE Fourth Street | Renton, WA 98056 | (425) 235-2352

Renton Technical College does not discriminate on the basis of race, color, national origin, sex, disability, sexual orientation, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director, HRD, (425) 235-7873.

www.RTC.edu

Renton School District good news announcements

Bryn Mawr excels in reading scores

Bryn Mawr Elementary School students and staff were recently recognized for making the state's highest level of improvement over three years on the reading section of the Washington Assessment of Student Learning (WASL) among schools using the Success for All reading program. Bryn Mawr students' three-year increase of nearly 27 percent on the WASL was 300 percent better than the state's average increase.

Bryn Mawr teachers and staff were recognized by the program as exceptionally dedicated and talented, consistently focused and committed to improving student learning, sustaining learning and improvement over time.

Lindbergh senior receives music scholarship

Brian Schaeffer, a senior at Lindbergh High School, received an \$8,000 music scholarship from California Baptist University. The school's music department selected Brian for his vocal ability.

Hazen senior wins Follow a Leader contest

Marla Albertini, senior at Hazen High School, recently won the Seattle Times and Macy's Follow a Leader contest. Marla was awarded a \$1,000 savings bond for the winning essay on why she would like to follow King County Sheriff Sue Rahr for a day.

Higher-level math popular at Renton High School

Renton High School students are turning out in record numbers this year for higher-level math classes in preparation for college. All classes were filled, and the school needed more textbooks. Renton's community partners, New Beginnings Christian Fellowship, stepped in to ensure every student was able to



Renton School Superintendent Mary Alice Heuschel (center) and the district's executive team spent three nights making holiday cookies for every staff member in the district. The team purchased the ingredients and delivered 2,500 cookies to each school.

take the course by donating nearly \$3,000 for books.

Renton High students get a taste for the law

Nine Renton High School students recently participated in the King County Bar Association's Future of Law Institute. The students attended a two-day Institute at Seattle University and University of Washington, attending law workshops, participating in mock trials and listening to a diverse career panel.

Students also had lunch with King County Superior Court Judges. Students will continue to participate in a mentorship program with law students and attorneys, visiting the courts and law offices with their mentors.

MicroSociety program receives financing from Foresters

Foresters, an international financial services organization, has donated

\$2,500 to Talbot Hill Elementary School's MicroSociety program through the Talbot Hill Educational Trust.

The relationship between the organization and Talbot Hill came out of the Greater Renton Chamber of Commerce's annual business exchange program where Renton teachers and local business people exchange jobs to share experiences and build understanding between the two vital groups in the community.

ELL program hosts informational meeting

Tiffany Park Elementary School staff recently hosted an evening of learning for families of students in the English Language Learners (ELL) program. Information packets in several languages were offered to the more than 45 families who attended the event. Interpreters in Russian, Spanish, Vietnamese and Somali were provided to translate presentations. Families learned of the school's goals and objectives,

the importance of reading at home and language resources provided by the American Red Cross. The evening included two hours of daycare for nearly 60 children and a delicious potluck of cultural treats from families.

Maplewood Heights receives grant

Maplewood Heights Elementary School was selected as a winner in the 2006 Starbucks and University of Washington Partners in the Community Elementary School Playground and Physical Fitness Awards program. The grant will support the school's Saturday walking program that allows students to use pedometers to calculate goals for walking and exercise.

Sartori food drive collects more than 1,100 items

Staff and students of Sartori Education Center recently held a food drive, collecting more than 1,100 food items. The donations were distributed through the Renton Salvation Army.

Hazen High and Seahawks forge relationship

Hazen High School's football team presented the American flag on the field at the Seattle Seahawks' game during a recent Monday night football game. The Seahawks are forging a relationship with the district as it plans to move its headquarters and practice facilities to Renton.

Family Liaisons making the holidays bright

Family Liaisons are helping hundreds of Renton School District children and families have a brighter holiday. Family Liaisons have worked closely with teachers and other staff to identify students and families who need support and with community organizations such

SCHOOL NEWS

from page 12

as the Boeing Adopt a Family program, Salvation Army, area churches, school staff and students, the Kiwanis Club and more, to help fill those needs.

Family Liaisons, as part of the district and Communities in Schools of Renton, work throughout the year to assist families by coordinating with an array of public, private, and nonprofit resource providers to help keep students connected to school.

Renton High awarded Comcast grant

The Renton High School Excellence in Education Foundation has been busy this year helping students and staff at the school continue to excel. Foundation members wrote a successful grant application and were awarded \$5,000 from Comcast, \$3,000 of which will be used for translators to help commu-

nicate with the school's diverse student and parent population.

Additionally, Comcast will work with students and staff to create a DVD in multiple languages to use at orientations for new students. Foundation members have also awarded teachers more than \$3,500 in grants for use in various classrooms such as math, Advanced Placement chemistry, government and more.

Lindbergh senior receives baseball scholarship

John Desmarais, a senior at Lindbergh High School, has been awarded an athletic scholarship for baseball to Washington State University. The scholarship will cover about 50 percent of John's tuition, books and fees.

Students solving problems using math and science

Several students enrolled in the district's HOME program recently

readers comments

We thoroughly enjoyed reading your first edition of Renton Magazine and congratulate you for such a wonderful concept. The articles are so interesting to read and beautifully put together. A job well done. This is a nice gesture for the city of Renton.

★ *Eda and Teresa Pozzobon*

Please send your magazine to me. I have lived in Renton for 86 years and like to know what's going on.

★ *Char Campbell*

I already have Volume 1 and 2, and they are wonderful. How delightful to pick something to

read and it isn't "doom and gloom." I will be proud to encourage people to subscribe to learn about our people and city.

★ *Janet Bertagni*

I just received the Renton Magazine and I was impressed by it. Lots of information and beautiful layouts.

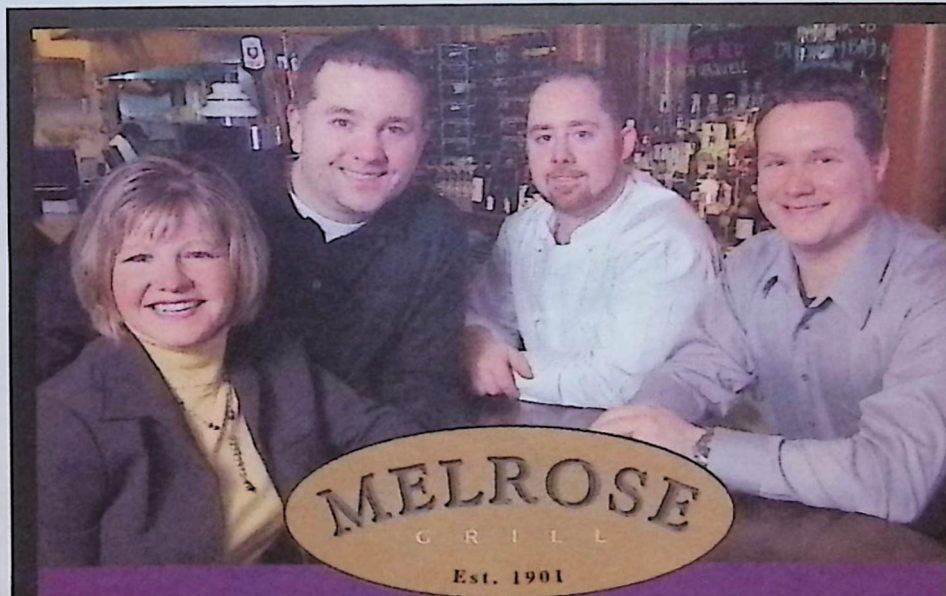
★ *Germaine Dick*

You've done it again! Another outstanding publication. Congratulations!

★ *Barbara Nilson*

joined together to form a team to compete in the FIRST Lego League competition, which introduces children around the world to the experience of solving problems by applying math, science and technology. The HOME team, known as

NanoMasters, won the regional competition by programming a Lego robot to do a number of complex tasks such as pulling apart magnets and pushing a box to a specific location in which small Lego parts were placed.



Open daily from 5pm • www.melrosegill.com
819 Houser Way S. • Downtown Renton

425.254.0759

**A GREAT NEIGHBORHOOD
STEAKHOUSE**



A R M O N D O'S
café italiano

**We Have
Moved...
but we haven't
changed!**

"A Renton Family Tradition
for Twenty Years"



425.228.0759
www.armondos.com

310 Wells Avenue South
Corner of Wells & Houser, Downtown Renton



December's holiday spirit dampened by n



Community lights up for the holidays

PHOTOS BY DENIS LAW

*T*he beautiful lights at Gene Coulon Park and the downtown Piazza Park provided some holiday spirit for Renton residents despite the challenges brought on by one of the worst windstorms to ever hit this region. The traditional Piazza tree-lighting ceremony drew a large crowd where kids were treated to a visit by Santa Claus (played by former police chief Garry Anderson) and Santa's helpers, David and Suzanne Thompson.



ature's fury

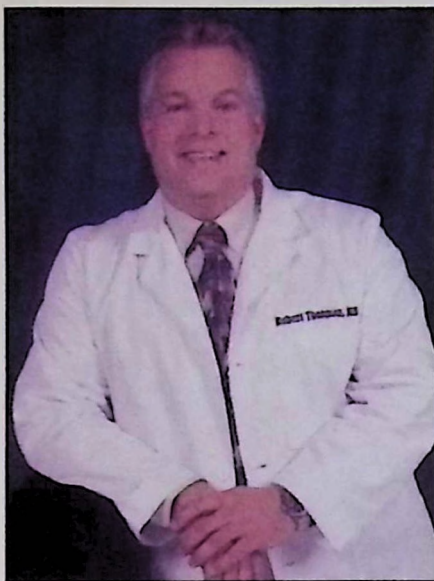


A FAMILY had to be rescued from their duplex in the Highlands that was totally demolished by a large tree during the height of the windstorm. Falling trees heavily damaged many homes during the storm that claimed the life of a Renton resident. City employees, police officers, fire fighters and caring neighbors went to the aid of many residents who were severely impacted by power outages and cold temperatures.



healthy advice

by dr. bob thompson



The Four Secrets to Long Life

*F*or centuries, mankind has been on a quest to unravel the secrets of aging in hopes of escaping the wrath of Father

Time. The passion that drove Ponce de Leon to cross the Atlantic Ocean in 1513 to find the "fountain of youth" has spread to a whole generation today.

Life expectancy in the United States has risen dramatically over the past century thanks to vaccinations, control of infectious diseases, healthier moms and babies, safer workplaces, motor vehicle safety and the recognition of tobacco use as a major health hazard. In the U.S., a child born in 1900 had a life expectancy of 49 years. One born in 2000 is expected to live to 77!

Still, everyone is looking for that "secret pill." I have patients wanting to try any combination of untested, "natural" and prescription remedies to turn back the clock. The latest research promotes a compound found in red wine to prevent cancer and heart disease. This is based on very limited research in which mice were fed mega doses of the drug. To achieve equivalent blood levels in humans, it would require drinking 1,000 glasses of red wine a day. Even the most serious

wine enthusiasts would find that a bit over the top.

During the course of my 25 years in clinical practice, I've had the privilege of caring for many wonderful patients who have lived long and productive lives.

Some, like Lewis Argano, remained bigger than life even beyond his 100th birthday in 2004. Throughout his life in Renton, Lewis shared his gift of hospitality. My family and I were fortunate enough to be invited to his home for one of his famous spaghetti dinners. He spent the day preparing the food, including homemade pressed Italian cookies. It was elegantly served on a checkered tablecloth with the menu to describe each course.

I took this occasion to ask Louie the BIG question: What was his secret to good health and longevity? Like many to whom I have posed this question, he struggled to answer. Clearly he had not designed a long-term strategy for how to live more than twice the life expectancy of a man born in 1904. Was it good genes, clean

living, red wine, his late wife Teresa's loving care? Louie couldn't really say.

I have come to realize from special people like Lewis, Myrtle, Ruth and others I have been blessed to care for over the years, that the proper question isn't what can I do to extend my life, but what can I do to extend myself to better the lives of others. It seems in doing this we have a better chance of not only living longer, but living a richer life as well.

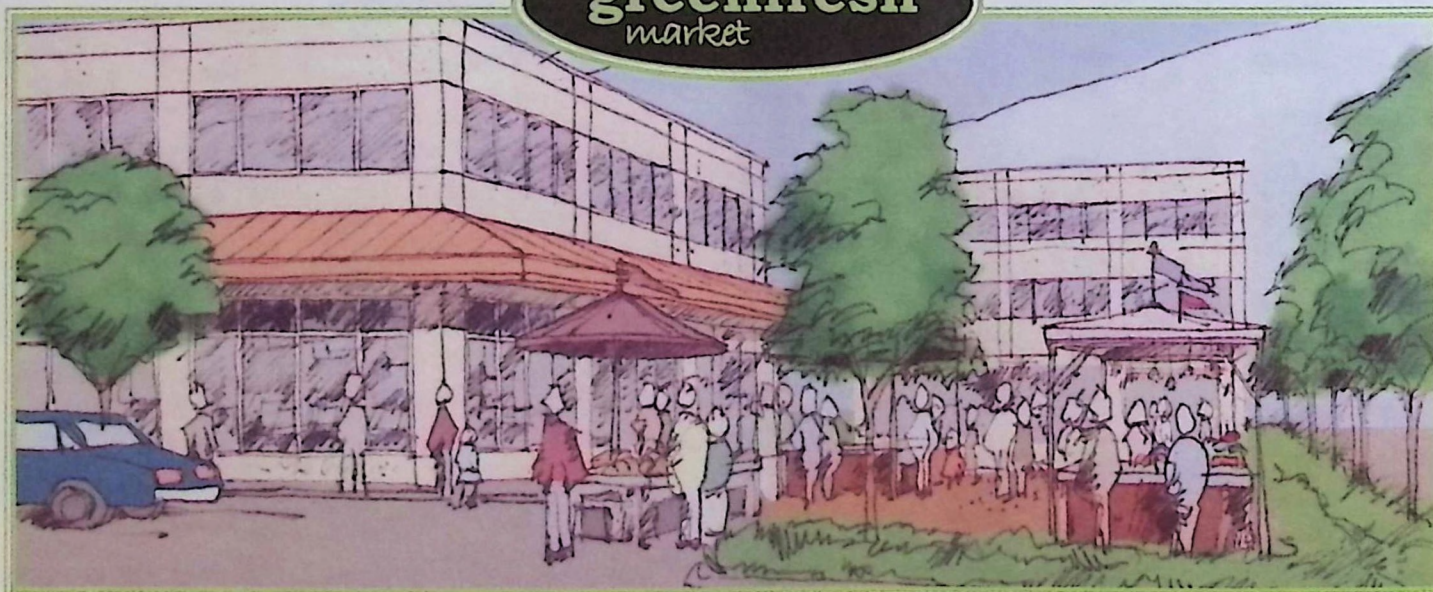
After years of learning from my patients, here are the four elements I believe to be the secrets to longevity:

- More fruits and vegetables
- Daily exercise
- Stay close to family and friends
- Never stop giving of your time, talent and treasure

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.

RAINIER STATION WELCOMES

greenfresh
market



**Move your business to Rainier Station – a new office and retail development.
6,000 to 40,000 SQ FT available. For leasing information, call 425.891.1002**

Renton Public Library provides on-line customer service

One of the benefits of the Internet is the ability to visit your library without having to leave the comfort of your home or office. You can search the catalog, request materials, renew items you have checked out, view your account information, and search the commercial reference databases to which the library subscribes.



Bette Anderson
RENTON PUBLIC LIBRARY

You can access the Renton Public Library's catalog at <http://hip-renton.wa.gov/ipac20/ipac.jsp?profile=home>.

When you visit the web site you will see a series of tabs and sub-tabs that group functions with a similar purpose. The first tab, "Basic Search," contains a simple search box that lets you look for library materials by keywords from a topic (the subject), from a title, or from an author's name. If these options aren't what you need, additional search options are available on the "Advanced Search" tab.

Each sub-tab of the "Advanced Search" page provides different search options that can help you find what you want. In addition, each sub-tab includes a "limit" function at the bottom of the page that allows you to narrow your search results by format, library branch, age group, and language.

Clicking on the "My Account" tab gives you access to your library record. To ensure your privacy, this feature requires you to log in using your library card barcode number and your Personal Identification Number (PIN). If you have not set up a special PIN, the last four digits of your phone number is the PIN.

Once you are logged in, the sub-tabs of the "My Account" page contain lists of

what is currently checked out on your card, items you have requested (holds) and their status, items waiting to be picked-up, fines, fees, other account problems, and information such as your address, phone number, and e-mail address.

Once logged in, you can request library materials by clicking on one of the search tabs and looking in the catalog for the item you want. When you locate it, simply click the "Request Item" button and answer the questions on the screen. These sub-tabs also allow you to renew items to extend their due date, cancel requested items that are no longer desired, and up-date your e-mail address and PIN.

Another valuable service provided on the web site is access to reference databases containing a wealth of information. These up-to-date resources are licensed by the library for Renton cardholders. Examples of data bases available are:

ProQuest, a magazine and newspaper database with many full text articles.

The Auto Repair Reference Center, a car repair database with information on over 23,000 vehicles.

ReferenceUSA, a business and residential directory with over 133 millions entries.

All are available from the "External Databases" tab of the catalog web site and require a Renton Public Library card barcode for logging in before you can search. This tab also takes you to the library's main web site. The links on the left will take you to other information about the library and our services.

Enjoy your on-line library! Please call us at 425-430-6610 if you need assistance with any of these features.

Bette Anderson is the Renton
Public Library director
425.430.6610

A place to indulge in the finer things in life!

Now open

Gelato • Espresso • Dolci

Monday-Friday 8am - 5pm

425.221.1332

104 Burnett Ave S Renton, WA 98055

Shaping the future of the Renton Community

Through a legacy of Philanthropy

Renton Community Foundation

901 South Third Street | 425.264.0516

We make

Beautiful
SMILES

Face the world confidently, knowing your smile is radiant. We are Invisalign certified. We welcome you and your family to experience outstanding dental care!

Free
TEETH WHITENING
With purchase of new patient exam, cleaning & xrays. \$350 value.

J. MICHAEL HARDY, DDS
Family and Cosmetic Dentistry

425.255.2904
10700 S.E. 174th St., Renton
(next to Gold's Gym)

COMPLETE
McLENDON
HARDWARE

THE PERFECT GIFT
IS

February Deadline

Advertising deadline for the February edition is January 11.
Please call 425.271.9300 to speak to an advertising representative.

GENE SENS: Gene-ius Restaurateur

BY MANNY FRISHBERG

Gene Sens likes food and people. Exhibits A, B, C and D are the four restaurants he and his wife Huong have had in Renton over the past two decades. Their latest is the Red House, a tapas bar they opened about two years ago across the road from the Spirit of Washington train depot on Burnett Avenue South.

Gene says he bought the house next door to his daughter's dental office about 10 years ago, "trying to make sure nothing weird went in next to her."

"The original idea was for it to just be more of a beer and wine shop," says Gene. "We talked about doing a tapas-style menu, something that would be small but still be good, and allow us to cater our own beer and wine-tastings."

"The restaurant part's really been driving the business since we opened. It's been more than 60 percent of our business," Gene added. "We expanded our menu from the tapas style stuff to offer more full meals."

Although the kitchen is small by almost any standards, they find room to offer a selection of lunch and dinner items and of course, Huong is known for



RENTON MAGAZINE / Denis Law

Gene and Huong Sens own and operate the Red House.

The downtown is sort of your face or your livingroom. When you've got that right it signals that all's well in the land. ~Gene Sens

their menu and hired a couple of employees.

The next move was to start a full-service, casual Italian restaurant, Gene's Ristorante, (now called Vino's) which they ran for the next 15 years.

"My wife is Asian – she's from Vietnam – and she would work the front of the house. People would come and I say, 'What kind of Italian restaurant is this?' and she'd point back to me and say, 'I hired an Italian chef. Is that Italian enough for you?'"

"When we had that place is when we started getting into trying to support the city and being more community oriented," Gene said.

Jim Medzegian, who co-founded Renton along with Gene, says he considers the city a major asset to the community level.

Gene is very community-minded and certainly believes in giving back to the community, in terms of his time and resources. He'll roll up his sleeves and do or manage things, and Jim Medzegian says.

Gene is known for his "businessmanship," and his restaurant in Renton. He has a diverse background and thinks about all the

different ethnicities that exist in the Renton community and being sensitive to their cultures being different to others, so I really respect that."

Along with trading off the posts of president and vice-president of Piazza Renton with Medzegian, Gene has helped run the city's Tuesday Farmer's Market, adding a number of features including a kids' booth, celebrity chef demonstrations and food to go, "so people could have something to nosh while they're there."

Gene also started Jubilante's and turned the former Good Chevrolet building into "the first multi-use development" in downtown, albeit on a small scale. While his energies for the last year or so have been focused on building his current business, he remains bullish on the city's future.

"The downtown specifically has been my cause celebre, not just because I have a business downtown. The downtown is sort of your face or your livingroom. When you've got that right it signals that all's well in the land," says Gene.

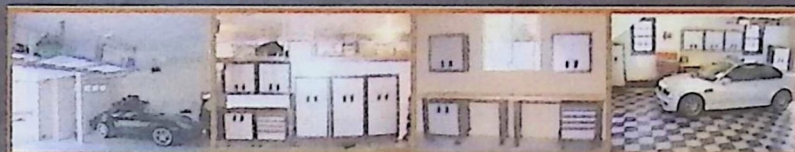
"There's a lot of people here with disposable income; they just don't show it – it's not like Bellevue," he says. "When a good business opens up in Renton, they do well. To be fair, there is a whole lot of stuff going on and, as a whole I think the prognosis for Renton is really good."

Now you can have the...

Best Garage on the Block™



Every component is built garage-tough and is made to work together or stand alone. The modular design of all our components adjusts to your changing needs. So, rearrange them in the garage or relocate them to a new home - moving them is easy!



425.271.7955

DYNOTILE

RAMBO

ONRAX

Custom Garage Interiors • 815 Houser Way N, Suite C, Renton, WA 98055 • www.garagedr.com

Make Someone Smile!

Teleflora's Be Happy® Bouquet

Here's your chance to bring a little happiness to someone who needs it... and who doesn't? During this dark and rainy season, who couldn't use a sunny smile. For nationwide same-day delivery, call or visit our shop.

\$35⁰⁰

Cugini
Florists

(425) 255-3900 (800) 733-3901
Order online: www.cugini.com

© 2006 Teleflora



teleflora.

Possibilities...

We make them happen at FIRST SAVINGS BANK.

We offer a full line of financial services to meet all your needs.

Real Estate Loans, Home Equity Line of Credit, Online Banking with Bill-Payer, Checking, Savings, CDs and more.

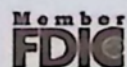
Full Service Banking In one stop at Renton's FIRST FINANCIAL CENTER

Serving our Community since 1923

FIRST SAVINGS BANK

INVEST IN POSSIBILITIES

Member of the First Financial Holdings Family of Companies



201 Wells Ave S Renton WA 98057 | 425.255.4400 | 866.372.1200 | www.fsbrenton.com





Students from Talbot Hill Elementary planted trees at the new Springbrook Creek Wetland.

Renton preserves Springbrook wetlands, provides infinite enjoyment

By Andrew Fickes / Photos by Denis Law

After presenting lessons in his classroom about preserving wetlands, fourth grade teacher Bill Riggs at Talbot Hill Elementary School gave his students the chance to see what he was talking about. And they didn't even have to leave the city limits.

It's the kind of educational and environmental experience that will continue to be available to Renton students, thanks to the Springbrook Creek Wetland and Habitat Mitigation Bank. The project, jointly developed by the City of Renton and Washington State Department of Transportation, encompasses 130 acres of wetlands located north of

IKEA and south of I-405.

Riggs' class planted red twig dogwood and snowberry, both native species. Other foliage to be planted will include black cottonwood, Pacific willow, Sitka spruce, western red cedar, Douglas fir and big-leaf maple. The area is expected to provide a home for more than 75 species of birds, such as blue heron, and other animals like coyote and badger.

"To have a large area of wetland in an urbanized center is an opportunity not too many cities have," said Leslie Betlach, city parks director.

The transportation department and the city joined forces on the project several years ago. Officials say both the partnership and mitigation land bank are the first of their kind for the state.

"This is really important land," says Megan White, environmen-

SPRINGBROOK - next page



SPRINGBROOK

from page 20

tal services director for WSDOT. "It's a great opportunity to get ahead of future development. It's a way to protect and preserve high quality wetlands into the future, while allowing for development in other areas."

In simple terms, the 130 acres is like money in the bank. It will compensate if other wetlands are affected from nearby development. For example, if WSDOT widens I-405 and destroys wetlands, it will mitigate the loss with a portion of the 130 acres. Renton will also be able to use the wetlands to mitigate future wetland loss from capital improvement projects.

Construction, including a quarter-mile recreational trail, will begin in spring of 2007 with completion due by spring of 2008. Total construction budget for the wetland project and trail is \$12.5 million.

The trail, beginning at SW 27th Street and extending to SW 31st, will become Renton's first "boardwalk" — constructed of recycled plastic materials.

"It will have an indefinite lifespan," says Betlach. "We will have two interpretive signs and a seating area on the trail. The trail is a missing link in the Springbrook Trail system. The long-term goal is to have a connection to the Interurban trail to the north and to the Interurban trail to the south at SW 43rd Street. The Springbrook Trail also connects to the Blackriver Riparian Forest."

The city is working with the Renton School District to plan for future educational opportunities. Betlach said the city would like to create a map showing access points to the trail and making it available to the public and surrounding businesses.

"It provides people who work in the valley an area to walk on their lunch time," she said.

The Springbrook Creek Wetland will become an educational and environmental experience available to Renton students.

RENTON

Magazine



425.271.9300

Don't miss a single issue!

One year subscription for only \$20

Receive a copy of *Renton Magazine* each month in the mail by subscribing today.

Name _____
Address _____ City/St/Zip _____

Please mail check for \$20 to:

Renton Magazine • 15 S. Grady Way, Suite 514 • Renton, WA 98057

recipe of the month



CHEF MARIA LOPEZ

This recipe was contributed by Maria Lopez. Maria is a Culinary Arts Student at Renton Technical College. Her main reason for developing this recipe was because every Christmas her mom would make pork tenderloin. It was always very tasty. So now that Maria is in the Culinary Arts Program she decided to come up with her own recipe. Her family loved it so much that now they use her recipe.

Holiday Herb-crusted stuffed Pork Tenderloin Garlic Rice & Ginger Carrots

1	Pork tenderloin	8 oz	Mushrooms, sliced
5 oz	Parsley, chopped	4	Carrots, chopped
5 oz	Dried French Thyme	2 cups	Rice
5 oz	Dried Rosemary	5 oz	Onion, chopped
5 oz	Dried Oregano	3 tsp	Ginger, minced
½ cup	Olive Oil	4 cups	Chicken stock
3 oz	Walnuts		Salt to taste
3 oz	Cranberries		Pepper to taste
2 oz	Brown sugar		

Using a knife steel make a hole in the middle of your pork tenderloin. Once completed, put away the pork until needed again.

In a medium sauté pan, heat oil on moderate heat. Sauté the walnuts, cranberries, brown sugar, salt and pepper together. Let it cook for about 5 to 7 minutes, remove from heat and let it cool down. Save pan for later use.

Take the pork out and gather the cooled walnut cranberry mix. Stuff the walnut-cranberry mix into the hole that was made in the pork.

Rub the stuffed pork tenderloin with olive oil. Then pat the chopped herbs onto the pork. On medium high heat sear the pork. Sear it until it is just that beautiful roasted color. Once the pork has been seared on both sides place it in an oven safe dish and place in a 350°F oven and bake for 30 – 33 minutes.

Sauté the onions, garlic, and rice on medium high heat for approximately 5 minutes. Then add the chicken stock and mushrooms, stir and cover. Cook for 20 – 25 minutes.

Sauté the carrots in the same pan used to cook the walnut-cranberry mix. Add the salt, pepper, and ginger.

Once everything is cooked, plate it and enjoy your meal.

renton briefs

Arts Unlimited announces Call for Artists

Arts Unlimited, a local independent art committee, has issued a "Call for Artists" to display artists of all media, including but not limited to painting, printmaking, sculpture, installation art, drawings, photography and mixed media.

Display opportunities range from one-day events in downtown Renton to a monthly showcase in the Carco Theatre lobby. Details and an application are available on-line at www.artsunlimited.org.

Espresso stands featured in calendar

Jet City Espresso at 207 Main Ave. S. and Woody's Espresso, 1616 NE 30th St., are two of 68 espresso establishments featured in the 2007 benefit calendar called "Shots of Espresso – Establishments in Washington and Alaska."

The calendar is the second benefit calendar created by Susan McKeeth, a research project interviewer for both Fred Hutchinson Cancer Research Center and the University of Washington's Cardiovascular Health Research Unit.

McKeeth took all the photos of the espresso stands, traveling from Centralia, Wash., to as far north as Homer, Alaska. Her 2006 benefit calendar featured Puget Sound espresso stands and raised more than \$6,000 for cancer research.

Class emphasizes, rewards of parenting

St. Matthew's Lutheran Church is hosting a series of parenting classes beginning Wednesday, Jan. 3. The series titled "Parenting with Love and Logic" originates from the Love and Logic Institute and is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic.

The program will run Wednesdays, from Jan. 3 through Feb. 14 from 7 p.m. to 8:30 p.m. There is no limit to the class size. The nationally recognized program does not have religious content.

St. Matthew's is offering the course at a reduced rate: \$25 per person or \$30 per couple. St. Matthew's Lutheran Church is located at 1700 Edmonds Ave. N.E. in the Renton Highlands. More information and registration are available by phoning Kim Unti, 425-226-2420. Information about program content is available on-line at www.loveandlogic.com/pages/factsheet.html

The Advanced Mortgage Group

Professional, Efficient, Personal

Our experienced staff builds long-term relationships with our customers by providing quality and personalized service.

• Purchases • Refinances • Equity Lines of Credit • FHA, VA
• Investment • Construction • Commercial • Debt Consolidation

3900 E Valley Highway, Suite 203, Renton • 425.917.8054

www.theadvancedmortgagegroup.com



Greg Taylor

888.99.VOICE
sexual assault resource line



It's never too late.

Call.



RENTON MAGAZINE / David Nelson

Renton Moms Group organizer, left, Julia Rule with sons Thomas and Harrison; assistants Jo Holland and daughter Frankie; Christina Becerra and daughters Celena and Adrianna; and, right, Sarah McDermott and son Noah.

Renton Moms Group: a lifeline for mothers

BY ANDREW FICKES

As a new mom in a new country, Julia Rule wanted to meet and make friends with other moms. She and her husband Dave moved from Australia to Renton in 2001 when he took a job at Boeing.

Connecting with other young mothers was a challenge. Now young mothers can meet locally by searching globally, via the Internet. Meetup.com is the home base for moms' groups in six countries and 504 cities around the world. Total membership for a combined 764 groups is 60,306.

In Renton, a group that started with six members last June, has mushroomed to include 113 moms, with kids boosting membership to 215.

"We're like one little group in a big pond," Rule says. "Unless you're a mom, you can't truly understand the need for a group like this."

After she had her first child, Harrison, Rule had decided to start her own Renton Moms' Group but ended up joining an existing group. Within a month, she was put in charge. The group's mission is to provide moms support through friendship and fun.

"My premise was to provide a community group for

We're like one little group in a big pond. — Julia Rule

Renton moms to meet other moms," she says. "We love to support Renton by having our events in Renton if we can. We also support local charities."

The Renton Moms Group sponsors about 15 to 20 events a month, including regular playgroups on Tuesday and Thursday mornings. Daytime events are kid-driven, but evening events usually allow moms to take time away from the kids.

For Halloween, one of the mothers — a professional photographer — took shots of all the kids in their costumes during a party at Kenneydale Park Hall. Another mom provided materials so kids could decorate mini-pumpkins.

"Kids benefit because they get to make new friends," Rule says. "They also get happy moms."

The Christmas party — just for moms — was at La Hacienda.

"The greatest benefit I've had from this group are the friendships," Rule says. "There are some amazing women in this group. These are friendships I'll have for life."

The group also supports charities such as Child Haven, which benefits needy families, and Girls on the

Run, a mentoring program for high school girls.

To support each other, the group started a program called Meals for Mommas. Members provide meals for other members who are new moms.

"The group has alleviated some of the normal worries of being a mother," says Kristin Freer, who at age 36 became a first-time mother with a baby daughter. She said joining the group last July helped her with the transition from working full time to motherhood.

"The group provides me meals," she said. "The women call to check on me and even stop by to visit. They have spoiled my daughter. They are kind and loving women."

Members are required to live within Renton, and that's it. There are no membership dues besides the occasional donation at an event. Members are asked to attend at least one event per month. Otherwise, Rule said, there are no strict codes or bylaws.

"I don't want the group to be intimidating," she said. "I want members to feel welcomed."

Members also have the advantage of being able to chat on-line through the web site. Rule confesses to maybe chatting a little too much. But she has 4-year-old Harrison to remind her when it's time to stop.

Rule says she hopes the group will increase its membership in the coming year and expand its community involvement. She invites interested moms to sign up at the web site, www.moms.meetup.com/1315.

Soroptimists help women and girls near and far

BY ANDREW FICKES

To most of us living in Renton, Bosnia is worlds away. But to the women of the Renton chapter of Soroptimist International, Bosnia is no journey at all.

For the past two years, Soroptimist International in Renton has sponsored several Bosnian women affected by war. They do so through a program called Project Independence, in partnership with Women for Women International.

It's one of many ways the Renton Soroptimists serve others, both in the local community and worldwide. With 16 active members, the Renton chapter raises approximately \$10,000 each year through its dinner and live/silent auction. This year's event, "Hot, Hot, Hot Caribbean Nights" will be held Feb. 10 at the Fairwood Golf and Country Club.

The group also raises money through the sale of holiday wreaths, keeping funds in the community with contributions to about a dozen local charities and organizations. Recipients include the Renton Clothes Bank, Valley Breast Center and the Renton Salvation Army Food Bank. Another significant local project is the

Workplace Campaign to End Domestic Violence, held each November.

Yet the Soroptimist mission is to improve the lives of women and girls both locally and throughout the world.

"Project Independence helps women who have been affected by war in the countries of Bosnia, Afghanistan and Rwanda, among others, by providing education, medical and training assistance," says Judy Craig, president of the Renton Soroptimists. "The program supports these women, many whose husbands have died, getting them back on their feet by providing them micro loans."

"This is a way that we can feel as though we're doing something even though we're not traveling around," said Craig. "The plight of women in some countries is just appalling. Our mission is to ease that plight."

The Renton Soroptimist chapter was organized in 1948, one of the first in the state. The worldwide organization was started by Violet Richardson-Ward in 1921 in Oakland, Calif.

The group, which recruits members from among business and professional women, was modeled after Rotary, giving women around the world an opportunity to volunteer time and talents. Today, there are almost 100,000 Soroptimists in 120 countries. "Soroptimist" is a coined word to con-



RENTON MAGAZINE / David Nelson

Soroptimist International of Renton president Judy Craig enjoys a free moment to test drive a Christmas present for one of the families the club supports during the holiday season.

The feeling of making the world a better place for others is very gratifying.

~Judy Craig

note "the best for women."

Initially the Renton Soroptimists group accepted only one woman from a particular profession. If a woman wanted to join the club and was in a profession already represented by the club, she had to get permission from the first woman.

"I don't think we pay much attention to that anymore, because basically we want women who are interested in helping other women and have the time and effort and money to do so," said Craig.

In June of each year, the group selects recipients for several awards: Women's Opportunity Award, Violet Richardson Award, Rosalie Evans Scholarship, Making a Difference for Women Award, and the Lucille Culliton Art Award.

For the campaign against domestic violence, the women print and distribute cards providing information about resources for victims.

"We distribute those each November to workplaces, schools, public areas and churches," said Craig.

"We also help to furnish apartments for victims of domestic abuse so that they have a place to live," said Suzanne Thompson, director of community relations for McLendon Hardware. The club is interested in hearing from women — whether working or retired — who are interested in joining.

"Soroptimist International is a great organization," said Thompson, who has been a member for more than 10 years. "It's a great bunch of women doing some great things."

They even find time to socialize, she said.

"The feeling of making the world a better place for others is very gratifying," said Craig. "And the friendships I have made in this group have been wonderful."



service clubs



Fairwood Lions Club

1st and 3rd Wednesday at 6:30 p.m.
Golden Peacock Restaurant,
14412 SE Petrovsky Rd.

Contact: Phil Johnson, president, (425) 227-6315

Kennydale Lions Club

2nd and 4th Mondays at 7 p.m.
Kennydale Memorial Hall, 2424 NE 27th St.

Contact: Paul Wold, secretary,
(425) 226-3672



Renton Lions Club

2nd and 4th Wednesdays at 7 p.m.
Amante Pizza and Pasta, 4201 NE Sunset Blvd.

Contact: Joann Billadeau, secretary, 425-228-2403

Website: www.rentonlions.org

Greater Renton Kiwanis Club

Every Thursday at 7:27 a.m.
Renton Technical College, 3000 NE 4th St.

Contact: Jon Pozega, secretary, (425) 235-2463



Renton Kiwanis

Every Tuesday at noon
La Hacienda Restaurant, 811 S. 3rd St.
Contact: Dorothy Wood, secretary,
(425) 226-2996

Renton Rotary

Every Thursday at noon
Maplewood Golf Club, 4050 Maple Valley Hwy.
Contact: Andee Jorgensen, secretary,
(425) 255-4161
www.rentonrotary.org



Fraternal Order of Eagles 1722

2nd and 4th Wednesdays at 7:30 p.m. (Men);
1st and 3rd Wednesdays at 7:30 p.m. (Women)

Eagles Lodge,
220 Wells Ave. S.

Contact: Mike O'Conner, secretary,
(425) 226-1721

Soroptimist International of Renton

1st and 3rd Tuesday at noon
Salvation Army, 720 S. Tobin
Contact: Judy Craig, president, (425) 255-3210

Veterans of Foreign Wars-Renton Post 1263

1st Thursday at 7 p.m. (Ladies Aux.);
2nd Wednesday at 7:30 p.m. (Men's Aux.)

VFW, 416 Burnett Ave. S.

Contact: Cheryl Burkhardt, ladies auxiliary
secretary, (425) 255-9010



**Perfetto Gelato
& Café**

"Ice Cream Like You Never Tasted Before"

sweet dreams

Special desserts for
special holidays

4605 NE 4th Street | Renton, WA 98059
425.255.8600

**Fion's
Wedding Boutique Inc.**

Gifts & Wedding Favors
Birthday, Wedding and
Company Event Planning

401 Olympia Ave. NE #105 | Renton, WA 98056
425.687.8707 | 206.229.0000

advertising that works

In just a
couple of
months,
many
of our
advertisers
are reporting
excellent
results.

For ad information
call Denis Law at
425.271.9300 or
DenisLaw@RentonMagazine.com

RENTON
Magazine

**Car + Home =
BIG SAVINGS**

See me for Car and
Home Insurance and save.



Jim Sullivan, Agent
1520 Duval Avenue NE
Renton, WA 98056-0259
Bus: 425-226-3322
jim.sullivan.bwrk@statefarm.com



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.
Providing Insurance and Financial Services

State Farm • Home Offices: Bloomington, IL
P050005 03/05

**Shaping the future
of the Renton
Community**

Through a legacy of Philanthropy

901 South Third Street
425.264.0516

**Renton Community
Foundation**



Richard Jahn's interpretation of the Cedar River near downtown Renton.

RICHARD JAHN

Picturing Renton through an artist's eye

BY MANNY FRISHBERG

Richard Jahn is not your every-day kind of artist.

"Some guys like to go fishing; I like to go painting," he says. But there are limits.

"I don't do it every day."

The popular Renton artist, who has been selling suburban and shoreline landscapes for more than 20 years, insists he wouldn't want to do it for a living.

Besides he has a job – as a city firefighter.

"That's a fun job too, but I don't intertwine them," Jahn says.

Even firefighting is a second career. He worked in his parents' retail business

until, at age 38, he became the oldest new recruit ever hired by the Renton Fire Department. He says beginning at that age was much harder than he'd anticipated. And the need to always make the right decision in what can become life-and-death situations is stressful, but Jahn says he has no desire to abandon fire-fighting for a full-time art career.

He's doing well enough as a self-proclaimed hobbyist. By selling prints of his original paintings, Jahn has allowed his work to be more affordable and accessible to a wide audience. His art no doubt hangs in a number of the homes he has portrayed on canvas.

His talent and vision are unmistakable. Stylistically he takes his inspiration from the French Impressionists of a bygone century with a special nod to

Vincent van Gogh.

One of his most sought-after works, at least locally, is a view of the neighborhood he used to look out over from his home atop Renton Hill.

"I originally picked that site because I thought it was an interesting view," he says, "but I kind of chose it, also, because it was no place special. I didn't really want people to like it just because of where it is – I want people to be more interested in the art work than in the subject matter."

Yet it has become one of his best selling images, in large part because of the nostalgic sense of place it engenders.

"I didn't realize why people bought art," he admits. "People buy art because they can relate to it in one way. When people started buying it's because they go, 'Wow, that's my house' or 'I grew up

there.' I had people buying three or four prints at the same time of the same one."

Jahn says people buy multiple prints to give to family members.

"A customer comes in and buys three or four of the same piece because they lived there 50 years ago and now the family's scattered all over and they all have fond memories of the place."

He is happy that people appreciate his work, whatever the reason.

With a wife, three children and a demanding full-time job, Jahn says he tries to keep his avocation as a painter from taking over too much of his life.

"There are times when I just get lost in it – when I'll get up in the morning and paint until midnight. But it's kind of sporadic," he says.

"I pretty much have been painting as a hobby all my life. I still consider it a hobby and probably always will," says Jahn. "Even if I were doing it full-time I still would probably think of it as a hobby. I never want it to become a job."

See calendar on page 6 for Richard's upcoming showings.



Ryan Runge
206.407.8719
 ryanrunge@hotmail.com

- 1st Time Home Buyer Specialist
- Renton Antique & Art Walk Committee Member
- Founder of Renton Block Party Coming 2007

American Classic HOMES



REAL ESTATE

2nd Year Finalist BBB • Relaxed Environment
Dedicated Chamber Members • Friendly Service

Ask about our hassle-free listing program
World's easiest property search at RyanRunge.com



Corey St. John
206.355.0169
 coreystjohn@hotmail.com

- 3rd Generation Renton
- Mortgage Background
- Seasoned Investor

Part of Renton's Past, Present & Future

Renton Hill • Talbot Hill • Kennydale • Bryn Mawr • Downtown Renton • Briarwood



Benson Hill
\$ 399,950

Lovely move-in ready 5 bedroom home. Many updates including new deck, landscaping, hardwoods and kitchen cabinet upgrades. Vaulted ceilings and tons of natural light make this home feel much larger! Bedroom, bathroom, laundry room and family room conveniently located downstairs for potential MIL.



Updated Renton Highlands
\$ 319,950

Charming 3 bedroom, 1 bath with easy potential for another bath. New carpet, vinyl, bathroom, kitchen and lighting. Well-maintained and move-in ready! Huge separate family room w/fireplace. Patio – half covered, possible sport court.



Vacant Land
\$369,950

Just one block from Kent Station. Large lot with fixer 2 bedroom. City says zoning is MRT16 which means 3 homes or triplex of any lot sizes. 1 Block from Kent Station, Sounder Train, and future event center that will host Tbirds Hockey/concerts.

Ryan and Corey support local Renton businesses and nonprofits such as HopeChest, Arts Unlimited, and Jet City Espresso. Ask us about getting involved with the city!



FREE Moving Truck

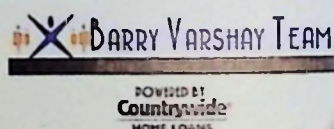
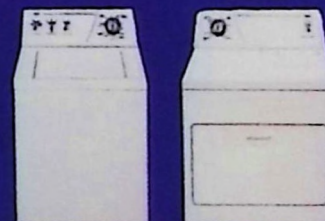
When you Buy or Sell
a home with us.

FREE

Washer & Dryer from

KING and BUNNYS
 APPLIANCES

Call us for details



Barry Varshay Team
 barry@barryvarshay.com
 425 974 7283 office
 206 947 6220 cell





Remarkable things happen here.

Our Emergency Department is one of the busiest on the West Coast. We're nationally recognized for excellent Critical Care. And our heart-attack treatment is so efficient, even Yale University has studied us.

Valley Medical Center has been voted one of the **Best Places to Work** in Washington for five years in a row. We have a team of thousands who are passionate about their work...and about the community we serve.

 Valley Medical Center

www.valleymed.org

Get an annual subscription for only \$20. Send a check to Renton Magazine, 15 S. Grady Way, Suite 514, Renton, WA 98057.