

RENTON *Magazine*



Volume 5 / No 10 October 2010

**Night-time cruising
takes 2 wheels**

page 10



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Lotus Hair & Nail Salon.....	425.656.1559	Uwajimaya.....	425.277.1635
Major League Barber & Beauty.....	425.277.0104	Wells Fargo Bank.....	425.228-0101

Rediscover Renton Village

A few of you took me to task last month for running the cover photo of an athletic young man skateboarding sans protective gear. "Where's the helmet, the wrist or elbow guards," you asked.

Where, indeed. Truth is that we — writer, photographer or I — didn't see any protective gear at the skate parks. Not on the little kids or the big kids.

Let me say right now that I'm a big believer in protective gear. I credit a helmet with saving my life a few years ago when a horse treated me like a lawn dart. I wear a helmet and protective vest every single time I ride, and I am impervious to the smirks I get from younger riders who still think they're too talented to be injured.

I wear my gear like I use my seatbelt — religiously. If I knew when I was going to have an

accident, it wouldn't be an accident, would it?

Health professionals are becoming more aware of and concerned about head injuries among young athletes. Coaches are more aware and are more likely to prevent athletes from returning to the game after suffering a blow to the head. The Centers for Disease Control offers on-line training for coaches and parents.

So while coaches and trainers of football, baseball, soccer and organized sports are learning about the devastating and potentially fatal effects



Diana Kramer
PUBLISHER

of concussion, skateboarding is an individual sport, where kids streak out the front door to practice and play unsupervised by adults.

My husband said our job as parents was to keep our son alive until he matured enough to protect himself. But at some point, the child leaves our sight and makes choices. Some are good. Some could be better.

The Centers for Disease Control web-site offers information and tips about dealing with concussion and traumatic brain injury. Go to www.cdc.gov and search for "concussion."

More snowboarders are wearing protective gear, especially helmets. We can only hope they'll find their way to skateboard parks and protect the brains of these young skaters. But parents, being parents, could give the trend a little nudge.

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cover: Nyte Ryderz cruisers are lined up before heading out for the evening ride. An informal group converges nightly near Happy Delusions and Liberty Cafe on South Third Street in downtown Renton. There's nothing serious about the group, other than camaraderie, relaxation and wanting to have fun. Cruisers, jeans and sneakers abound. Photo by James Bavendam. See story on page 10.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events



Historical Society

DINNER & AUCTION

OCT 6



The theme is "Homecoming" for the Renton Historical Society annual benefit dinner and silent auction. The Lindbergh High School Jazz Band will perform, and the evening will include prizes and information about the future of the Renton History Museum.

Wednesday, 6-8 p.m. 425-255-2330
 Renton Senior Center 211 Burnett Ave N.
 Admission: \$40 individuals or \$75 for a couple

Downtown Renton

FILMWALK

OCTOBER 27 & 28

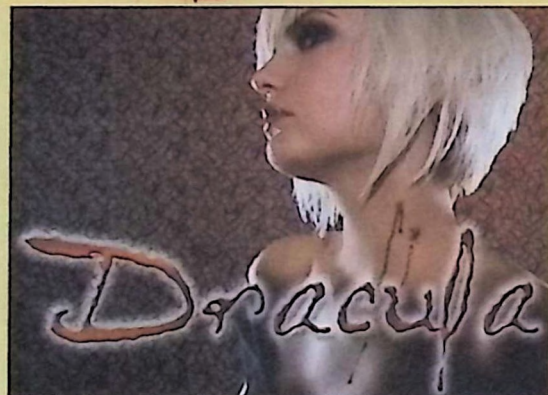
Films during the Renton FilmWalk are screened at downtown theaters, restaurants and clubs. All ages welcome.

Four films will be screened at each location, and directors are invited to be on-hand for a short question-and-answer period following the screenings.



Wednesday and
 Thursday, 7-8:30 p.m.
 425-430-6582

Locations online at
www.rentonfilmfrenzy.com
 Admission: free



october 22 thru
 november 6

Renton Civic Theater presents: 'Dracula'

As Count Dracula begins to exert his will upon the residents of London, they try to piece together the clues to his appearances—in a valiant attempt to save themselves from a hideous fate. Rich with both humor and horror, this play paints a wickedly theatrical picture of Stoker's famous vampire.

Thursday, 7:30 p.m.; Friday and Saturday, 8 p.m.; Sunday, 2 p.m.

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

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



october 16 & 17

3rd Annual Young Choreographers Showcase

This exciting annual production features new works created by Evergreen City Ballet's company members and performance division students. The program has proven to be a success and grows to a higher level every year. An additional show has been added.

Saturday, 1:30 p.m. and 7:30 p.m.
 Sunday, 1:30 p.m. and 5:30 p.m.

Evergreen City Ballet Black Box Studio
 2230 Lind Ave. S.W., Ste. 109

Admission: \$24/adults; \$15/seniors;
 \$10/students and children

425-228-6800

www.evergreencityballet.org (for tickets)



october 17

Fall Family Concert

Allied Arts of Renton presents the Seattle Philharmonic Orchestra, conducted by Adam Stern.

The annual event brings the experience of a live orchestra to everyone at a minimal cost.

Sunday, 3 p.m.

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

206-772-6528
 425-255-5145

rdewing6@comcast.net

Admission: \$8 adult, \$5 senior, \$3 youth
 aged 18 and under

Fall Green and Clean

The Green and Clean volunteer project at Gene Coulon Memorial Beach Park is a great opportunity for children to learn to appreciate the parks they play in and instills a sense of accomplishment for their volunteer efforts. Tools, water, and a small snack will be provided. An adult or guardian must accompany children under the age of 14. Children under the age of 18 who are not accompanied by an adult must sign a waiver.

october
16

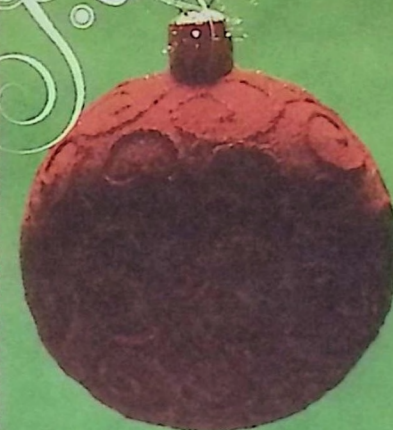
Saturday, 9:30-11:30 a.m. Check in begins at 9 a.m.

Gene Coulon Park
1201 Lake Washington Blvd. North

425-430-6600 to register or for more information

Admission: Free

save the date



Hassle-Free
Holiday Bazaar

November 19 & 20

Shoppers are encouraged to make the Renton Community Center their first stop for special holiday buys. Over 100 vendors will be on hand to present a wide variety of hand-crafted items.

Food and refreshments will be available.

Friday, Nov. 19,
11 a.m.-6 p.m.

Saturday, Nov. 20,
9 a.m.-5 p.m.

Renton Community Center
1715 Maple Valley Highway

425-430-6700
Admission: Free



october 26

Curvee Awards Gala

Renton's Film Frenzy, a 50 hour film-making competition that challenges aspiring cinematographers to produce a four-minute video using only Renton as a location, will host its third annual Curvee Awards Gala. The top 10 films will be screened and awards presented.

Tuesday, 7-9 p.m.

Renton IKEA Performing Arts Center

400 S. 2nd St.

425-430-6582

Admission: Free



october 30

Boo Carnival

Children ages 2 to 8 are welcome at the Renton Community Center for a "spirited" time. Children will be entertained with crafts, games, and inflatables. Don't forget your costume and camera!

Saturday, 10 a.m. to noon

Renton Community Center
1715 Maple Valley Highway

425-430-6700

Admission: \$6 for carnival pass



october 30

Downtown Trick or Treat and Halloween Party

Families are invited to bring little ones to this safe Halloween activity in downtown Renton. Youngsters may trick or treat in participating businesses and visit the Main Street Square for free games, snacks and other family activities.

Saturday 1-4 p.m.

Main Street Square
200 block of Main Ave S.

425-255-6078

happydelusions@yahoo.com

Admission: Free

calendar of events

COMMUNITY EVENTS

Business Expo and Harvest Festival

Saturday, October 9, 10 a.m.-4 p.m.

The Harvest Festival on the Piazza offers vendors, food, entertainment and fun for the whole family. Enter the scarecrow decorating contest, ask the Master Gardeners questions or decorate pumpkins at the kids' table. Check out the Renton Chamber of Commerce Business Expo in the Spirit of Washington Event Center where 90 Renton businesses will showcase their products and services.

Spirit of Washington Event Center
and Piazza Park
South 3rd and Burnett Ave S.

Business Expo: 425-226-4560
Harvest Festival: 425-228-1977

Admission: Free

2010 Citizen of the Year Awards Banquet

Thursday, October 28, 5-9 p.m.

Outstanding Renton citizens nominated by their peers will be recognized for selfless contributions to Renton. Event sponsors are the Renton Chamber of Commerce, City of Renton, and Rotary Club of Renton.

Renton Senior Activity Center
211 Burnett Ave. N.

425-226-4560

Admission: \$30

Renton Shredathon

Saturday, Oct. 9, 9 a.m.-noon

Co-sponsors City of Renton, Renton Police Department, Sam's Club and Iron Mountain provide an opportunity for local residents to shred unwanted but private documents. Boxes should be 12 x 15 inches deep and 10 inches high or bring the amount of paper in a box that size would hold. Donations of canned goods will be accepted for Renton Food Bank.

Sam's Club parking lot
901 S. Grady

425-430-7520

Admission: Free

Communities in Schools Benefit Dinner

Thursday, Oct. 14, 5:30-8 p.m.

Communities in Schools of Renton presents its 16th annual benefit dinner with the theme, "It's All About Kids."

Renton Senior Activity Center
211 Burnett Ave N.

425-430-6656

www.cisrenton.org

ENTERTAINMENT

Year of the Tiger Municipal Arts Commission Fall Exhibit

Mondays through Fridays, Oct. 11-Nov. 12,
8 a.m.-5 p.m.

Artist Darlene Dihel, a retired teacher, exhibits sumi-e, Japanese ink painting. Dihel grew up in Renton, graduating from Renton High School in 1953. She lives in Gig Harbor.

Carco Theatre
1717 Maple Valley Highway

Admission: Free

Rainier Symphony

Saturday, Oct. 16, 7:30 p.m.,
Renton IKEA Performing Arts Center

Sunday, Oct. 17, 3 p.m.,
Foster Performing Arts Center

The Rainier Symphony and conductor David Waltman present the first classical concert of the season. The performance will include Copland's "El Salon" and Beethoven Symphony No. 7.

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

Foster Performing Arts Center
4242 S. 140th St., Tukwila

206-781-5618

Admission: \$15 adults; \$10 senior-student; children under 12 free

CHILDREN'S PROGRAMS/EVENTS

Spooner Farms

Friday, Oct. 15, 9:30 a.m.-2:30 p.m.

For ages 3-5, visitors can have a guided tour on a tractor-pulled tram, greet the animals and find that perfect pumpkin in the pumpkin patch. You can choose to explore the five acre corn maze or

the mini maze and have fun in the activity barn. Bring lunch. Must be accompanied by a parent or guardian.

Spooner Farm-Meet at North Highlands
Community Center at 9:30 a.m.
3000 NE 16th

425-430-6700

Admission: \$9 resident, \$11 nonresident

Downtown Storefront Scarecrows

Oct. 1-31

Families are invited to stroll the streets of downtown Renton to enjoy scarecrows and festive fall decorations in business windows and storefronts.

Admission: Free

Halloween Self Portraits

Saturday, Oct. 30, 3-4:30 p.m.

Ages 5 to 10

Youngsters ages 5 to 10 are invited to arrive in their Halloween costumes to draw self-portraits using oil pastel. No experience necessary. All art materials are provided.

Renton Community Center
1715 SE Maple Valley Highway

425-430-6700

Admission: \$12 resident, \$14 non-resident

Bullwinkles Family Fun Center Trip

Friday, Oct. 8, 8 a.m.-5 p.m.

It's a no-school day and youngsters ages 11 to 15 can enjoy three hours of go-karts, bumper boats, laser tag and other activities. Activities after the trip include dodgeball and a movie. Bring a lunch and snack.

Meet at North Highlands Community Center at 8 a.m.

3000 NE 16th

425-430-6700

Admission: \$26 resident, \$31 non-resident

Be Well and Have Fun

Tuesdays, Oct. 5- Nov. 16, 5:30-6:45 p.m.

Youth ages 8 to 14 will learn about nutrition and how to make quick and delicious snacks. They'll also learn how exercising is easy and fun for everyone. Supply fee paid to instructor is \$10.

North Highlands Community Center
3000 NE 16th

425-430-6700

Admission: \$30 resident, \$36 non-resident

TEEN AND ADULT PROGRAMS/EVENTS

Intro to Screen Printing Basics

Wednesday, Oct. 13, 6:30 - 8 p.m.

This class for ages 16 and up includes screen printing basics, some tips, tricks and how to use the Yudu screen printing machine. Bring a T-shirt to print.

Renton Community Center
1715 SE Maple Valley Highway

425-430-6700

Admission: \$30 resident, \$36 non-resident

Fitness Boot Camp

Mondays and Wednesdays, Oct. 18-Nov. 24, 5:20-6:20 p.m.

This six-week program will include cardiovascular, muscular, strength and core training. All fitness levels are welcome.

Renton Community Center
1715 SE Maple Valley Highway

425-430-6700

Admission: \$80 resident, \$96 non-resident

Hikes

Saturdays, Oct. 9-30, 9 a.m.-5 p.m.

Oct. 9, Naches Peak Loop, 4.5 miles

Oct. 16, Sheep Lake, 2.5 miles

Oct. 23, Snow Lake, 6 miles

Oct. 30, Wallace Falls, 5-6 miles

These day hikes are led by an outdoor recreation coordinator. Transportation is provided by the Renton Community Center. Equipment is not included.

Meet at Renton Community Center
1715 SE Maple Valley Highway

425-430-6700

Admission each hike: \$20 resident, \$24 non-resident

Emergency Preparedness

Monday, Oct. 4, 4:30 - 6:30 p.m.

Will you be ready for the next disaster? This interactive lecture from the American Red Cross shows how to plan with a focus on flood preparedness

and build a disaster supply kit.

Renton Technical College
3000 NE 4th St.

425-430-6700

Admission: Free

EDUCATIONAL EVENTS

Renton Historical Society
235 Mill Ave S.
425-255-2330

The People of Cascadia Pacific Northwest Native American History

Tuesday, Oct. 12, 5 p.m.

Author and illustrator Heidi Bohan will share slides, artifacts and art from Pacific Northwest Native American culture. She is also skilled in traditional arts such as basketry, weaving, wood-working and carving. Books will be available for purchase.

Admission: Free with museum admission, \$3 adult, \$1 child

Whispers in the Graveyard A Halloween Hullabaloo

Saturday, Oct. 30, 11 a.m.

According to Halloween lore, the ancient Celts believed that on Oct. 31 the boundary between the living and the deceased dissolves, and the dead become more dangerous to the living. Wicked witch Naomi Baltuck and her apprentice daughter Bea will give tips on how to survive this haunted day. Expect horror stories, witches, ghosts and other Halloween attractions. Guests are encouraged to wear costumes. Audience is elementary school through adult.

Admission: Free with museum admission, \$3 adult, \$1 child

SENIOR EVENTS

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

Jimmy Carter's Birthday Lunch

Friday, Oct. 1, 11 a.m. contest, 11:30 a.m. lunch

In honor of the 39th president, who was a peanut

farmer, there will be a peanut dropping contest – complete with a prize. Dessert will be peanut butter cookies.

Admission: \$3 donation if over 60, \$6.00 charge if under 60

National Storytelling Day

Wednesday, Oct. 6, 10-11 a.m.

You're invited to tell the story of your life, where you are from, your childhood, where you worked or just a fun story. Muffins and coffee will be served.

Admission: Free

Mickey Mantle's Birthday Lunch

Wednesday, Oct. 20, 11 a.m.

A "Home Run Derby" will celebrate the birthday of this great baseball player. Three strikes and you are out, but a home run nets you a prize. Contest is at 11 a.m. with lunch at 11:30 and a special treat for dessert.

Admission: \$3 donation if over 60, \$6 charge if under 60

Social Security 101

Tuesday, Oct. 26, 12:30 p.m.

Kirk Larson, western Washington public affairs specialist for the Social Security Administration, will explain how Social Security works, how it protects you at retirement or if you become disabled, and benefits for your family if you should die. Larson will discuss retirement benefits and eligibility; how early retirement affect your benefits; how benefits are figured; facts about Medicare, disability, and spouse benefits; what you can do online with the SSA, and ways to maximize your benefits.

Admission: Free

Halloween Luncheon

Friday, Oct. 29, 11 a.m. contest, 11:30 a.m. lunch

A competition of tossing apples into pumpkins will determine who will be the head Goblin of the Renton Senior Center. There is a prize for the winner and a special dessert for everyone.

Admission: \$3 donation if over 60, \$6 charge if under 60

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 events@pugetsoundpublishing.com or call us at 425-271-9300.

kirby unti

The tallest trophy requires something extra

David Williams is the director of the Hydroplane and Race Boat Museum in Kent. I had the privilege of presiding at his wedding when he married Linda Thompson. It was a package deal. Linda is the mother of two boys, Shane and Ryan. David had to introduce the boys to hydroplanes and racing. The boys took to the sport like ducks to water.

The boys race what are called "J" boats. They are eight feet long, have 15 cubic inch motors and can reach speeds of 40 mph.

In 2007, at the age of 13, big brother Shane won the J-Hydro National Championship. Younger brother Ryan coveted the very tall trophy that Shane won.

This summer, the boys returned to the national championships. Shane, as a 16-year-old, raced in the A-hydro and A-runabout class. It is the same boat with the same motor, the only difference being the restrictor plate.

Ryan would race in the J- Class going up against two elite drivers from the East Coast, Grant Hearn and Tori Chew. In his first heat Ryan got a good start. All three boats ran side by side for the first two laps. Then, Grant and Ryan pulled ahead of Tori. On the last turn of the last lap, Grant slid a little wide to try to force Ryan out. Ryan cut inside and grabbed lane one. The two boats had a drag race to the finish with Ryan barely winning.

The second heat was almost identical to the first. It soon became obvious that Tori was acting as a "blocker" to allow Grant to pull away from Ryan. Eventually Ryan got past Tori and started to reel in Grant, almost catching him on the last lap. But he fell a few feet short, ending up with a second place.

Grant and Ryan, each with a first and a second, were tied on points. The championship would go to the boat with the fastest overall elapsed time. After several minutes of checking and rechecking, the scorers announced that Grant's time was 0.4 seconds faster

than Ryan, so Grant got first.

A nice, tall second-place trophy would be Ryan's. After a few wonderful moments of celebration, David began to prepare the boat for racing the next day in a different class. When he opened his tool box he noticed the "J" restrictor plate sitting in the top tray. His heart sank. The motor had not been legal.

There was only one thing to do: tell the inspectors and face being disqualified. That night, back at the hotel Ryan asked David, "Does this mean that I won't get a trophy?"

"I'm sorry, buddy" David answered, "But no, you won't be getting any trophy."

Ryan noticed when he walked into the awards ceremony that in place of trophies, the race committee was awarding plaques, with the exception of one tall trophy, off by itself.

The master of ceremonies began the awards. When he came to the J runabout section, he announced, "This weekend we had something very remarkable happen. We had a young man who drove an incredible race and won his heat, but then after returning to the pits realized that he was missing his restrictor plate. This young man came forward and confessed to the mistake.

"This type of honesty would be difficult for an adult, but coming from a 13-year-old boy, was truly amazing. In recognition of his driving ability, honesty and sportsmanship, the race committee has made a special trophy called 'Driver Performance and Sportsmanship,' so Ryan Thompson, please come forward and accept the 'Driver Performance and Sportsman' of-the-year trophy!"

The crowd was on its feet, giving Ryan a standing ovation as Ryan picked up his very tall trophy.

Who says honesty doesn't pay? Congratulations, boys!



Kirby Unti
COLUMNIST

Salmon run wild right through town



See for yourself

Friends of the Cedar River Watershed train volunteer naturalists who will be at five sites along the Cedar River to explain the salmon life cycle to visitors.

They will be at the Renton Library, Riverview Park, Cavanaugh Pond, Cedar River Park

(behind the Renton Community Center), and Landsburg Park, from 11 a.m. to 4 p.m. on October 16, 17, 23, 24, 30 and 31.

For more information, see the group's web site at www.cedarriver.org.

BY DAVID SUFFIA

Like silver-clad soldiers, they march in by the twos, by dozens, and finally by the thousands. In an annual ritual of death, renewal and survival, it's time for the salmon to return from the sea to spawn in the Cedar River.

"The annual return of the salmon, running right through downtown Renton, is unusual, maybe unique," says Larry Reymann, Renton Park Board commissioner.

"Where else can you see 150,000 animals trekking through a city's downtown? It's a major wildlife migration, like animals on Africa's Serengeti, only in the middle of a city."

This fall one of the largest spawning runs in several years is expected up the river. About 160,000 sockeye salmon have been counted going through the Ballard Locks in Seattle. Those fish, returning from the ocean, make their way through Lake Union to

Lake Washington and then up several streams that empty into Lake Washington. The bulk of them head for the Cedar River.

In addition to the sockeye, there will be a much smaller contingent of Chinook salmon.

"People flock to the Ballard Locks to see the salmon, but they should be coming to Renton for an even more spectacular look," says Reymann, who is active in conservation and civic programs.

Downtown Renton is a perfect place to see the spectacular event, from the Cedar River Trail along the edge of the river and from bridges over city streets.

Seeing thousands of fish fight their way upstream and spawning in the riverbed gravel just a few feet away is a remarkable sight. First-time visitors are especially awed at what happens to male sockeye salmon, who change color dramatically when they enter fresh water.

While the females remain silver, the males' bodies turn cherry red, their heads become brilliant green, and their jaws become hooked in a vicious "grinning" appearance.

Aaron Bosworth, with the state Fish and Wildlife Service, says this is the best viewing opportunity in several years. Although past runs have been as large as 500,000 fish, the past three years have seen only 20,000 to 30,000 salmon return to the Cedar.

"People have been really concerned about the low returns. We're not sure what was happening to the fish, if there was high mortality in Lake Washington or the ocean from predators or lack of food or whatever."

This year's spawn will hatch and retreat down the Cedar River to Lake Washington when they are just a few inches long, then go out to sea to grow to two or three feet before returning to spawn in four years.

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PIAZZA'S

the place for fall festivities

BY SARAH ZUGSCHWERDT

For information about Piazza Renton and the community events it hosts, visit www.piazzarenton.com. For information about the Fall Harvest Festival, contact chairwoman Susan Bressler at scbressler@comcast.net.



all harvest and festival just seem to go together—and they will Saturday, Oct. 9, from 10 a.m. to 4 p.m. at the Piazza Renton's Fall Harvest Festival, a community celebration with arts and crafts vendors, food, entertainment and a business expo.

Wander downtown Saturday morning or afternoon and you'll be greeted by piles of pumpkins donated by McClendon's Hardware, all ready for little hands to get busy decorating. Hay bales and scarecrows, uniquely decorated by local businesses, will add to the crisp autumn cheer.

Take a tour through the arts and crafts extravaganza to find some early holiday gifts. Previous years have seen multiple jewelry displays, photography, cosmetics, and locally-made skirts and South American sweaters, among others.

Farmer's market vendors selling flowers, spe-

cialty foods or a flavorful piece of the fall harvest will also dot the Piazza. Or, if you're troubled with your own backyard harvest, consider talking to one of the Master Gardeners, on hand to answer questions.

When all that's said and done, it's naturally time to buy a Lion's Club hot dog and go find this year's entertainment: a fortune teller!

Wrap up all the festivities with a tour through Renton Chamber of Commerce's business expo inside the Spirit of Washington Event Center. The "garage doors" will be open for festival-goers to wander through the 60 Renton business and non-profit booths.

"It connects the community to businesses in Renton, and it connects businesses to each other," explains chamber event director Kellie Jordan. Information, connections and an occasional giveaway make the expo a sure stop – post hot dog.

Large enough to take care of your family, small enough to focus on you.

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After-dark goes

STORY BY LISA BOWERSOCK
PHOTOS BY JAMES BAVENDAM

it all started with two bikes and one young woman who didn't learn to ride as a child. She never really thought much about bikes until a hot June day in 2009 when a stranger brought two original Schwinns to her Renton antique store. At the time, neither of them knew his contribution would grow into a nightly community event.

Every evening around 10:30 p.m., men and woman, young and old from all walks of life, begin to gather on or near the sidewalk around Happy Delusions Antiques and Liberty Cafe in downtown Renton. They come out of the shadows from whatever path they've used to arrive at South 3rd Street.

Some come straight through the bright lights and strike up conversations with those already waiting. Others dash inside to change from suits and uniforms to clothes more appropriate for the night's activities. Some are first-timers and for

others, the found after

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er they rode their bikes six miles
night. The group has designat-
so those still getting in shape
break. But you'd never know
spots are, because each has its
ame: Grotto, Jersey Shore, Kent,
any first-time rider knows for
the night will begin and end.
names are sworn to secrecy,"
whose last name is even a mys-
e's in her RYDER mode.

ights 10 riders will show up and
we've had more than 20," says
eeps the official journal for the
greed to be interviewed only if
DERZ name was used. "As more

have come, we return to the Renton we used
to be. For some reason this brings out the
goodness still in so many people. I'm trying
to capture those experiences through the
journal."

Mary says that each night is unique.
They all agree it's fun and a great way to
stay in shape. But there is a sense of a high-
er purpose as well.

"You can feel the energy start to build as
people arrive," says Toni. "People are excit-
ed and feel as if they're part of something."

And the woman who never learned to
ride a bike as a little girl? That's Mary, and
she became one of the founders when her
friend taught her to ride one of those
Schwinns she never sold in her store.

"It all started with those two bikes and
a few friends who came along to ensure our
survival," Mary says. "We had so much fun

we invited a few more friends and it
became this amazing thing over time."

Everyone agrees that six miles in the
dark over unfamiliar terrain can be chal-
lenging at first. There's an experienced core
of riders who spread through the group to
keep everyone on course. A long-time mem-
ber is the first and last rider each night.

Safety comes first, so repair tools, first
aid kits, and tire pumps always come along
for the ride. But no one's ever been hurt.

"I think the most exciting thing to hap-
pen is when we raced a raccoon one night,"
says Mary. "But that spot is called Raccoon
Road now so I can't talk much about it."

Any and all are welcome to join NYTE
RYDERZ for one or every night and learn the
mysteries along the way. Just remember,
once you do, keep them to yourself.

Stalking the invasive weed

p

BY ELAINE ANDERSON

purple loosestrife, *Lythrum salicaria*, was once a prized perennial. It's a lovely, tall plant with purple spikes composed of many individual flowers. *L. salicaria* came to the eastern United States in the 1800s and gradually made its way across the country.

In Washington, purple loosestrife is considered a Class B noxious weed. This means it is not found in all areas of the state, but where it is found the goal is to control it and prevent its spread. It degrades wetlands, replacing large areas of native plants needed by waterfowl for food, nesting material, and protection. It clogs drainage ditches and irrigation canals.

It's unlikely that you have purple loosestrife in your garden. Its sale has been prohibited for years. But, you may have the butterfly bush, *Buddleja davidii*; yellow archangel, *Lamium galeobdolon*; wintercreeper, *Euonymus fortunei*; even English ivy, *Hedera helix*. The butterfly bush flowers in midsummer rather than spring, and its flowers are fragrant and a nectar source

for butterflies. However, like purple loosestrife, it is a Class B noxious weed.

Yellow archangel is used as a ground cover, and it does its job very well – too well. The plant is quite striking with its green and white leaves and yellow flowers. It's a Class C Noxious Weed. This means that it is so widely spread throughout the state that mandating its removal is unrealistic. Each county may decide if and how to enforce control of it. English ivy is also a Class C noxious weed.

Wintercreeper hasn't made it to the noxious weed list here in the Northwest, and it's widely sold. However, it is a serious problem in the East and the Midwest, and it's spreading.

Nurseries continue to sell invasive plants. (Being placed on the noxious weed list does not automatically mean a plant is also placed on the prohibited-to-sell list.) Gardeners may be unaware of a plant's inclusion on the noxious weed list, or they may think the plant's spread can be controlled. Control might be possible, but they must be willing to spend the extra time and effort it takes to do this.



PHOTO COURTESY OF KING COUNTY NOXIOUS WEED CONTROL PROGRAM

Purple loosestrife is a Class B noxious weed, just one of many that plague South King County.

Be aware, though, that should one of these plants escape to the natural landscape with no one watching it, it can become a destructive and deadly weed.

For a list of non-invasive ornamentals for Western Washington, go to the Washington State Noxious Weed Control Board Web site, www.nwcb.wa.gov, click on the "Education" link, and scroll down to the Western Garden Wise handbook, which you can view as a pdf document and print.

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. For answers to your questions about invasive weeds and other gardening topics, call the Master Gardener Phone Clinic at 206-543-0943.



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FILM FRENZY

*Telling a story
in four minutes
or less*

BY SARAH ZUGSCHWERDT

Talking to the Cool Flix Productions filmmaking duo, Matt Johnson and Mike Jones, is like talking to the 21st century version of Laurel and Hardy.

"At heart we're both just idiots, and any chance to be idiots" starts Jones, "Yeah, you get a camera and" Johnson adds,

"No, a camera doesn't even need to be there, really" finishes Jones, shaking his head, a grin on his lips.

It isn't hard to see how the team won third place in last year's open division of the Renton Film Frenzy for their humorous short film, "Joe and Eddie Go to IKEA...Sort of."

According to the Frenzy's rules, the pair had 50 hours to write, shoot, edit and submit a film, no longer than four minutes and shot entirely in Renton. Although the movie buffs have made hobby films for five years (both have full-time jobs outside of filmmaking), the Frenzy's challenge is unique: "Until you have the Curve Balls, you can't really be married to an idea," explains Johnson.

The Curve Balls, two or three items that must appear in each film, like a place or a line of dialogue, are revealed Friday at the start of the contest. That night Johnson and Jones, aka Joe and Eddie, wrote the script.

Saturday the team toured Renton via film, shooting on the fly, and surprised themselves with the city's helpfulness.

Magenta, a Renton tattoo artist,



PHOTO COURTESY OF JEFF LAWRENCE

A Curve Award made by Uptown Glassworks, with metal plate made by students at Renton High School, is the Renton Film Frenzy's version of the Oscar.

Film Frenzy Story Board

The Scene: Renton, an up-and-coming arts scene just south of Seattle.

The Plot: Filmmakers descend upon the city for a 50-hour destination film competition called the Renton Film Frenzy www.renton-filmfrenzy.com.

The Twist: At the beginning of the competition, filmmakers are e-mailed "Curve Balls," two or

three items that must appear in each film, like a place or a line of dialogue.

The Stars: To be determined—at the Curve Awards Gala, Oct. 26, 7-9 p.m., at the IKEA Performing Arts Center. Entry is free.

A downtown Renton Filmwalk is scheduled for Oct. 27-28. Check the Frenzy website for locations.

kicked a customer out of her chair to shoot a scene where she gives Eddie a "Renton" tattoo; Renton Western Wear lent Eddie a belt buckle and boots for his stint as a cowboy; Renton airport allowed them on the tarmac while a 747 went taxiing by; and Uptown Glassworks, which also designs the Frenzy version of the Oscar—the Curve Award—invited them into the studio for a lesson in glass blowing.

"Some of the most genuine moments in that whole entire little short is me blowing glass because I'm so excited to be blowing glass," laughs Jones.

"Creative people are equally that," adds Johnson, "...what I learned from this is not to be afraid of asking other people for help for doing stuff, especially for filming at their place."

According to Suzanne Dale Estey, Renton's economic development director and member of the Renton Community Marketing Campaign which sponsors the Frenzy, the quality of films continues to broaden and improve.

"[It's] the depth of filmmaking; it's not just goofy silliness. The film that won last year was very serious about homelessness. Even in four minutes you can tell a story, and it's fun to see how people do that."

Johnson and Jones agree with Dale Estey in one thing: with technology, making movies is more accessible now than ever. It doesn't take much, explains the Cool Flix team. Even with two iPhones, one for sound and the other for video, Hollywood can happen in Renton. Among filmmakers, mutual appreciation for idea and execution go further than anything else.

"Just do it ... there's no ego in it from anybody, and it would be really easy for somebody to have ego. There wasn't any at all," Jones concludes.

(The Cool Flix Productions website is at www.coolflixproductions.com.)

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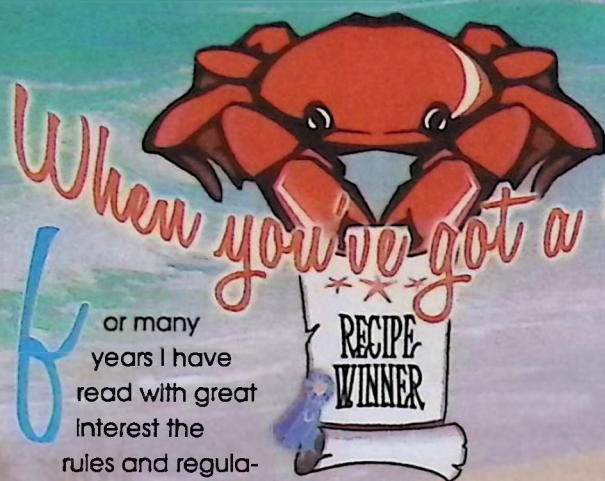
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Spotlight KENT



When you've got a recipe that's a

Winner...

For many years I have read with great interest the rules and regulations of various cooking contests. I am prevented from entering many of them due to my professional status. I have been lucky enough to judge a number of contests, which is great fun, though a bit fattening! The first cooking contest I entered was years ago. I submitted an appetizer recipe using crab and won an electric tea kettle!

Years later, in 2006, I entered a contest with my good friend, Maureen Tischue (Mo). She had made yeast rolls with sweet potatoes in them for Thanksgiving. The flavor was good but the texture was much like a hockey puck. Mo asked me what I thought she could do to improve the lightness of the rolls. I had a cinnamon roll recipe that I had been making for years. It contained both yeast and baking soda as rising agents along with buttermilk which, to my way of thinking, always improves the texture of baked goods.

While I was thinking about this, the Southern Living magazine's national cooking contest was in full swing. It is the second largest contest in the nation after the Pillsbury contest. The entry rules did not prohibit entering with a friend nor did they exclude professionals.

Mo and I started brainstorming. First we combined

the two ideas, adding sweet potatoes to my cinnamon roll dough. Then we thought about what ingredients would appeal to a Southern audience besides sweet potatoes. We came up with oranges, pecans, buttermilk and Karo syrup. At first we had the orange zest in the dough and used a

cream cheese icing on top. After experimenting, we decided that the zest would go better in the filling and the cream cheese icing muted the flavor. So Mo came up with the idea of using a brown sugar, butter, cream and Karo syrup glaze. Oink.

Our recipe was selected as one of 15 finalists. We received an all-expense-paid trip to Charleston, S.C., which included competing onstage for the grand prize. Needless to say, we were over the moon.

Mo did the cooking for us, and she was gracious enough to let me pick the charity to which the \$10,000 preliminary prize would go. If we won the grand prize. The five runner-up recipes would be awarded \$10,000 each. If you won the grand prize of \$100,000, that \$10,000 from the runner-up status would go to your selected charity.

The contest was held in a huge auditorium. The Food Network was filming the event and celebrity chef Tyler Florence was to award the grand prize. It is an amazing experience to stand on a stage under the bright lights and feel the suspense as the winners are announced. We were thrilled to be named in the second category as a \$10,000 winner. Then, drum roll here ... Tyler Florence announced our recipe as the \$100,000 prize winner. It was unbelievable! The confetti went flying, cam-

eras were taking pictures and there was pandemonium all around.

The judges said they knew the minute they read our recipe - from among the 40,000 submissions - that it would win. One of the judges said the fact that I had streamlined the recipe for home use by making it in the Cuisinart, made it more user-friendly for the average home cook. Another judge told me the uniqueness of the concept and use of Southern ingredients helped her decide to choose us.

Next month I'll include our winning recipe and some tips and ideas for submitting your own recipes to cooking contests. It's a lot of fun, and who knows? You too just might win. For now, here's my first contest winner:

"Win a Teapot" Crab Spread

Makes 2 cups

Must be made ahead.

you will need

6 oz. fresh or canned crab meat	1/2 cup butter, room temperature
3 hard cooked eggs	2 tbs. lemon juice
1/4 cup minced parsley	1 clove minced garlic
1/4 cup minced green onion	2 tsp. Dijon mustard
1/2 cup mayonnaise	1 tsp. horseradish
	1 tsp. salt
	1/2 tsp. white pepper

directions

Using a food processor, chop the garlic until finely minced. Add the parsley and green onion and chop. Separate the hard cooked eggs, add the yolks, butter, mayonnaise and seasonings to the bowl and process until smooth, scraping down the sides of the work bowl as necessary.

Pick over the crab. Add the crab and egg whites and process briefly to combine. Place in a covered container and refrigerate overnight. Serve with crackers or French bread.



CHRISTIE KATONA

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

Golf, start with lessons, practice and patience

BY LISA BOWERSOCK

For decades, Mark Twain's statement that golf is a "good walk spoiled" has captured the essence of the game as more duffers took to the course and \$300 drivers convinced golfers a PGA Tour Card would be tucked in their wallets within a year.

Unfortunately, golf is not that easy to learn nor does it take a few short months to master.

Walking off the driving range at South King County's Riverbend Golf Complex, sweat dripping from his brow, two-year golfer Don Koetter says, "For me, the most important part of learning a golf swing has been consistency and repetition.

"If you can't repeat the same swing time and time again, you won't play for long," he says as he shifts the bag on his shoulder that is filled with 14 irons, woods, specialty clubs and a putter. "Clubs can make a good swing better, but I haven't found one that replaces lessons, practice and patience."

Nodding in agreement, Koetter's practice partner Tim Bendettuoli says it took him 15 years to find his own personal secret of golf.

"Every new golfer wants to swing harder and faster," he says with a certainty that comes from personal experience. "But it's all in the timing. When I slowed my backswing, relaxed my shoulders and used an even tempo, I started losing fewer balls and having a whole lot more fun."

Mike Holbrook, store manager for Renton's Golf Galaxy, advises that for starters, it's important to fit the club to the golfer, from the smallest child to the largest athlete.

"Sometimes you can get away with cutting down adult clubs for children, but usually it's a disaster waiting to happen and someone can get hurt," says Holbrook.

Along with Golf Galaxy, many local retail golf outlets have indoor driving ranges so golfers of any level can test a driver, seven-iron, or putter in the store.

"An entire set of clubs can range from hundreds to thousands," Holbrook says as he watches two young boys hit with club after club after club. "We always recommend hitting clubs multiple times before making a purchase."

Marty O'Brien, head professional at Foster Golf Links in Tukwila, offers two tips to make learning the game a little easier.

"Don't take lessons from friends or relatives," he says as he sends off another foursome of players he won't see again for four to five hours. "Don't be fooled by technolo-



RENTON MAGAZINE / LISA BOWERSOCK

At Foster Golf Links, Stuart, Dana and Jayson Lancaster join other families who seem to prefer the afternoon and early evening tee times.

gy. Every new breakthrough won't help every player."

O'Brien also advises a practice routine that combines the boom of the driving range with twice as much time on the putting green.

"Practicing three-foot putts isn't as thrilling as blasting 300-yard drives," O'Brien says, before pausing and offering one last piece of advice that holds true for every golfer of any age and ability:

"But you drive for the show and putt for the dough."

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PHOTO COURTESY OF RENTON AREA YOUTH AND FAMILY SERVICES
A group of Spark T.H.I.S. students and youth life coaches volunteered last winter in West Seattle at Long Fellow Creek with the King Conservation District.

At-risk youth find

BY ANDREW FICKES

as a seventh grader, Jasmen Pitts' grades were dismal, she had fallen behind in math, and fights with her sister were the norm.

Now a junior at Lindbergh High School, Jasmen has a 3.0-plus grade point average and, "I have a more open relationship with my sister," she says. Jasmen credits the change in her life to Spark T.H.I.S., a program of the Renton Area Youth and Family Services (RAYS).

"The program has helped me to achieve higher test scores in school," says Jasmen, who wants to attend college and is considering the massage therapy program at Renton Technical College.

Spark T.H.I.S. targets teens at risk of dropping out of school. The program's goal is to help youth build strong social skills, dissuade them from entering the juvenile justice system, and provide them opportunities for community

attachment through volunteer activities and public service.

A youth committee recently came up with the program name, which is a change from the former name: Rites of Passage. The acronym T.H.I.S. stands for truth, hope, involved, and success.

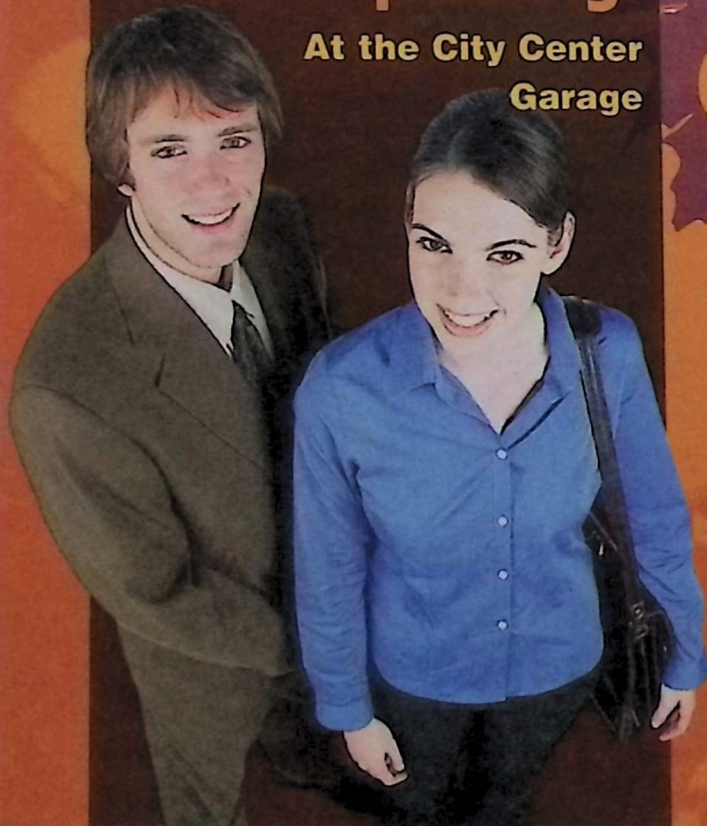
"Students were looking for more action, motion, and excitement in the name," says program coordinator Jennifer Moore.

RAYS started in 1970 as a special program of the Renton School District. By 1975, the organization became an independent non-profit but retained its focus.

"Since the beginning we really have retained our focus of working with children, youth and families around a whole variety of issues, including mental health treatment, substance abuse treatment, and family support programs," says Richard Brooks, who started

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support at RAYS

at the non-profit in 1975 and was named executive director in 1985.

Brooks says the non-profit sees many kids experiencing difficulties in school, a loss in their family, or trauma. The most common issues kids deal with center on death, divorce, or long separations from family members.

"We see a lot of kids that have had some serious life event that they need to recover from," Brooks says. "Generally, when we work with a child or teen, we include the parent or guardian.

"That involves sometimes family therapy or involving family members in some way helping the young person reach their goals."

Spark T.H.I.S. is one of RAYS' core programs. Youth in the program comply with two mandatory components: one-on-

one mentoring with a youth life coach regularly through the school year and involvement in social/emotional skills groups.

Spark T.H.I.S. serves approximately 80 youth per year in Renton's three middle schools, Renton High School, and Lindbergh High School.

For Jasmen, a favorite part of the program is the joint school meetings at Harambee in downtown Renton, where teens come together and learn about job readiness, college preparation, and positive life choices.

"This program has helped me mature a lot and grow mentally," she says. "I like to be a support network for [my peers], because I want them to be a support network for me."



PHOTO COURTESY OF RENTON AREA YOUTH AND FAMILY SERVICES
Jasmen Plitts (left) and friend Linea hang out during a Spark T.H.I.S. summer activity.

Renton Area Youth and Family Services recently received a \$20,000 grant from the First Financial Northwest Foundation and the Renton Community Foundation. The grant will support expansion of the Spark T.H.I.S. program into Hazen High School starting next spring. Readers interested in contributing to RAYS, either with their time or financially, can visit www.rays.org and click on "You Can Help."

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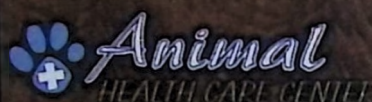


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Take a bird's eye view of your home

BY DR. KATHLEEN CONNELL

Whether a large, expensive parrot or the more usual parakeet, exotic birds attract us with their intelligence and colorful plumage. Because of their small size, rapid metabolism and unique respiratory system, birds are very sensitive to many chemicals and other dangers. If left alone, a curious bird can get into a lot of trouble.

Here are some protective measures you can take:

Birds and other household pets: Everyone can become one big happy family with a little care, patience and supervision. All pets should be supervised when interacting to prevent injuries. A bird's quick motions may trigger the prey instinct of an otherwise docile cat or dog. If you are not sure how your existing pets will react to a new bird, keep the bird caged for its protection.

Preventing poisoning: A curious bird will ingest items that may be toxic. Besides household cleaning products and other poisons, owners must be careful with sprays and fumes including insecticides, glues and paints. Prevent access to household plants.

Non-stick cookware, when overheated, poses a danger for people and animals. The fumes released pose a serious danger to birds when inhaled. Do not keep birds in kitchens or around food preparation areas. These coatings are also found on other electrical appliances.

Aerosols and other contaminants: Air quality is important for birds. Owners must be careful not to



PHOTO COURTESY OF
HENRY MOORE JR. BCU/WSU.

Pet birds can get into trouble if allowed to roam freely in your home.

expose birds to aerosol products. Other dangerous contaminants are cigarette smoke and carbon monoxide.

Drowning: Guard against a free roaming bird falling into any open water source.

Dangerous foods and treats: Feed only the correct amount and type of food. Resist the urge to offer salty, sweet or fatty items. Dangerous items are chocolate, caffeinated or alcoholic beverages and avocado. If you are not sure, check with your veterinarian before offering something that may be harmful.

Electrical hazards: Birds will bite electrical cords. Keep all electrical cords and appliances away from your bird's cage.

Toys: Inspect all pet toys for any small parts that could be picked at and swallowed. Ensure rope toys do not offer enough slack birds to prevent a tangle or strangle. Toys must also be lead-free and zinc-free.

Household dangers: Fans, windows, doors and mirrors can pose a danger to both earthbound and flighted birds. Ensure your bird cannot fly into a circling ceiling fan. A fan's movement and noise may be stressful, so place the cage away from any fans. Flighted birds could fly into windows and mirrors. Consider having your bird's wings clipped. Birds can easily escape through open windows or doors. All birds should be supervised when outside their cages to help prevent injuries.

*Dr. Kathy Connell, DVM, owns and operates
Foxglove Consulting in Olympia.*



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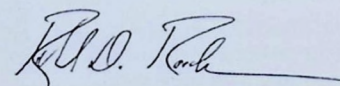
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Many Thanks For Supporting Glow's Kickoff Celebration!

Valley Medical Center, CEO Rich Roodman and the GLOW Advisory Board express sincere appreciation to our partners for their support of Valley Medical Center's new GLOW program, a health and wellness resource created by women, for women.

"The GLOW Kickoff Celebration at ShoWare Center was an evening to remember with great food, entertainment and the opportunity for women in our community who share the common goal of making the best healthcare decisions for themselves and their families to network with other like-minded women, businesses and service providers. We look forward to the wonderful connections that will be made at upcoming GLOW events. Look on facebook.com/valleymed for a photo album documenting the evening's fun!

"Many thanks to our partners for their support of GLOW and for participating in our fabulous Kickoff Celebration!"



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