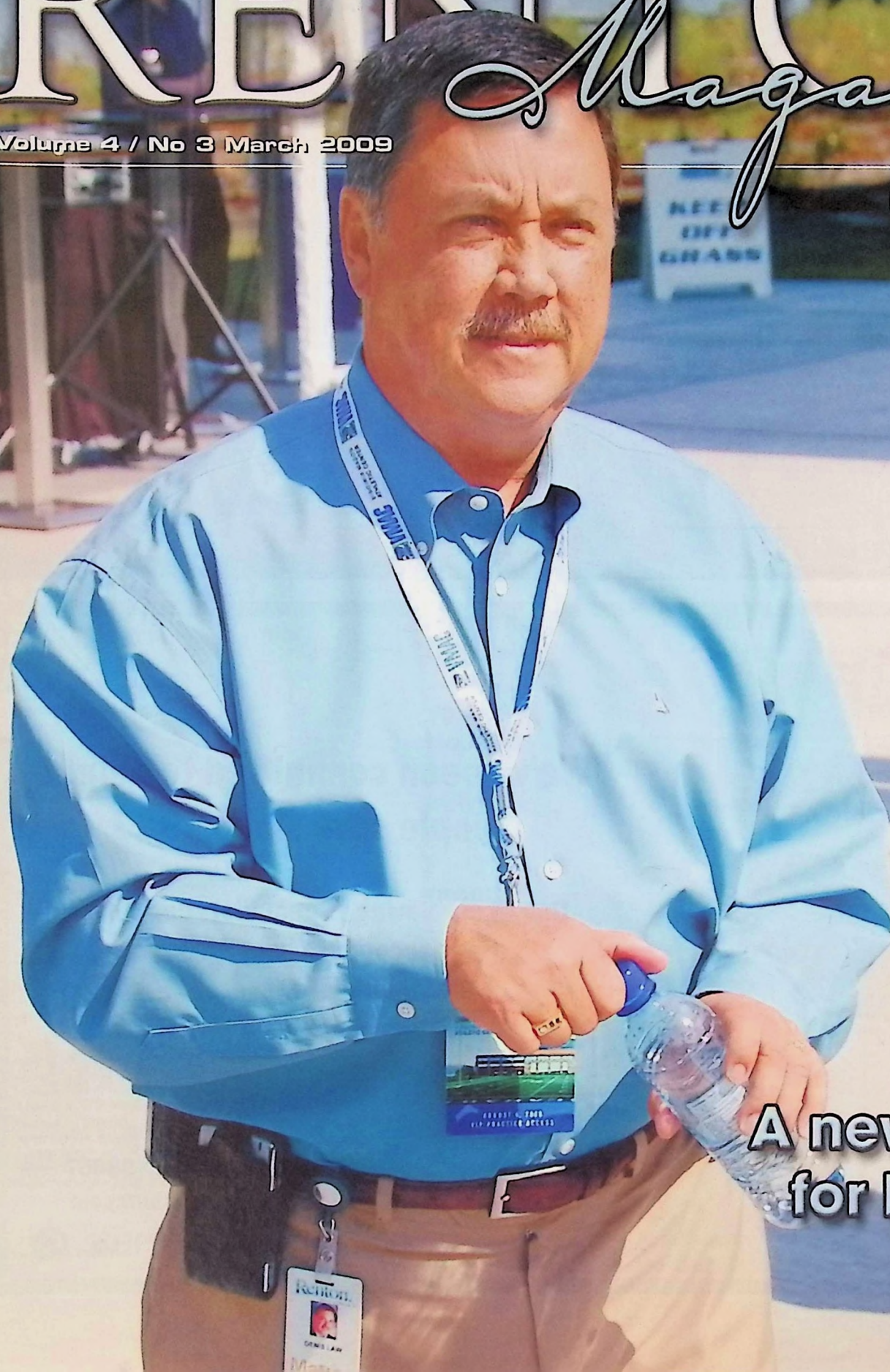


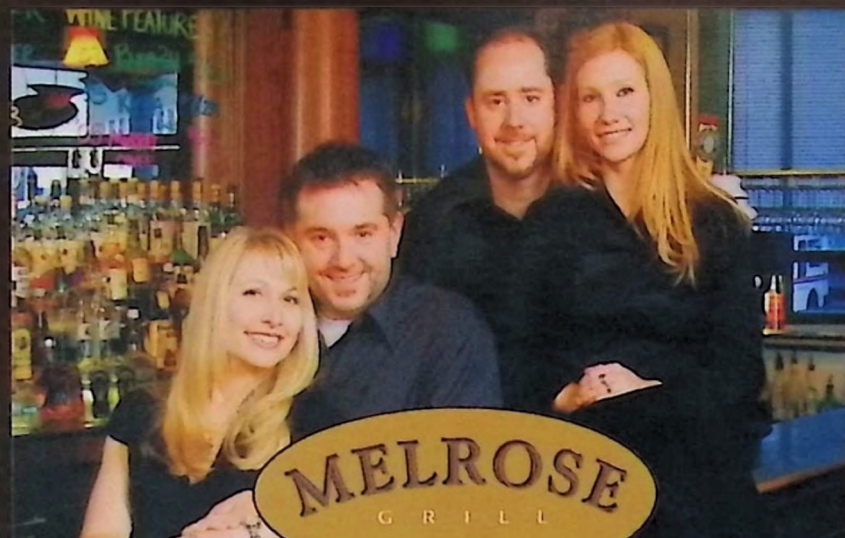
RENTON *Magazine*

Volume 4 / No 3 March 2009



**A new chapter
for Denis Law**

page 10



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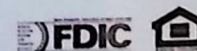
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Two days ago, a crocus greeted me. I planted the corms several years ago, and each spring, I seem to miss the early signs of its return. So I am surprised when blooms magically appear near my front walkway, seemingly sprouted overnight. The profusion seems so sudden and, immediately, my mood begins to lift. I know then that spring will come.

The yellow crocuses came first this year, so I looked around, and yep, the purple ones weren't far behind.

I couldn't wait to get into the frosty back yard, which not too long ago was deeply covered with snow. I had feared for my perennial beauties, wondering if this winter had been too much for them. Too cold, and too much snow. But with the signal of the crocus, I had to see. Right now.

Leaving for work would wait a few minutes.

Sure, there's damage. Burned leaves, a few broken branches, shrubs that are misshapen from heavy snow.

And yet.

The daphne odoras are beginning to bloom.

Lady's mantle and columbine are starting to emerge, and the giant hostas are sending up shoots, too. The Japanese butterfly maple's buds are starting to swell. No signs yet of the Japanese Painted or Maidenhair ferns and the other really tender plants. They'll



Diana Kramer
PUBLISHER

come on stage when it's a bit warmer. Or not. Perhaps some of them are dead.

But look, along the fence are the swords from my grandmother's irises that moved from Illinois to Arizona and then with me to Washington.

I think we become so deeply mired in winter that we forget that spring will come. We get so soaked in cold, dark and wet that we aren't watching for the early signs of spring. We miss them. And then suddenly, spring magically arrives. Not on a single day, of course, but bit by bit, until it can no longer be ignored or denied.

There is something powerful and comforting about the coming of spring. Despite hardships and neglect, it will come. I hope you'll take a moment and look for it. And that it lifts you.

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cover:

Renton mayor Denis Law enjoys a tour of the new Virginia Mason Athletic Center, training facility for the Seattle Seahawks and the Sounders. He is fully engaged with the city's challenges, and draws inspiration from the heart and soul of Renton. Law remains an unabashed Renton booster. Photo courtesy of City of Renton.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

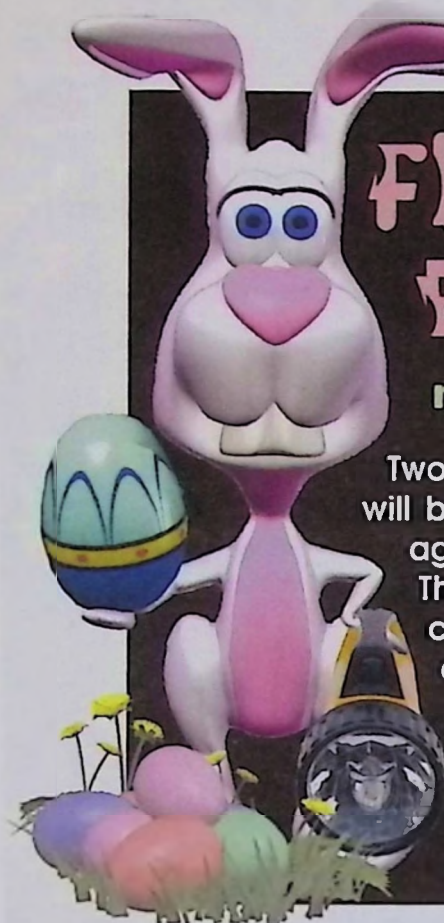
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425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events



Flashlight Egg Hunts

march 20

Two separate nighttime egg hunts will be held at Liberty Park, one for ages 7-10 and one for ages 11-15. The park will be loaded with candy and prizes. All kids need are a flashlight and a sack to carry home their goodies.

Liberty Park	Friday, 8 p.m.
1101 Bronson Way N.	425-430-6700
	Admission: Free

LITTLE SHOP OF HORRORS

Presented by The Hi-Liners march 20-29

The infamous Audrey II is back in town in the Hi-Liners MainStage production of the cult classic, "Little Shop of Horrors." Brought to life with a remake of the original off-Broadway version, this musical-comedy is a favorite of theater-goers and live entertainment fans. The Hi-Liners MainStage features talented young performers in Broadway-style productions with a professional standard.

Carco Theatre
1717 Maple Valley Highway
206-617-2152

Admission: \$18/adults; \$15/students and seniors; \$12/children 12 and under / Call for production times



march 7

Summer Part-time Job Fair

This is a chance for youth ages 17 and up to meet division representatives, get job information, and pick up applications at the Renton Community Center. Job opportunities include Henry Moses Aquatic Center staff, Coulon and Kennydale lifeguards, recreation leaders, day camp staff, boat launch attendants, maintenance personnel, and facilities personnel.

Saturday, 10 -11:30 a.m.
Renton Community Center
1715 Maple Valley Highway
425-430-6700
Admission: Free



march 12

Renton City Concert Band

The 50 plus piece Renton City Concert Band will perform a selection of popular music, directed by Michael Simpson.

Thursday, 7:30 p.m.
Carco Theatre
1717 Maple Valley Highway
425-430-6700

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



march 28

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.

Saturday, 9 a.m. to 5 p.m.
Renton Community Center
1715 Maple Valley Highway
425-430-6700

Fee: \$7 (plus \$25 for supply fee paid to instructor)



now playing

Goldilocks

FEBRUARY 28-MARCH 1

PRESENTED BY STORYBOOK THEATER

Golden curls and mood swings do not necessarily mix with an over-pampered, but adorable, baby bear. Can a famished little lost girl put her spoiled behavior on the back shelf and learn how to be a friend to a lonely bear who hungers for a playfellow? Through listening and taking turns, these two misfits discover the power of having fun and being a friend.

Saturday, 10 a.m.
and 1 p.m.;
Sunday, 1 p.m. and
3 p.m.

1-877-827-1100

Carco Theatre
1717 Maple Valley
Hwy

Admission:
\$9/general seating



LOST IN Yonkers

february 20-march 7

Renton Civic Theater presents this theater classic, directed by Rick May. The play won the 1991 Pulitzer Prize and four Tony Awards. It tells the story of a battling odd couple: an elderly woman and her 35-year-old daughter, all set in Yonkers, 1942.

Thursdays, 7:30 p.m.;
Friday and Saturday, 8 p.m.;
and Sundays, 2 p.m.

Renton Civic Theater
507 S. Third St. /
425-226-5529
Admission: \$22

save the date

Cinderella

april 4-5

The classic fairy tale comes to life at the Evergreen City Ballet for two days only, combining the music of Respighi and original choreography. Cinderella would love to one day meet her prince, but how will she ever do so if she can't attend the ball?

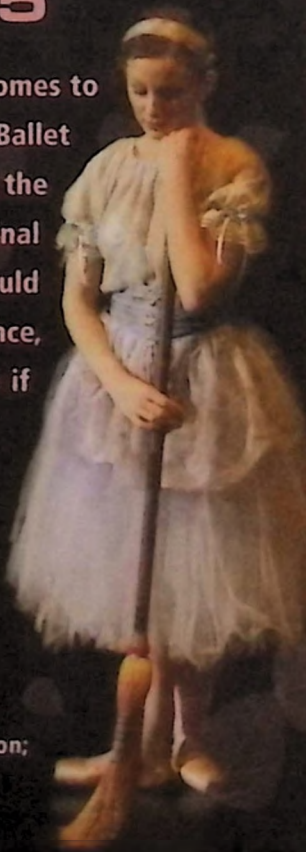
Saturday, 1:30 p.m. and 7:30 p.m.;
Sunday, 1:30 p.m.

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Admission: \$38/general admission;
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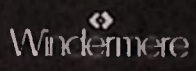
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calendar of events

PUBLIC ART



Carco Theatre presents: Daniel Wend

Through March 28

Daniel Wend's abstract art series is a selection of textural works with cloth, fibers, paper, plastic, and assorted salvaged materials on canvas, wood panels, or masonite. Wend describes his work as a "reflection of the passage of time and the universal forces of nature." He says his art is a natural outgrowth of his lifelong fascination with science and humanity. A reception will be hosted by Carco Theatre Saturday, Feb. 28 from 4-7 p.m.

Carco Theatre
 1717 Maple Valley Highway

425-430-6706

Admission: Free

RENTON CHAMBER EVENT

State of the City Renton Chamber Luncheon

Wednesday, March 18, 11:30 a.m. to 1 p.m.

Renton Mayor Denis Law will address members of the Renton business community.

Holiday Inn
 One South Grady Way

425-226-4560

Admission: \$35

Register at www.gorenton.com

FREE PROGRAMS

GPS 101

Wednesday, March 11, 7 p.m.

This class will cover basic features available on different models, how the technology works and also what to expect from your global positioning system.

REI (at Southcenter)
 240 Andover Park West

206-248-1938

Admission: Free

www.rei.com/tukwila

Renton History Museum Tours

Third Saturday, 11 a.m.

Tours are appropriate for elementary students through adult. No reservation is necessary, unless there are more than five people in your group. In that case, the museum requires at least one day advance notice.

Renton History Museum

235 Mill Ave. S.

425-255-2330

Admission: Free

TEEN PROGRAMS

Teen Nights

Saturday, March 14, 7-10 p.m.

City of Renton Parks and Recreation provides a safe place for ages 11 to 17 to hang out at the North Highlands Neighborhood Center. An evening of fun includes games, sports, and movies. Snacks provided.

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

425-430-6700

Admission: Free

Teen Game Days

Thursday, March 19, 3-5 p.m.

This program is for grades six to 12.

Renton Public Library

100 Mill Ave. S.

Admission: Free

Spring Dance

Friday, March 27, 7-10 p.m.

For ages 11 to 15. School identification card required.

Renton Community Center
1715 Maple Valley Highway

425-430-6700

Admission: \$5 at the door

YOUTH PROGRAMS

Renton Community Center
(room B)
1715 Maple Valley Highway
425-430-6700

Preteen Style

Saturday, March 28, 12:30-4:30 p.m.

For girls ages 9-11. This class helps young women to develop their own style and not just follow the crowd. Girls will learn communication skills, party manners, ways to develop friendships, maintain a positive attitude, and tips on postures, clothing, and nutrition.

Fee: \$40/residents; \$48/non-residents

Young Ladies and Gentlemen

Saturday, March 28, 9 a.m.-noon

For ages 6-10. This workshop, taught by Final Touch Finishing School, includes telephone etiquette, basic table manners, introductions, personal care and posture. Each student receives a "goodie bag" to take home.

Fee: \$30/residents; \$36/non-residents

LOW-COST HEALTH CLASSES

Valley Medical Center
400 S. 43rd St. (Talbot
Professional Center)
To register, call 425-656-4006
Fee: \$5

Yoga For Beginners

This interactive yoga workshop provides yoga basics, including poses and relaxation methods for stress management. Comfortable clothing for easy movement is advised.

Thursday, March 5, 1-2 p.m.

Golf Conditioning Class

Improve your game by learning how your flexibility and muscle strength affect your swing. Specific

exercises will be taught to develop a better, more efficient golf swing.

Thursday, March 12, 1-2 p.m.

Abs and Back Clinic

Strong abdominal and back muscles are key in preventing injuries and pain and improving physical performance. Learn how to train these core muscles safely and effectively. Comfortable clothing is advised.

Monday, March 16, 1-2 p.m.

Thirty-Minute Circuit At Home

Learn a fun and exhilarating 30-minute workout that you can do in the comfort of your own home. The circuit will be a combination of resistance and cardiovascular exercises. Wear comfortable clothing.

Monday, March 30, 1-2 p.m.

SENIOR EVENTS

Renton Senior Activity Center
211 Burnett Ave. N.
425-430-6633

Speaker: Do you have all your legal documents in order?

Tuesday, March 17, 12:30 p.m.

Dan Kellogg, attorney, will share information (no legal advice) on wills, durable power of attorney, living trust, community property agreements, and legal guardianship. Learn the importance of having the legal documents completed ahead of time so that when the unexpected happens, your family and medical professionals will know your wishes. Bring your questions to be answered.

Fee: Free

Art Extravaganza

Thursday, March 26, 10-11 a.m.

This is a showcase for Renton Senior Center's resident artists. Registration to participate must be made with Lisa by March 19. The Renton Senior Center asks that participants provide their own easel to display their work.

Fee: Free

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.

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A SPECIAL PLACE CALLED

MOHOLO

BY DAVID SUFFIA

Most of Dr. Kim Nicholas' life has revolved around animals.

He worked as a kennel boy in Burien from age 13 until he graduated from high school. He earned veterinary and master's degrees from Washington State University in 1984, and he's operated the Cedar River Animal Hospital in Renton since 1988.

He donates much of his time and skills to treat animals in need, and volunteered at a wildlife rehabilitation center in South Africa.

And now, at 52, he's written a children's book about his African adventure and is working on an adult version, both illustrated with some of the 4,000 photos he took while in South Africa.

"I put together the children's book as a Christmas present for Nadia and Chase, the children of my colleague, Dr. Deborah Wolf," Nicholas says.

"The book brought tears to my eyes," Wolf adds.

"I'd like to get the book published, but I'm a veterinarian, not an author," Nicholas says. "I have no idea how to proceed with getting a book published and distributed."

EXOTIC PHOTOS

Titled "A Special Place Called Moholo," the children's book has photos of zebras, cheetahs and some of the other animals Nicholas helped treat and care for.

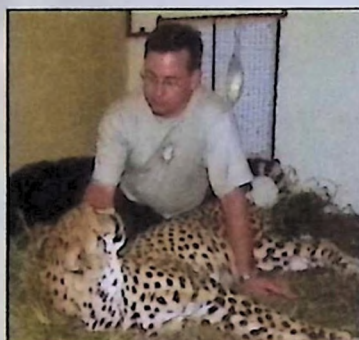
"We had five lions, two cheetahs, baby hippos, a baby rhino and lots of birds. They had been injured, orphaned, or in some cases poisoned by farmers who put out poisons to keep animals away from their crops and livestock.

"It's sad, but you have to understand that a lot of people in Africa are struggling just to get enough to eat, and they aren't focused on the animals or the environment."

Nicholas volunteered at the Moholo Wildlife Rehabilitation Centre after he "turned 50 and decided to do something unique and worthwhile. Ultimately, I found about it on the Internet. I went just to do grunt work, cleaning and feeding the animals, but they



Dr. Kim Nicholas wrote a book about his volunteer veterinary work in South Africa for the children of one of his colleagues' children. Photo by David Suffia. Below left, Dr. Kim Nicholas helped treat wild animals, including this young cheetah, at a South African wildlife rehabilitation center. Photo copyrighted by Dr. Kim Nicholas.



RENTON MAGAZINE
DAVID SUFFIA

Left, Dr. Kim Nicholas examines a pug, one of his patients at Renton's Cedar River Animal Hospital

found out I was a veterinarian and recruited me to do more for the animals."

STILL INVOLVED

Nicholas still sends medical supplies regularly to Moholo, and his Rotary Club in Tukwila has raised more than a thousand dollars to help support the rehabilitation center.

He also volunteers locally, treating animals for the City of Renton Animal Control, and treating service animals for the handicapped.

"We have treated a bear, deer, owls, opossums, and dozens of birds for Renton Animal Control, in addition to hundreds of dogs and cats."

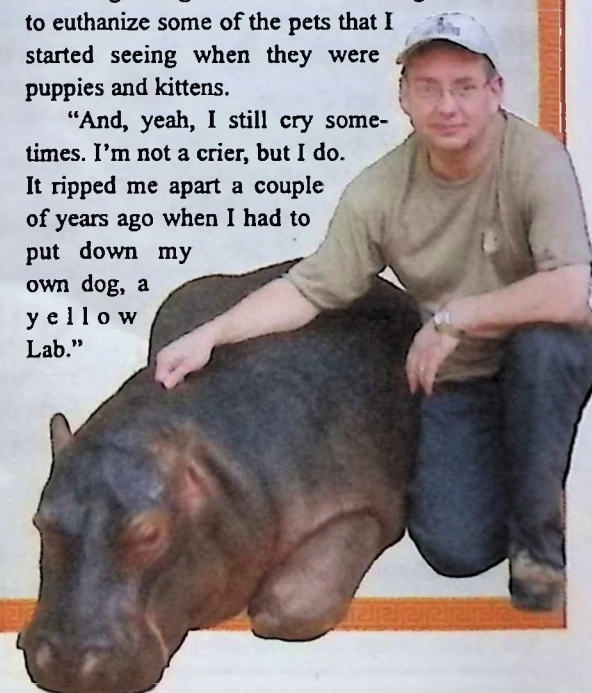
Nicholas likes a challenge and has an instrument-rated private pilot's license. He built his own small aircraft from a kit.

"It's painted in Washington State University colors," he says proudly, pointing to a picture of the plane on his office wall, right below a framed motto that proclaims: Flying is the second greatest thrill known to man.

Landing is the first.

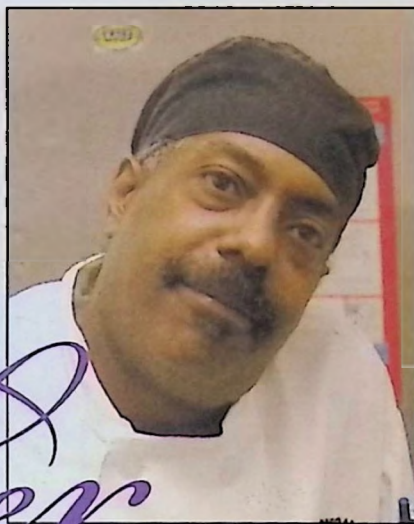
"Some things still get to me, even after all these years as a veterinarian," he says. "I hate what some people do to animals, and I still hate to euthanize pets that are old and sick. I've been here long enough now that I'm having to euthanize some of the pets that I started seeing when they were puppies and kittens.

"And, yeah, I still cry sometimes. I'm not a crier, but I do. It ripped me apart a couple of years ago when I had to put down my own dog, a yellow Lab."



kirby unti

I have lost a brother



CHEF ROBERTO

Roberto was one of those gracious people in Renton whom I would continually run into. We never knew one another well, but we did develop a friendship.

My first memory of Roberto was at a catered event at St. Matthew's. Roberto was there because he worked for the Renton Technical College Culinary Arts Department. He was dressed in his checkered pants with his white coat. I was aware of how hard he worked to set up the buffet and properly display the food. It was clear that Roberto loved what he was doing and found personal joy in being able to serve others.

It was on this occasion I learned his name and would from then on greet him. Renton Technical College is one of my favorite Renton institutions, and I frequently have lunch there. Roberto always would come by the table and greet me, and we would catch up on news.

Roberto was from Panama, and he spoke frequently of what it was like to return home. He was proud of his family and his home land. Before long, when Roberto would greet me he would call out so that anyone in listening range could hear, "Oh, there is my brother! How are you?" We would exchange a hearty handshake and hug and continue to chat.

Our brotherhood would only deepen when I would introduce him to my friends as my brother. It was obvious to everyone that we came from different blood, but I would always add, "We came from the same mother."

Roberto loved playing along.

I was impressed by how Roberto found his way to our community and

climbed the ranks at the culinary arts school. He waited his turn and became a key person in the department. He worked hard, always willing to take on weekend and evening catering assignments. He became a figure at all of Renton's charitable events and fund raisers.



Kirby Unti
COLUMNIST

Roberto had a thousand-watt smile, and he emanated with life. He was kind, caring and always added a dose of fun. Roberto and I never got together outside of our running into each other, but I always looked forward to seeing him and hearing about his life.

It is why I was so shocked when Kathy from RTC called me to say, "I have some very sad news. Roberto died today."

"No way," was my reaction. Not my brother. He is too young.

"What happened?"

Kathy went on to explain that he slipped into a diabetic coma and never recovered. I never knew he was a diabetic, and I am not sure he did.

I am really going to miss Roberto. His death is a loss for the entire community. I have to believe there are going to be a whole lot of people like me who didn't really know Roberto, but because of his outgoing and charming approach to life, counted him as a friend.

"I will indeed miss you, my brother."

My heart goes out to Mom and the entire family.

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

Cinderella
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1:30 and 7:30 pm @ Renton High PAC
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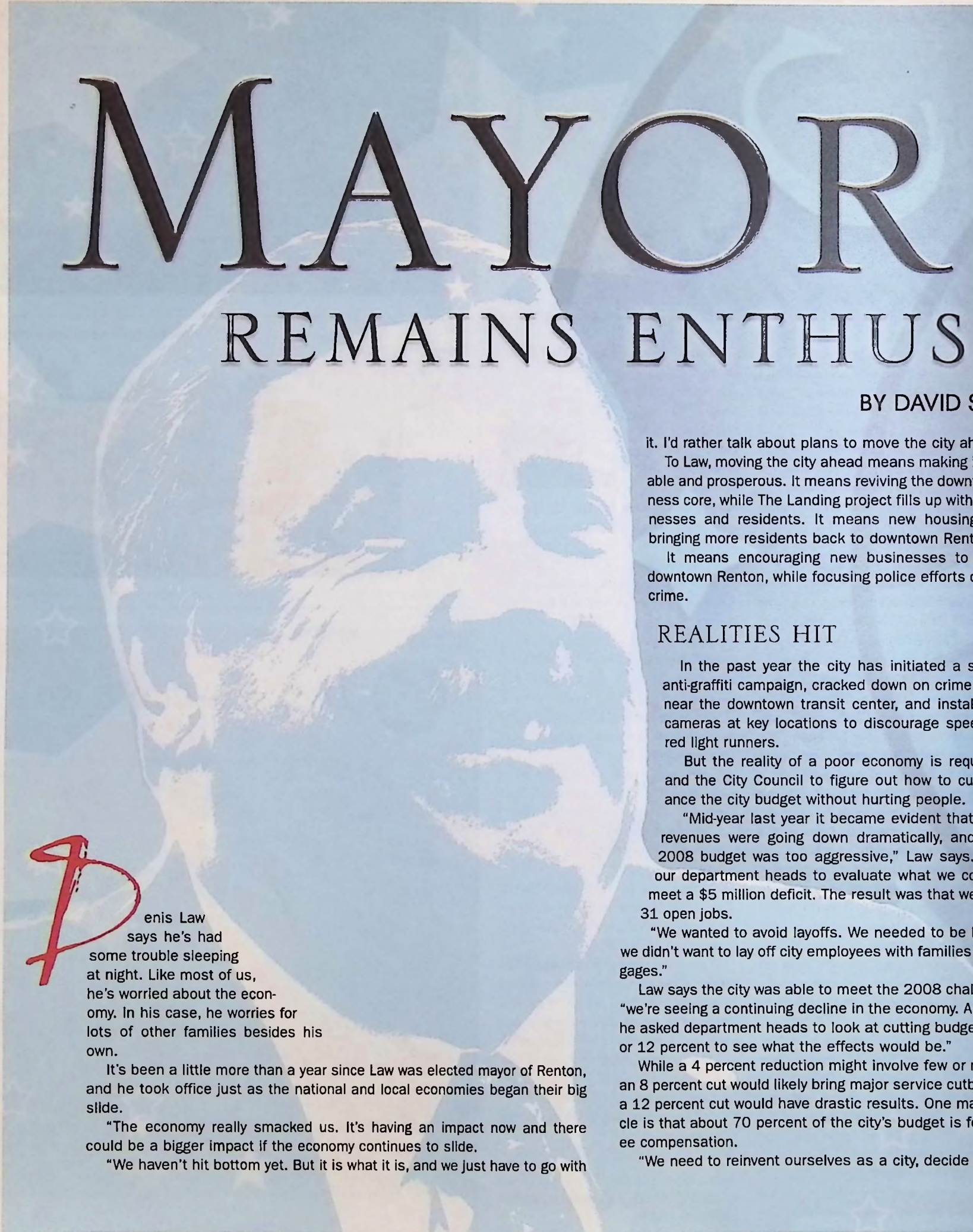
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MAYOR

REMAINS ENTHUSED

BY DAVID SUFFIA

it. I'd rather talk about plans to move the city ahead."

To Law, moving the city ahead means making it safe, livable and prosperous. It means reviving the downtown business core, while The Landing project fills up with new businesses and residents. It means new housing projects bringing more residents back to downtown Renton.

It means encouraging new businesses to locate in downtown Renton, while focusing police efforts on curbing crime.

REALITIES HIT

In the past year the city has initiated a successful anti-graffiti campaign, cracked down on crime problems near the downtown transit center, and installed traffic cameras at key locations to discourage speeders and red light runners.

But the reality of a poor economy is requiring Law and the City Council to figure out how to cut and balance the city budget without hurting people.

"Mid-year last year it became evident that the city's revenues were going down dramatically, and that the 2008 budget was too aggressive," Law says. "I asked our department heads to evaluate what we could do to meet a \$5 million deficit. The result was that we didn't fill 31 open jobs.

"We wanted to avoid layoffs. We needed to be leaner but we didn't want to lay off city employees with families and mortgages."

Law says the city was able to meet the 2008 challenge, but "we're seeing a continuing decline in the economy. As a result, he asked department heads to look at cutting budgets by 4, 8 or 12 percent to see what the effects would be."

While a 4 percent reduction might involve few or no layoffs, an 8 percent cut would likely bring major service cutbacks, and a 12 percent cut would have drastic results. One major obstacle is that about 70 percent of the city's budget is for employee compensation.

"We need to reinvent ourselves as a city, decide what core

Denis Law says he's had some trouble sleeping at night. Like most of us, he's worried about the economy. In his case, he worries for lots of other families besides his own.

It's been a little more than a year since Law was elected mayor of Renton, and he took office just as the national and local economies began their big slide.

"The economy really smacked us. It's having an impact now and there could be a bigger impact if the economy continues to slide.

"We haven't hit bottom yet. But it is what it is, and we just have to go with



Renton Magazine / James Bavendam



Photo courtesy of City of Renton



Photo courtesy of City of Renton

ABOUT CITY WITH heart and soul

services the public expects," Law says. "I think public safety should be at the top of the list, and roads, water and sewer services of course have to continue.

"Frankly, I think this is going to be a survival year."

PUTTING VISION TO WORK

Despite the prospect of severe belt tightening, Law says he enjoys being Renton's mayor. A hangover from his years as a community newspaper publisher, Law still has radio receivers everywhere – office, home and car – so he can monitor what's going in, especially in police and fire activity. He spends time almost every week with city employees on the job to see what they're doing and get feedback from them.

"This is a completely different chapter in my life," he says. "but I didn't seek this job to be a politician. If I were in this office just to be re-elected or elected to another public office, I wouldn't want the job.

"I don't even care much for the pomp and circumstance that goes with it. To me, it's just public service. It's a chance to put my vision of serving the public to work and rebuild trust in government among the people who pay the taxes.

"Fortunately, we have very bright and energetic city employees, department heads and City Council members."

Law is an unabashed Renton booster who says "This city has more heart and soul than any city I've lived or published in."



Photo courtesy of City of Renton

Photos above, Denis Law in his office; with the SeaGals, Blitz and Blue Thunder, after the Fire Department dedicated the "12th Man" engine; at a community picnic. Background photo: Law and Renton City Council members, from left, Rich Zwicker, Don Persson, Terri Briere, Marcie Palmer, King Parker, Randy Corman and Greg Taylor.



Renton Magazine / Diana Kramer

Photos left, Law with council members Marcie Palmer and Greg Taylor; in a meeting with Renton's Community Services Administrator Terry Higashiyama and Chief Administrative Officer Jay Covington.

Gardeners and global warming: What to expect

BY ELAINE ANDERSON

*I*f climate change isn't on every gardener's radar screen, it inevitably will be. Rising temperatures will have an impact on entire ecosystems, and our gardens and landscapes will not be immune.

What can we in the Northwest expect as a result of global warming?

The average temperature in both summer and winter will rise, as will the amount of rainfall we receive. However, winter precipitation will be primarily in the form of rain. Less snowpack will lead to water-use restrictions in the summer. We can also expect to have fewer frost days.

What will this mean for our gardens?

Earlier warming leads to earlier blooming. Early-blooming plants will be at greater risk of frost damage. Early blooming will also disrupt the timing of pollination, and pol-

linator species will suffer stress in addition to that which they already experience. Pollinators and the plants they depend on will be in danger of becoming extinct.

A longer growing season may seem like a dream come true. But, this will be a longer, drier growing season, and this lack of water will be stressful to many plants. Drought-stricken plants are more likely to succumb to disease.

Warmer temperatures will mean that many invasive species – plants and pests – that can't survive our current weather conditions will be able to move comfortably into our new Northwest climate. They will win the war against many of our native species that are stressed due to climate change. Some pests that are already here will welcome warmer weather. In a two-month period, aphids will produce three times as many offspring if our temperature increases 5.5 degrees Fahrenheit. That means 300,000 will turn into one million!

Plants that are ideally adapted to conditions here may no longer be able to survive in our new climate. Our state flower, the coast rhododendron, may become just a memory.

Frost influences the growth of some garden plants. Many



plants require a cold treatment to induce flowering. Spring bulbs and fruit trees, for example, need a certain number of cold days in order to flower. Fewer frost days mean that we will no longer be able to enjoy these plants in our landscapes.

There are many things gardeners can do to offset the impact of global warming, and I'll report on these next month.

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



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BY DR. KATHY CONNELL

*J*ust like their owners, many American pets are overweight. Pets have joined us in an unhealthy lifestyle that can lead to many diseases and health conditions. Carrying around those extra pounds also shortens our lives.

Veterinary experts estimate that more than 53 percent of dogs and 72 percent of cats are considered overweight or obese. This puts our animal friends at increased risk for heart and joint problems and serious illnesses like diabetes. Pet owners have the upper hand, because we control our pets' food intake. It is often very hard to resist those big brown eyes begging for another morsel, but we can cut back on the calories during the regular meal and by cutting back on treats.

Before you start your pet on any sort of restricted diet, talk with your regular veterinarian. A complete physical examination, along with some blood testing, is a must to rule out any diseases that may be causing the weight gain. Then, your veterinarian can help select the right food and feeding regimen for your pet. Recommendations can also be made for low-calorie tasty treats to replace the usual high calorie ones.

Generally, multiple small meals throughout the day are better than one large meal. The total quantity of food and calories need to remain within the

recommended, measured amount for the day. Enlist everyone's help with the new diet, treats and feeding routine. That way, the whole family is following the new plan and your pet is not getting overfed or getting extra treats when it shouldn't.

Increasing activity and exercise will help shed those unwanted pounds. Exercise also helps maintain your pet's energy level and muscle tone. Again, consult your veterinarian to ensure that your pet is up to the new exercise plan. Two 30-minute brisk walks are recommended daily for dogs. For "fat cats", consider spending half an hour daily encouraging your cat's activity with a toy or laser light. For hunting dog owners, pre-season walking and physical activity for you and the pooch are essential for enjoying your time afield.

If it's a new puppy, consider starting it out on low calorie vegetable treats. A good friend who owns Boston terriers has trained them to love carrots and cherry tomatoes while enjoying being outside with their owner in the garden. Kittens can be trained this way too, but it is more difficult.

As with us humans, putting on the pounds is simpler and more fun than taking them off. For both of us—pets and owners—making the effort to lose the weight and keep it off is worth it in the long run.

Kathy Connell, DVM, owns and operates Foxglove Consulting.



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BY CHRISTIE KATONA

Feel your oats with a Taste of the Irish



Date Bars

Makes 36 Bars

Cooking the dates in orange juice adds flavor and the orange zest added to the crust adds even more zing. I always chop walnuts first, then rinse them in a sieve under warm water. You will be surprised at all the skin and little bits that come off. Pat them dry with a paper towel and then toast in a 350 degree oven on a cookie sheet for about 10 minutes. It really cleans up the taste of the nuts and immensely improves their flavor.

you will need

- 1 1/2 cups chopped pitted dates
- 1 1/2 cups orange juice
- 2 1/2 cups flour
- 1/2 tsp salt
- 1 1/2 cups brown sugar, packed
- 1 1/2 cups butter, cut into chunks
- Grated zest of two oranges
- 1 cup flaked coconut
- 1 cup coarsely chopped walnuts
- 1 1/2 cups old fashioned oats

directions

Combine dates and orange juice in a medium sauce pan and cook over medium heat, stirring occasionally for about 30 minutes or until mixture is thickened and dates are very soft. Heat oven to 350 and grease a 13 x 9 inch baking pan. In a food processor using the steel blade, combine the flour, salt, brown sugar and butter until crumbly. Add the zest, coconut, walnuts and oats and process briefly to combine. Pat half of the mixture in the bottom of the prepared pan. Top with the dates and spread evenly, leaving a 1/2 inch margin around the edges of the pan. Sprinkle with the remaining crust mixture and pat down. Bake for 45 minutes or until golden. Cool and cut into bars.

When March arrives most of us think of St. Patrick's Day with a delicious feast of Corned Beef and Cabbage. My culinary ideas tend to wander to Ireland, which makes me think of that country's staple - oats!

Here are a few easy, delicious and economical recipes that feature oats as an ingredient. We would welcome your ideas from other countries - traditional recipes featuring oats as an ingredient. Please send them to us in care of the magazine and perhaps we can feature them in a future article.



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

CHRISTIE KATONA



Mocha Muffins

Makes 16 Muffins

If you don't have buttermilk on hand, simply stir a tablespoon of lemon juice or white vinegar into regular milk and let stand for five minutes. You can make this batter the day before and store it in the refrigerator overnight.

you will need

Dry Ingredients:

- 1/3 cup Dutch process cocoa powder
- 1 1/2 cups flour
- 1 1/4 cups oatmeal
- 1 cup light brown sugar, packed
- 1/2 tsp baking powder
- 1 tsp baking soda
- 1 1/4 tsp salt

Wet Ingredients:

- 3 eggs, beaten
- 1 1/2 sticks butter, melted
- 1 cup buttermilk
- 1 tbs. espresso powder
- 1/2 cup boiling water
- 1 tsp vanilla
- 1 cup semi sweet chocolate chips
- 1 cup coarsely chopped walnuts

directions

Combine the dry ingredients in a large bowl. Dissolve the espresso powder in the boiling water. In a deep bowl, combine the wet ingredients. Pour the wet ingredients over the dry and mix until just combined. Add the chocolate chips and nuts. Heat the oven to 350. Grease 16 muffin tins or line with paper cups. Divide mixture evenly into prepared muffin tins. Sprinkle the tops with additional sugar and oats if desired. Bake for 20 to 25 minutes, until muffins are just firm.

Oatmeal Pancakes

Makes Approx. 1 Dozen

These hearty pancakes make a wonderful treat to take along camping or on a boat. The batter keeps well in the refrigerator for three days.

you will need

- | | |
|-------------------|-----------------------|
| 2 cups oatmeal | 1/4 cup melted butter |
| 2 cups buttermilk | 1/2 cup flour |
| 3 eggs, beaten | 1 tsp baking powder |
| 2 tbs. sugar | 1 tsp baking soda |
| | 1 tsp salt |

directions

In a large bowl, stir together the oats and buttermilk. Cover and let stand at room temperature overnight. The next morning add the eggs, sugar and butter and stir well. Sift or sieve in the flour, baking powder, soda and salt. Mix gently just to combine.

Heat a skillet or hot griddle to medium high, grease lightly. Spoon batter into pan and cook until bubbles appear on the surface, flip pancakes and continue cooking until both sides are golden brown.

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Renton goes to the fair

BY ELIZABETH P. STEWART

This year marks the 100th anniversary of the Alaska-Yukon-Pacific Exposition, the first world's fair held in Seattle. The AYPE, as it became known, was Seattle's chance to show itself off, but surrounding towns and cities were also offered the opportunity to highlight their accomplishments by sponsoring "special days." Renton's spotlight shone on Aug. 7, 1909.

Renton had a little trouble gearing up its effort; several weeks passed after the August date was named before a citizens' meeting was scheduled to decide how to showcase Renton at the Seattle fairgrounds. The editor of the Renton Journal reminded its readers that "whatever is of aid to Seattle will naturally benefit Renton," as "hordes of strangers" would bring thousands of dollars in spending money. Some would decide to make the Puget Sound their home, and Renton ought to take the chance to promote itself to those who chose to bring "the wealth of their experience and education."

The first mass meeting was finally organized in early May, and city leaders quickly agreed to support the effort. Dwight T. Farnham, manager of the Denny Renton Clay & Coal Co., and Louis Jones of Seattle Electric committed their companies' help. Fire Chief Joe Wood arranged a special Northern Pacific train to take participants to the fair. Committees were formed to organize the parade,



PHOTO COURTESY OF THE RENTON HISTORY MUSEUM, NO. 1966.024.0259

Four Renton festival-goers get ready for the Alaska-Yukon-Pacific Exposition, 1909.

the program, floats and banners, and publicity. Joe Wood, Mayor Ben Ticknor, and Rev. W. W. Edmondson served as the executive committee.

Renton Day was a smashing success. The Chamber of Commerce had printed special pamphlets and buttons touting Renton as "The Pittsburg of the West." A parade of 2,000 opened the festivities, including the 31 little girls of the school's flag drill team and their "pretty baby" float.

Uniformed drill teams of the Modern Woodmen of America and the Knights of Pythias also marched. Highland Bagpipers and the Men's Glee Club serenaded onlookers, and delegations from Denny Renton Clay & Coal, Seattle Car Manufacturing, and Renton Coal Co. carried banners. The exposition's general director, Ira Nadeau, welcomed Rentonites, and declared that "in proportion to its population, the prosperous manufacturing and mining city of Renton made a better showing at the fair than any town or city represented there so far."

"Since Saturday thousands who had never heard of Renton, or at best thought of it as a sleepy mining town, have had their eyes opened," the Renton Journal crowed. As the City of Seattle gears up to commemorate the AYPE, it is worth remembering how the cities successfully worked together in 1909.

For more about the AYPE Centennial, go to www.aype.org. Elizabeth P. Stewart is the director of the Renton History Museum, info@rentonhistory.org, 425-255-2330.



KENT MAGAZINE / DANA NEUTS

Office coordinator Regina Mosby graduated from WWEE in December 1999.

Nonprofit agency paves the way from welfare to work

BY DANA E. NEUTS

Renton resident Maria Zenith Viceral, 56, had a job as caregiver for her mother, but the pay through the state's "COPES" program didn't cover all the things she needed — like a car. She knew she needed a second job, and she also knew she needed additional skills to make that happen.

After completing the Washington Women's Employment and Education (WWEE) program in Renton earlier this year, she was advised by her instructor to take computer classes through the WWEE program in Kent. She graduated in May 2008 with enhanced computer skills, more self-confidence, knowledge on how to dress professionally and deal with different types of people, and the ability and desire to apply for office work.

With so many companies laying off employees these days, she says it is

more important than ever to have skills and experience. In early 2009, Zenith Viceral plans to purchase a car so she can drive to a second job. She credits WWEE with making that possible.

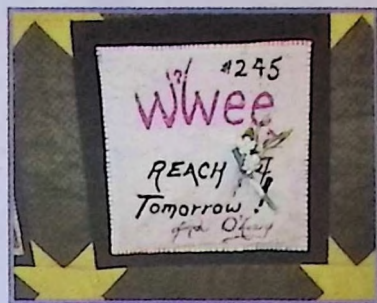
"Most companies now want employees who are computer literate," Zenith Viceral said. "The program gave me the additional skills I needed, an edge."

Zenith Viceral is typical of thousands of men and women helped through WWEE since 1982. Four Puyallup women, wanting to give single moms a chance to become self-sufficient, created WWEE to provide opportunities for women on welfare to go to work. Their vision lives on through CEO Robin Lester, an efficient staff, an award-winning 13-member board, and volunteers. The nonprofit serves women and men in South King and Pierce counties through its offices in Tacoma and Kent.

WWEE's core service is REACH

did you know that...

Renton's first mayor was a physician? Abjiah I. Beach was a Civil War surgeon who later became company doctor at the Renton mine. He served as mayor from 1901 to 1904.



KENT MAGAZINE / Dana Neuls

Left, WWEE participant Tara Stone, 24, of Auburn, works on a project at Kent's WWEE office. Right, on display at WWEE's Tacoma office, this quilt was created by graduating students.

Plus (Reaching Employability and Achieving Career Habits), a five-week, 160-hour long educational program that teaches men and women how to get and keep a job. The program focuses on removing barriers to employment, including transportation, lack of experience, and child care. This service and others, like the agency's professional clothing boutique and housing programs, are available to residents below the federal poverty guidelines. A briefer version of REACH Plus is available in Renton and SeaTac for those who can't get to the classes in Tacoma or Kent.

From learning to dress professionally and developing computer skills, to creating a résumé and work portfolio, participants who are entering or re-entering the workforce acquire the skills they need to become productive workers. Upon completion of the free program, graduates are often placed as interns with local employers to gain additional experience before seeking employment. WWEE then provides two years of follow-up to give graduates additional

support to remain successful.

To date, the program has served more than 13,000 participants, including 900 in WWEE's most recent fiscal year. Of those participants, 87 percent have achieved one or more criteria for success: full-time employment, part-time employment, internship and higher education.

The organization's latest annual report lists its primary funding sources as government contracts, foundation grants, United Way and private donations. The City of Renton has been supportive of the WWEE program, and provided funding in 2008 after a lapse. The city offered the use of a conference room for classes, and Dianne Utecht, contract specialist for Renton, saw class participants before, during and after the workshops.

"The difference in their growth is amazing," Utecht said. She noted the graduates' job search abilities, technical skills and self-confidence increase dramatically from start to finish of the workshops. "I'm impressed by how effective they are."

How you can help

- With the economy tightening, the need for Washington Women's Employment and Education (WWEE) services is growing. To help, you can:
 - Donate professional clothing and accessories to the clothing boutique.
 - Volunteer in the classroom (computer help, mock interviews, etc.) or the clothing boutique.
 - Attend a graduation ceremony or fundraising event to show your community support.
 - Make a tax deductible donation.
 - For more information, visit www.wwee.org or phone WWEE at 253-474-9933.

WWEE's annual fundraising event is scheduled for Thursday, April 2, 2008, at the Spirit of Washington Event Center in Renton. For reservations, contact WWEE.

Cinderella

challenges young dancers

Evergreen City Ballet Presents
'Cinderella'

Renton IKEA Performing Arts Center
Saturday, April 4, 1:30 7:30 p.m.
Sunday, April 5, 1:30 p.m.

BY JAMES BAVENDAM

The April production of "Cinderella" by the Evergreen City Ballet (ECB) will showcase three young dancers in their first leading parts. James Pfleger from Bellevue will dance the part of Prince Charming in all three performances. Charmaine Butcher and Erin Stevens, both of Auburn, will take turns as Cinderella.

The two young women have studied ballet only with ECB, Charmaine for seven years and Erin for 15. James started with the Pacific Northwest Ballet seven years ago and now studies with local instructor Deborah Hadley. While they all have had parts in other ballets, this will be their most challenging roles to date.

"It's supposed to look easy on stage. But it's not," says Charmaine. "The audience never sees how long we practice. We're here from 4:30 to 9 p.m. on school days. We practice here, then go home and do homework. This is our life."

It's not just the students who are busy preparing for the April performances. Volunteers are making and adjusting costumes and working on stage scenery. There are two complete casts of dancers who will take turns with different performances. Only James will perform his Prince Charming role in all three performances.

Evergreen City Ballet's 2007 performance of Cinderella.

Photo by Chris Clark (ChrisClarkPhoto.com)



Pas de deux

For the three leads, this will be the first production dancing with partners. Up to now, even when they have danced as part of a group, they have simply danced their individual parts.

Charmaine smiles as she discusses how she has to do her moves without hitting or kicking Prince Charming. James notes that each of the young women has different styles, preferences and balance points. So, he needs to know his own part, learn to dance with a partner, and keep the differences of his two partners straight in his own mind.

The parts of the three leads are more physically demanding as well. They spend more time on stage, so they are dancing more. As partners, there are more frequent and more physically demanding lifts than they have experienced in the past.

"This is much bigger than my part in the 'Nutcracker,'" says James. "I have to dance a lot more. So I have to build up my strength and stamina. This is much more complex."

Communicating feelings

"Cinderella" is also challenging because it demands acting.

"This is like no other part I've danced before because in this, you have to act as much as you dance," says Erin. "I've had other lead and solo parts. But they're just parts where you have to smile. But here, I have to communicate different feelings without using words."

Charmaine agrees.

"You really have to think about it and use your expressions to tell the story."

On one hand the three are feeling the stress of their upcoming roles. On the other hand, they appreciate their instructors' confidence that they will rise to the new challenges.

Students go at it, **HAMMER** and **NAIL**

BY ANDREW FICKES



RENTON MAGAZINE
ANDREW FICKES

Geof Newing is in his 35th year of teaching in the industrial trades in the Renton School District.



PHOTO COURTESY OF RENTON SCHOOL DISTRICT

Students in Geof Newing's "Hammer and Nail 101" class learn all facets of construction, including carpentry, masonry, electrical, and plumbing. Newing says students have come a long way.

...When I get a home someday, I can
do some remodeling on my own.

~Christina Hay, Senior

Antonio Rangel, a senior at Renton High School, has a game plan for when he graduates from school. A student in the school's new construction course, he wants to move into a painting or construction apprenticeship.

The course, taught by Geof Newing, is giving Rangel and his classmates some tools for success as they learn how to operate the tools of building.

"Taking Mr. Newing's class has let the magic in," says Rangel. "He has motivated me to be a carpenter."

Jay Leviton, Renton School District's director of career and life skills education, approached Newing last spring to teach the new elective course dubbed "Hammer and Nail 101".

They applied for a high-demand occupational grant through the state Office of the Superintendent of Public Instruction to pay for supplies and construction tools and received \$15,000 to launch the program.

"We're always looking for opportunities to expose our students to different careers," says Leviton. "Apprenticeships from across the United States are recruiting heavily from high schools and are focusing on under-represented populations, including women and people of color."

"We selected Renton High School because of its diverse population (82 percent are students of color) and because Geof was teaching here," Leviton says.

The course is open to ninth through 12th graders and offers carpentry, masonry, electrical, and plumbing while incorporating applied mathematics and other core academic skills.

"Hammer and Nail" is nothing but construction; it's 100 percent to pre-apprenticeship construction training," says Newing. "I'm helping them to get the taste of construction."

The 30 students are working hard, motivated by Newing's personal experience as a professional carpenter. He shows them pictures of jobs he has done during the summer months.

"You can tell kids what you've done, but when you can actually show them what you've done, they trust you more," he says. "They've seen it and they trust you."

"He's a cool teacher and very hands on," says Christina Hay, a senior, and one of seven women in the class. "He doesn't raise his voice and he gives us examples of how to do things. He makes me feel like I can really do it. When I get a home someday, I can do some remodeling on my own."

The class is held in a retired auto shop next to an enclosed outdoor courtyard.

"It gives us the space to build walls and mix cement; it gives students the feel of what it's like to do construction outside in the cold," Newing says.

On a recent day, Newing's class was building the fourth and final walls of two 8-by-8 foot buildings. The students work in two teams, one per building. Newing's plan is to have students add siding, paint, plumb, and build a short stairwell – basics in building a starter home.

Newing says his primary goal is for students to be able to build things of their own and do remodeling on the home they may one day own.

"I'm really enjoying it," he says. "It's fun getting up for work. Most of the kids in here have come a long way; in some cases it's like night and day. They had trouble hitting a nail and now they look like pros."

"I like that Mr. Newing knows everything," says Daniel Quiroz, a junior. "Everything you ask him, he has an answer to. We always know what to do, thanks to him."

RENTON Magazine



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weight training

Every age
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BY ANDREW FICKES

At 67, Dick Buckingham demonstrates good muscle tone, can stand straight with steady balance and walk a straight line – characteristics many men his age may take for granted.

Just five years ago, Buckingham's life was turned upside down when his amateur car racing days came to a crashing halt. In February 2004, he suffered a traumatic brain injury during a race in New Zealand.

Doctors told him, after he awoke from a month-long coma, that he was paralyzed and would probably never walk again. He promised the doctors he'd prove them wrong. Today, he is walking.

A visit to Valley Medical Center for conditioning exercises four years ago led him to Tim Vagen, athletic development coach. Vagen's clients range from professional athletes to people with rehabilitative needs to those wanting to lose weight. He's been in the field for 26 years – five of them at Valley Medical's fitness center.

Weight training is at the core of all exercise, says Vagen. He designs regimens that incorporate at least 15 minutes of cardiovascular exercise combined with a full-body workout using resistant bands and balls as well as free weights.

Vagen says a home-based progressive resistance system can be difficult to sustain. To have progressive resistance, he says, you need to purchase multiple sets of weights. This could be cost-prohibitive. Working out in a gym allows you access to a full flight of weights.



RENTON MAGAZINE / ANDREW FICKES

Dick Buckingham uses free weights to give his arms more strength, as suggested by trainer Tim Vagen. Buckingham is walking five years after a traumatic brain injury and paralysis.

An additional benefit to working out in a gym is being able to buddy up with somebody.

"I call that 'sharing the misery,'" says Vagen. "It's a lot easier making it to the gym when you know there will be someone waiting for you there."

"Working out together creates more competitiveness and enables you to work out harder."

Rose Doolittle, an employee in Valley Medical's birthing center, recently began a program with Vagen. Her workout partner is Jami Chavez, also a Valley Medical Center employee. Both are in it to lose weight.

"It burns off a lot of stress," says Doolittle. "If you're stressed at work you can take it out on some dumbbells."

Vagen says a weight training session shouldn't take longer than an hour. Taking at least a day off between sessions is good for your muscles.

"A day off lets the muscles heal and rebuild," he says. "You get more gains during recovery."

Health Topics

Q • I am eating better foods and exercising more but I still can't seem to lose weight. Recently I heard that not enough sleep may cause weight gain, please explain.

A • Studies show that people getting less than 7-8 hours of sleep are more likely to be overweight and that the effect is proportional to the amount of sleep missed. The relationship among sleep, weight, diet and exercise is complicated. Having poor sleep results in low energy, poor concentration, and reduced motivation to make other healthy choices. People often turn to food or caffeine to fight fatigue. There is also evidence that sleep deprivation increases the hormones that stimulate appetite. Sleep disorders such as obstructive sleep apnea are also linked to an increase in these appetite hormones. Mounting evidence shows that good sleep is as important as regular exercise and a healthy diet to achieving maximal health.



Suzanne Krell, MD,
is Co-Medical
Director of the
Sleep Center

Trouble snoring or sleeping?
Request a sleep study today.
Call 425.656.INFO

WEIGHT TRAINING CONTACTS

Tim Vagen, Unlimited Athlete
www.unlimitedathlete.com
Call 253-630-4160 for one-on-one
and group rates

Kent Commons, 525 Fourth Ave. N.
\$12.50 per month membership
(fitness center), 253-856-5000

Renton Community Center
(fitness center)
1715 Maple Valley Highway
\$19.95 per month if purchased
before end of March
425-430-6700

Commercial gym memberships
range from \$25 to \$45 per month.

Long-term contracts and enrollment fees may apply:

www.goldsgym.com/locator
http://www.lafitness.com/Pages/fitnessclub.aspx

http://www.24hourfitness.com/club/find_a_club/interactive.html

THE SLEEP CENTER Valley Medical Center

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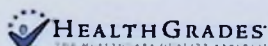
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