

RENTON Magazine

Volume 5 / No. 6 June 2010

Ball fits these
youngsters to a "T"
page 10

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Happy Father's Day!

Lots of life lessons come from our fathers.

Some lessons may seem harsh at the time and yet, when we look back, we realize how the lesson made us more independent or helped define our place in the world. Here are a couple stories our readers shared with us. We hope you enjoy them.

My father wasn't a man of many words, especially when it came to communicating his love for you. He demonstrated it more in action.

Now that I'm a parent of only one child, I marvel at how he did it, as I am the youngest of seven. My father tirelessly held down two jobs, while getting his master's degree from the

University of Washington. He was ever present rooting at all seven of his children's sporting ventures, cooking up Sunday breakfast before church services, and his strong presence in the evening, perched in his favorite chair watching the nightly news.

In my early twenties, I was offered

an out-of-state job in Minnesota. The move was challenging as I didn't know anyone and found myself homesick and lonely. Through daily conversations with my mother and siblings, my father knew of my discontent. On a chilly Minnesota day I received a letter in the mail from my dad. After 25 years I don't

remember all the details of the letter but I do recall how it lifted my spirits and the last words of "Keep your chin up." My dad's been gone 10 years now and not a day goes by that I don't reflect on how he taught me that actions truly speak louder than words.

© CHRISTINE GILL-YOUNG

MORE DAD STORIES ~ page 19

RENTON Magazine

VOL. 5 | ISSUE 6

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Renton Magazine is mailed each month to homes in Renton, East Plateau and Fairwood. Total circulation is 18,000. Publisher retains the right to reject any advertising. Copyright 2010 Puget Sound Publishing Co. All rights reserved. Use or reproduction, in part or full, without written permission is prohibited. Back issues and single copies are \$3.00. Subscriptions are available for \$25 per year.

Puget Sound Publishing Co.
15 South Grady Way, Suite 214
Renton, WA 98057

contents

4 **upcoming events**

7 **kirby unti**

8 **farmer's market**

9 **reading buddies**

13 **around the garden**

14 **fresh tastes**

16 **pet care**

18 **dad stories**

cover:

Connor Ryan gets ready to swing for the fences during a recent match-up between his CVAC Mariners and the opposing Renton Red Sox. Did the Mariners win? That's the beauty of T-Ball. Everyone plays, everyone bats, everyone wins. Photo by Lisa Bowersock. 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



June 1 - September 28

The public is welcome to get a taste of summer at the annual downtown Renton Farmers Market. The market welcomes more than 50 vendors and farmers selling locally grown farm products, including organic fruits, vegetables, cut flowers, baked goods, and herbs. Live entertainment and chef demonstrations are featured each week.

Tuesdays, 3-7 p.m.

The Plaza, South Third Street
425-430-7214

www.rentonfarmersmarket.com

Admission: Free

JUNE 20

Museum of Flight Father's Day

Museum of Flight encourages families to come out with their dads on Father's Day when dads get in free thanks to sponsor Bartell Drugs. Dads can pick up a free admission coupon to Museum of Flight at a Bartell drugstore. The museum has a variety of family-oriented activities planned.

Sunday, 10 a.m.-5 p.m.

Museum of Flight / 9404 East Marginal Way S.

www.museumofflight.org / 206-764-5720

Admission: Dads get in free with ticket from Bartell Drugs; children 5-17, \$8; seniors, \$13; adults, \$15; \$11/active military



June 17

Renton City Concert Band

Directed by Michael Simpson, this 60-piece band will perform a range of classic and contemporary music at Carco Theatre.

Thursday, 7:30 p.m.

Carco Theatre
1717 S.E. Maple Valley Highway
425-430-6700

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



June 19

Aquatic Center Opening Day

Renton's Henry Moses Aquatic Center will open to the public through Sept. 6. Trained lifeguards are on duty during all activities. Leisure swims frequently reach capacity on hot days.

Saturday leisure swim, noon to 3:30 p.m. and 4-7:30 p.m.

Henry Moses Aquatic Center
1719 S.E. Maple Valley Highway
425-430-6700

Admission: Under 1 year is free



June 21

Tennis Fest Kick-Off

Participants, ages 5 and up, can start off their tennis season right with a free session with pros teaching basic fundamentals of the game. Included are fun drills, games, and hitting for prizes. Pros will advise participants on choosing the appropriate program for youth and adults.

Monday, 4-5:30 p.m.

McKnight Middle School
1200 Edmonds Ave. N.E.
425-235-9495 (Aces Tennis)
Admission: Free

upcoming events

Northwest Works

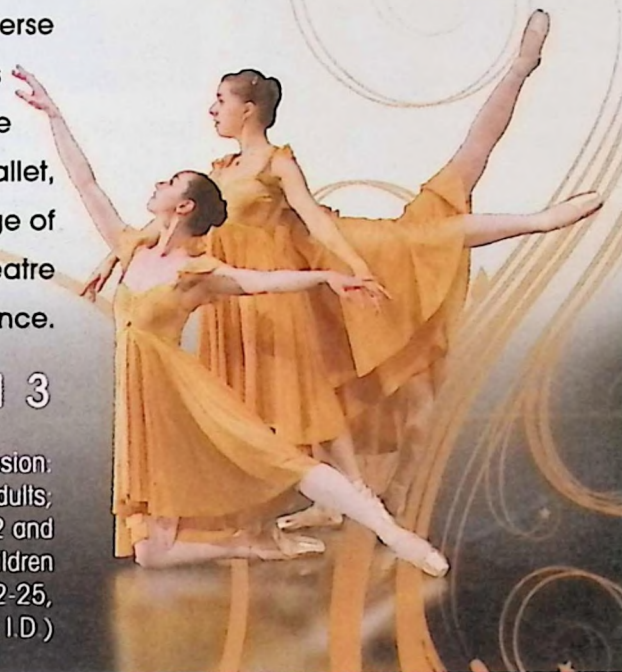
From the classical to the contemporary, this diverse program featuring Northwest choreographers will be entertaining for all who appreciate dance. Presented by Evergreen City Ballet, Northwest Works will combine a varied range of music with a mix of dance in the Black Box Theatre with seating limited to 100 per performance.

JUNE 12-13

Saturday, 2 p.m. and 7:30 p.m.;
Sunday, 1:30 p.m.

Renton IKEA Performing Arts Center
2230 Lind Ave. S.W.
425-228-6800

Admission:
\$30.75/adults;
\$19.75/seniors 62 and
over; \$16.75/children
and students (2-25,
with valid student I.D.)



june 25-july 11

Shake It Up Shakespeare: "The Two Gentlemen of Verona" Musical

"The Two Gentlemen of Verona" was William Shakespeare's first romantic comedy, setting the stage for a series of romantic comedies leading up to his masterpiece, "Twelfth Night." Audiences will be entertained as Shakespeare pokes fun at the conventions of friendship, love, and romance. The production is updated and set to a 70s disco beat. Kent Phillips of Star 101.5, a longtime Renton Civic Theatre member, returns to direct.

Thursdays, 7:30 p.m.; Fridays and Saturdays, 8 p.m.; Sundays, 2 p.m.

Renton Civic Theatre
507 S. Third St.

Admission: \$22/adults; \$17/students and seniors



june 29

Need Knows No Season

The Salvation Army Renton Rotary Food Bank presents its fifth annual fundraising event and banquet dinner. Marcie Maxwell will be the keynote speaker. Guests will be entertained by music courtesy of local celebrities, the EriAm Sisters. The Salvation Army hopes to raise \$100,000 from the event. Proceeds will go towards funding for the Salvation Army's new Renton Community Supper program, as well as other social service programs. Food at the fundraiser will be prepared by Don Persson and Larry Sleeth.

Tuesday, 6-9 p.m. / 425-255-5974

New Life Church, 15711 152nd Ave. S.E.

Admission: Suggested donation of \$125

IKEA
RENTON
RIVER DAYS

25

years of
magic
in the Park



July 23-25, 2010
Liberty Park

The city of Renton celebrates 25 years of "Magic in the Park." With activities and events for kids, seniors, and everyone in between, this celebration makes for a great family outing. Main sponsors are IKEA, City of Renton, First Savings Bank Northwest, McLendon Hardware, Rotary Club of Renton, Waste Management, and Wizards of the Coast. All events are held at Liberty Park, unless otherwise noted.

save the date

Friday,
noon-8 p.m.;

Saturday,
10 a.m.-8 p.m.;

Sunday, noon-6 p.m.

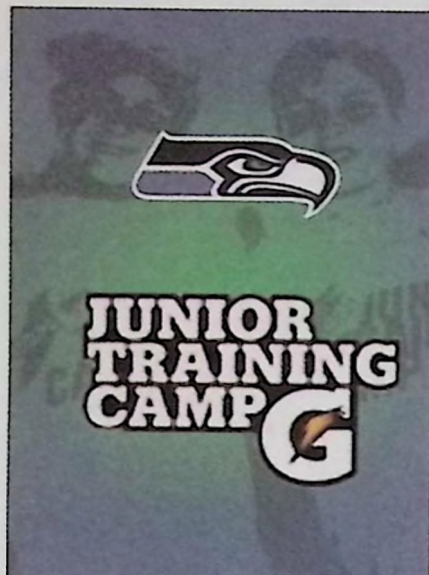
Liberty Park
1101 Bronson Way N.

425-430-6528

Fee: Free admission
into festival; other
charges may apply

www.rentonriverdays.org

calendar of events



SPORTS

Seahawks Gatorade Football Camp

Monday, July 26, 1-3 p.m.;
Tuesday, July 27, 1-3 p.m.

Join the Seattle Seahawks at Cedar River Park for the annual Gatorade Junior Training Camp. The camp includes two hours of first-rate football instruction and fun. To pre-register, visit www.seahawks.com.

Cedar River Park
1717 S.E. Maple Valley Highway

Fee: Free

HUMAN SERVICE PROGRAM

Renton Community Supper

Beginning June 7

A free, hot, home-cooked meal will be served from 5:30-6:30 p.m., Monday through Friday at the Salvation Army Renton Corps. The meals, sponsored by a number of Renton churches, are open to anyone. Individuals and families are welcome.

Salvation Army Renton Corps
720 S. Tobin St.

425-271-9444 (Capt. Terry Masango)
425-226-0880 (Pastor Loren Lichty)

Fee: Free

SAFETY PROGRAMS

Renton Community Center
1715 S.E. Maple Valley Hwy.
425-430-6700

Pre-registration is required

Disaster Preparedness for Caretakers

Saturday, June 12, 2-4 p.m.

This program, for ages 16 and up will help caretakers prepare for disasters and emergencies. Topics include disaster kits, evacuation, planning, special needs planning, and shelters.

Fee: Free

Home Fire Safety

Monday, June 14, 7-8:30 p.m.

This course for ages 18 and up instructs participants on easy steps to implement to increase the chances of surviving a home fire, preventing fires, and protecting family. Participants will also learn about fire realities vs. myths.

Fee: Free

Heat Safety

Tuesday, June 22, 6-7 p.m.

Summer heat and humidity can put people at risk of heat-related illnesses. Class participants will learn how to read the heat index and how it relates to weather report warnings; how to choose sunscreen, sunglasses, and clothing for the hottest times of the year, and what to do if you or someone you know is harmed by the hot weather.

Fee: Free

General Disaster Preparedness

Tuesday, July 13, 6:30-7:30 p.m.

This interactive lecture, led by the American Red Cross, will teach participants how to make a plan, build a disaster supply kit, and be resourceful.

Fee: Free

RENTON HISTORY MUSEUM

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 a group. In that case, call the museum one day in advance.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: Free

SENIOR EVENTS

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

Game Day

Wednesday, June 2, 10 a.m.-1 p.m.

Students from Talbot Hill Elementary School will visit the center to compete with seniors at their favorite games. Games will include bean bag baseball, bocci ball, horseshoes, and Wii.

Fee: Free

Summertime Blooms

Wednesday, June 9, 10-11 a.m.

Lowe's hardware store will donate pots, potting soil, and flowers, allowing the opportunity to plant a potted flower and take it home.

Fee: Free

Father's Day Car Race Luncheon

Friday, June 18, 11 a.m. (contest); 11:30 a.m. (lunch)

Timed, remote control car races will be held on a special track in the dining room. The winner will receive a prize.

Fee: \$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 info@pugetsoundpublishing.com or call us at 425-271-9300.

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Too much of a good thing

I had the wonderful opportunity to spend three days in Victoria, B.C., at the Grand Pacific Hotel. The first night we went down for dinner and were greeted with a wonderful smorgasbord of food. The choices were many, the presentation most inviting, and the abundance bordering on decadent.

I loaded up my plate, realizing I wanted to go light on the fruits and salads, knowing there were salmon and prime rib further downstream. I was such a pig that I couldn't finish my plate and was grateful when the server asked if she could take it. Somehow within minutes, I recovered and was able to select three different desserts that did not taste nearly as good as they looked, but I did manage to polish them off.

Needless to say, I felt miserable afterwards and could barely stay awake for the evening lecture. The next evening an equally splendid array of foods was waiting. This time I practiced a level of moderation.

Do you know what it means to experience too much of a good thing?

This is my observation of what is going on in so many of our lives. We are doing so many good things. We are volunteering, attending auctions and fund-raisers, participating in sporting events and clubs, hiking and fishing and enjoying the out-of-doors, vacationing and enjoying get-aways.

The list goes on and on of events and happenings that in and of themselves are without a doubt the right things to be investing our lives in. What I am observing is, we have filled our lives up with so

many good things that we are missing out on some of the best things. We are worn out, stressed out and in a state of over-functioning.

I come from a tradition where wisdom teaches we need to practice Sabbath. Sabbath is one day a week when we do not fill our lives up. Sabbath is a day to empty ourselves. It is a day to be quiet. It is a day to rest. It is a day to be together not do together.

The art of being together without doing something has been lost on us. We have become addicted to the chaos and business of our lives so that if we slow down, we begin to experience withdrawal symptoms.

Learning to be together in community is an unknown experience for most of us. We have so filled up our Day-Timers with important and good things that we no longer have time just to be together. I talked to a friend this week. We thought we could get together yet before summer. It turns out that our best bet is going to be the second week in October. You know this experience.

Summer is upon us. I encourage you not to fill it so full that you have no time to enjoy it. I encourage you to work Sabbath into your lifestyle, a day—it doesn't matter what day—when you plan to do nothing. You might just find that it is more meaningful and more renewing than doing some the great things that we all look forward to when the sun comes out.

Someday I trust I too will learn, just because it's on the table doesn't mean I have to eat it.



Kirby Unti
COLUMNIST

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

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BY DANA E. NEUTS

FARMERS MARKET

'Something to look forward to'



Soon starting its ninth year, the Renton Farmers Market continues to be the community's "go to" place for locally grown produce, cut flowers and fresh meat and dairy products. In fact, a family can do all of its shopping at the farmers market during the summer, says Stefeny Anderson, a market coordinator hired by the City of Renton.

Unlike other farmers' markets, the Renton market is held on Tuesdays from 3 to 7 p.m. at the Renton Piazza downtown. The market is organized by Piazza Renton and managed and promoted by Anderson. This year's market begins June 1 and runs through Sept. 28, two weeks later than normal. Why Tuesdays?

"Tuesdays offer another alternative for people to do their shopping during the week,"

Anderson says. "It is something during the week to look forward to."

In addition to the usual fresh produce, the Renton Farmers Market offers honey, seafood, eggs, cheese and baked goods as well as fare from restaurants like Los Agaves. On any given Tuesday in the summer, shoppers can find teriyaki, pad thai, dim sum, corn on the cob, kettle corn and homemade ice cream, making it ideal for families to have dinner after shopping at the market. It's this variety of vendors that draws visitors downtown week after week, Anderson explains.

To keep kids occupied while their parents shop, the Renton Farmers Market offers a Kid's Patch activity area with arts, crafts and other diversions. Shoppers will also find an information booth, cooking demonstrations from local chefs, and entertainment including

a Jimmy Buffet-style vocalist, acoustic guitar, a DJ, breakdance exhibitions and a talent show.

"Our focus is to make it a community event to support the idea of buying and growing locally," Anderson says. "We're creating a true marketplace."

Unlike some local farmers markets, the Renton market does not invite crafters to participate. Farmers and other producers of locally made items are encouraged, as long as the items come from within Washington state and finished products, like baked goods, are made with local ingredients whenever possible.

One vendor, Jessie's Berries, comes all the way from Skagit County each week. Located near Mt. Vernon, Jessie's Berries is a small, family-owned farm run by three generations of women. Anita Vizcaya, manager, and other family members make the trek to



Renton

each Tuesday during berry season to sell strawberries (June-July), raspberries (July-August), blueberries and blackberries (July-October).

"There aren't many weekday markets, so this is a good way for us to sell berries that ripen during the week," Vizcaya says.

Vizcaya says her family was hesitant to try out the market because of the distance, but they keep coming back because they love the setting, the customers and the other vendors.

"It's the atmosphere that makes it worth the drive" Vizcaya explains. "It's just fun to go there."

For more information about the Renton Farmers Market, including a schedule of 2010 highlights, visit www.renton-farmersmarket.com.

Big kids & little kids become buddies over books

BY ANDREW FICKES

In Debra Harris-Branham's library at Campbell Hill Elementary, Bob Bridge's Reading Buddies program is at a fever pitch. Fourth graders are reading aloud to their second grade reading buddies. The volume of voices is over the top. "It is a powerful experience every time you share a book you love with someone else," says Harris-Branham.

"What I enjoy about reading buddies is, I get to influence kids to read bigger books in the future," says fourth grader Adamari Campos, before she dives into a picture book titled: "That Rabbit Belongs to Emily Brown."

Since last October, Bob Bridge's Reading Buddies program has caused great excitement among elementary kids in the Renton School District. In a move to start the week positively, many teachers in the district have scheduled paired reading on Mondays.

As envisioned by Toyota dealer Bob Bridge, the program encourages a love of reading among students by having fifth and fourth graders reading to and mentoring second graders.



RENTON MAGAZINE / JAMES BAVENDAM

Renton's Reading Buddies pack into the Family Fun Center in Tukwila to enjoy their end-of-school reward for reading nearly 125,000 books. So many children participated that the celebration was held over 4 days in May.

To kick off the program, Bridge cut an \$8,000 check last year to pay for 650 books to be distributed among the grade schools. He also funded transportation to bus kids to the Family Fun Center in Tukwila, both at the beginning of the school year and for an end-of-the-year party.

Not only did students wholeheartedly embrace the program, they did so with gusto. By conservative estimate, they read

about 125,000 books throughout the school year, according to Bridge. A total of 2,089 students participated in the program.

"We're knocking the socks off of literacy in this district," Superintendent Mary Alice Heuschel says.

The intent of the program is to ensure second graders are reading at grade level by the time they start third grade.

READING BUDDIES ~ page 18

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PLAY BALL

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STORY AND PHOTOS BY LISA BOWERSOCK

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up in Montlake for the
a crew races.

seven of his teammates
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with more than 25 par-
and coaches loudly sup-
ry hit, catch and throw
r team.

ve to play baseball,"
says with a big smile as
ays his traditional post-
snack. "I get to hit the
ast."

Not letting the boys have all the fun, Cheyanne Lyons and Ellie Ferkingstad remind us that T-ball is a co-ed sport.

"She loves T-ball and she loves her team," says Cheyanne's mother, Amanda Lyons. Giving a nod to the pink batting helmet and matching bat she laughs, "Once we 'girlified' her uniform, she's been ready for every single game."

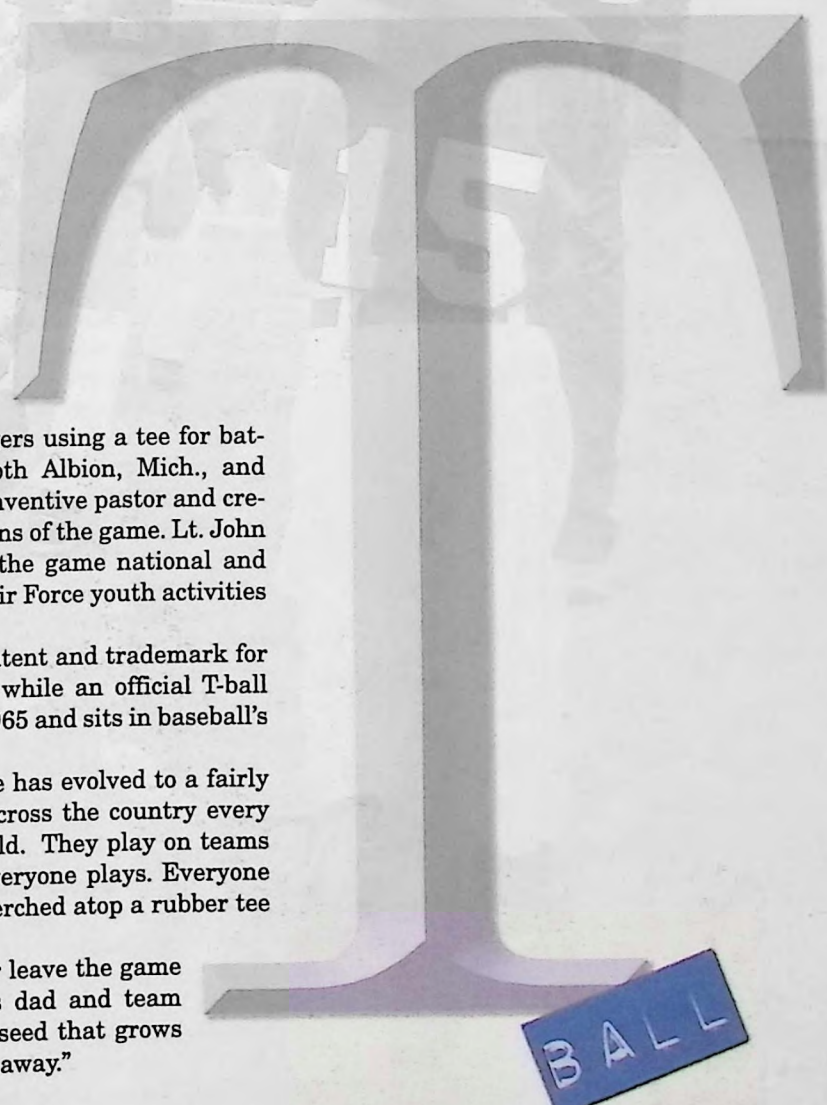
No one really knows the true origins of T-ball. Reports have the Brooklyn Dodgers using a tee for batting practice as early as the 1940s. Both Albion, Mich., and Starksville, Miss., boast stories about an inventive pastor and creative Rotary Club rolling out earlier versions of the game. Lt. John Zareas is certainly credited with taking the game national and then international during his stint as an Air Force youth activities leader in the 1960s.

Dayton Hobbs, the pastor, secured a patent and trademark for the "Tee Ball" name in the early 1970s, while an official T-ball rules book by Zareas was copyrighted in 1965 and sits in baseball's Hall of Fame.

Regardless of its varied past, the game has evolved to a fairly standard format played in Renton and across the country every spring. All players must be 5 to 7 years old. They play on teams named after popular MLB franchises. Everyone plays. Everyone bats. No one pitches. Instead the ball is perched atop a rubber tee to decrease fear and increase success.

"This is when they can learn to love or leave the game of baseball," said Robert Ryan, Connor's dad and team coach. "If done right, T-ball can plant a seed that grows into a love of the game that will never go away."

No score is kept. Everyone wins.



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ninja campaign



RENTON MAGAZINE / SARAH ZUGSCHWERDT

After completing jumping exercises, the beginning tae kwon do class at Washington Black Belt Academy in Renton moves on to punches.

BY SARAH ZUGSCHWERDT

With movies like "Ninja Assassins" and "Kung Fu Panda" dominating screens, the ninja—dressed in black, combating villains, an icon of stealth, strength and focus—continues to thrill and inspire youngsters.

And that's what Master Chung of Washington Black Belt Academy in Renton is counting on.

This summer his studio is debuting the Ninja Campaign, a program for boys and girls ages 6 and up aimed at combating one especially heinous villain: childhood obesity.

The concept first began at a vision meeting with Master Chung and two former students, now studio owners themselves. All three agreed that besides personal safety, the childhood obesity rate was a ready foe. Their attack had to be interesting and exciting, they knew, and have a broader draw than pure martial arts, which intimidates some students.

"We're trying to find everybody's niche," says Chung. "If they're not on a sport team or being active already, maybe they just need a different activity. We came up with the ninja idea because it's different."

Would-be ninjas sign up for the cycle of four Saturdays at minimal cost—\$20. Each week Master Chung (himself a black belt since the age of 8) will lead the novice ninjas in an introductory program of conditioning and a ninja-in-training

Youngsters crawl, jump, climb their way to

Ninja fitness

obstacle course.

"There's balance beams, there's little stumps that you gotta walk on just like the ninja would in a ninja camp ... there's things you have to jump over, crawl under, climb over ... it's going to feel like you're in the movies."

Just like real ninjas, there's a mental component too—concentration, discipline and self-confidence. Master Chung will instruct the ninjas that "you can do these things—you might not have done it before, but together, working together, trying hard and being focused, we can step over this stump, we can ... climb this wall."

During the week, students will be encouraged to complete "ninja homework," like three 30-minute activity sessions of bike riding or skate boarding.

"Hopefully, we're just opening doors of things maybe they haven't done before or haven't done enough to really enjoy it, or they forgot what it was like," Chung explains.

Graduation is the final week, when participants complete the full obstacle course and are rewarded with ninja pants or a ninja shirt, depending on whether they completed the "arm" or "leg" month cycle. Two cycles conclude the Ninja Campaign, but—it is hoped—not the fitness habits it renewed.

Seventeen-year-old Sunishchal Dev—now Mr. Dev to his own tae kwon do students at the Coal Creek YMCA—could have participated in the Ninja Campaign six years ago when he walked into Master Chung's studio looking to lose some stubborn baby weight.

"I tried other sports and stuff, but it just didn't really stick," says Dev. Tae kwon do, however, did.

"It wasn't only something I could work out with; it helped me grow as a person."

And in many ways, this ninja did. Today he's a straight "A" high school student. And that baby weight? It's been replaced by muscle, confidence, and killer moves—held together by a black belt.

Register at 425-793-9607.

If calling mid-month, your child will be added to the waiting list for the following month's cycle. The program may continue past summer if there is enough interest. Classes are held at the Renton studio, 350 Sunset Blvd. N., Suite B. More information about the academy can be found at the Web site, www.wablackbelt.com.

around
the garden

Don't call them *bumblers*

BY ELAINE ANDERSON



Is there anything cuter than a bumble bee? All bees are cute, but bumble bees are the only ones that make me want to pick them up and give them a smooch. I restrain myself, because I don't want to interrupt their critically important responsibility as pollinators.

Bumble bees are members of the genus *Bombus* in the Hymenoptera order, the insect order that also includes ants and wasps. I'm guessing the bumble part of their common name comes from *Bombus*, because they certainly aren't bumblers. Bumble bees are the only social bee native to North America. (Honeybees were imported from Europe in the 17th century.) Like honeybees they feed on nectar and feed their young with pollen they gather.

Bumble bee colonies are much smaller than those of honeybees, and only the queen survives the winter. They also differ from honeybees in their

ability to sting more than once, and their sting is quite painful. They are among the most docile of bees, but they become quite aggressive when their nest is disturbed. It pays to be aware of the fact that they nest in cavities in compost heaps, under boards, and in woodpiles.

Bumble bees are important pollinators. They are used in agriculture because they pollinate plant species, such as tomatoes, peppers, and cranberries, which other pollinators cannot. These plants require "buzz pollination," a behavior performed only by bumble bees, in which the bee grabs the pollen-producing part of a flower in its jaws and vibrates its wings. This dislodges pollen that would otherwise have remained trapped in the flower.

Bumble bees, like honeybees, are declining dramatically in number. Some of the causes of this decline are habitat destruction, invasive species, disease spread by bees imported from Europe, and climate change. But, humans are by far the most destructive entity to bumblebees, to all bees,



because they spray insecticides on blooming plants. Bumble bees may be even more sensitive to garden chemicals than honeybees.

Our gardens would be far less interesting without the furry little bodies of bumble bees buzzing about. But then, that would be the least of our worries. Einstein once said of bees in general that without them to pollinate our food crops, humans would die off within four years. Research has shown that he was wrong. It would take at least seven years.

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by WSU and the Master Gardener Foundation of King County, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about bees and other gardening topics, call the Master Gardener Phone Clinic at 206-543-0943.

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The Magic of Greece

When my youngest son, Michael, was 15 we went on a wonderful trip to Italy and Greece. It was one heck of a field trip! I had always wanted to visit the splendors of those wonderful countries, and the reality was every bit as beautiful as I had imagined. Although the history and culture of Athens were thrilling to see, it was the Greek islands that captured my heart.

Our first island was Crete, where we squeezed ourselves into the back of a tiny jeep and roared off into the hills, hitting every bump on the island. It was breathtakingly beautiful, with orange and cypress trees, tiny villages perched by the turquoise sea, ancient monasteries and long robed monks, squawking chickens being sold to housewives for their dinner that night and wonderful lunches in the sunshine.

Santorini was next on our trip and it is my favorite island. Shaped like a croissant and built on an ancient volcano, Santorini is dotted with snow white houses dazzling in the sun, topped with roofs of brilliant, bright blue tiles. Here, grape vines are wound into wreaths on the hard earth where the sun bakes the grapes sweet during the day and

the dew in the morning waters the vines. The resulting wines are deliciously sweet. My favorite is Vin Santo and it makes a lovely dessert with fresh peaches and almond biscotti or amaretti cookies.

Mike got lots of laughs watching his mother ride an ancient donkey down the 600 foot cliffs. High, ho, Silver!

It would be hard to imagine any place as fascinating as Rhodes. A charming Greek man offered us a personal tour of the Island and said we needn't pay him if we weren't totally thrilled with his tour. Afterwards, I felt like giving him a hundred times the money! He took us to old forts, biblical sites, and memorable lookouts where one could see the coasts of Africa and Turkey. We saw old women riding donkeys and gathering olives in nets spread under the trees. He introduced me to his farmer friend who kissed me on both cheeks and gave me a rose and told me I was beautiful.



We had a delicious lunch in a

taverna where no one spoke English. The air was perfumed with rosemary, thyme and oregano, which grew in profusion on the rocky hills. We listened to Greek music as we drove from the Adriatic Sea to the Mediterranean in a beautiful Mercedes in the hot sun. What a day!

Here are some Greek style appetizer ideas that go together quickly on hot summer days. Just add a bag of pita chips and you are set for some good eating.



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.

Layered Greek Party Dip

Appitizer serves 8

you will need

2 - 8 oz. pkg. cream cheese with chives, room temp
1 1/2 cups prepared hummus
1 tbs. olive oil
1 tbs. dried oregano
1 cup chopped cucumber, peeled, seeded and diced
1 cup chopped fresh tomato, seeded and diced
1/2 cup seeded Kalamata olives
1/2 cup feta cheese, crumbled
2 green onions, thinly sliced

directions

In a pretty serving dish, place the two cream cheeses side by side. Spread with hummus and drizzle with the olive oil and oregano. Top with the cucumber, tomato, olives and cheese. Scatter with the green onions. May be refrigerated or serve immediately with pita chips.

Tzatziki

Appitizer serves 6

Be sure to use whole Greek yogurt for this recipe. It is delightful as a dip with fresh vegetables, as a topping for grilled salmon, lamb or chicken or in a pita sandwich.

you will need

1 1/2 cups Greek yogurt
4 to 6 cloves fresh garlic, minced
1 English cucumber, peeled, seeded and finely sliced
2 tsp. dill

directions

Combine all ingredients and chill. Serve in a small bowl and garnish with paprika.

Baked Goat Cheese

Appitizer serves 8-12

This tastes much more complex than it is to make, which makes it a delightful addition to an appetizer buffet.

you will need

1 log goat cheese, approximately 8 to 12 oz.
1 1/2 cups prepared marinara sauce
1 cup sundried tomatoes in oil, coarsely chopped

directions

Place goat cheese in an oven-proof serving dish. Top with marinara sauce and sundried tomatoes. Bake for 15 minutes until hot and bubbly. Garnish with toasted pine nuts and chopped parsley if desired. Serve with pita chips.

Artichoke Salsa

Appitizer serves 8

This is a snap to make in the food processor. Serve with crackers or use as a topping for crostini.

you will need

2 cups marinated artichoke hearts, drained
2 cloves garlic, minced
1/4 cup chopped parsley
4 green onions, chopped
1/2 cup grated fresh Parmesan cheese
Juice and zest of one lemon

directions

Combine all ingredients and process in food processor. Alternatively, mix ingredients together in a small bowl. Cover and refrigerate.



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pet care

Scratching that itch: Flea and tick products require careful use

BY DR. KATHLEEN CONNELL

The Environmental Protection Agency announced recently that it would make flea and tick products safer for pets by developing stricter testing and evaluation for products applied to an animal's skin. Product labels will also be scrutinized to ensure there are clear instructions on how to use these products safely and correctly.

The EPA received a significant number of complaints from pet owners in 2008 that "spot-on" products caused reactions in dogs and cats. Reactions ranged from simple skin irritation to vomiting, seizures and death in some cases. Most reactions were fairly minor, such as skin irritation, drooling or vomiting. Because of their smaller size, cats and small dogs are at more risk, especially if owners use products intended for larger animals.

The Food and Drug Administration regulates animal drugs and works closely with the EPA to regulate flea and tick products. The FDA offers an instructional brochure on safe use of these products. You can access it online at www.fda.gov by entering 172781 in the search box.

Pet owners must remember that flea and tick products are poisons; that's why they work to kill external parasites. They should be handled and used properly and safely. To protect yourself, your family and your pets, take some simple precautions.

- Carefully read and follow all label directions before using a flea and tick product on your pet. Use the right product for the job and make sure you are applying the product correctly.



Fleas lay eggs on pets and in a few days, the eggs fall off (in your home!) and continue development first as larvae.

- Don't use products for adult animals on puppies or kittens. Use appropriate products for other pets, such as ferrets and birds.
- Wear gloves and wash your hands after applying these products. Keep these and all other products and medications out of the reach of children.
- Ensure that products intended for dogs are not used on cats. Cats are more susceptible to reactions, illnesses and deaths from misuse of flea and tick products.
- Adverse reactions can occur with any medication, drug or product. For first time use of a flea and tick product, use a small amount on your pet to see if there will be any reaction.
- Talk to your veterinarian before you use a product on compromised pets, such as those that are older, sick, on medication or are pregnant or nursing. Consult your veterinarian if your pet has previously had a reaction to these products.
- If you start to notice problems after application, rinse or wash your pet thoroughly to remove the product. Observe your pet to ensure that the reaction does not become severe. Contact your veterinarian if you see a reaction or your pet becomes ill.
- As always, consult your veterinarian to ensure you choose and use the right products for controlling fleas and ticks.

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

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READING BUDDIES

from page 9



To keep it dynamic, Heuschel said the district gave each school autonomy over how it tailored the program for its students. Paired reading was either done in the school library or in classrooms, depending on school preference and schedules. School librarians shared reading methods with students, including reading smoothly, with expression, and emphasizing pauses and punctuation.

"I enjoyed watching fifth and fourth graders sharing how to read better and having expression and reading for enjoy-

ment," says Harris-Branham. "The reading buddies program has been a wonderful experience. Kids looked forward to the new books and enjoyed the stories being shared.

"The older kids were so excited over reading to the younger kids," she says. "The biggest benefit was building excitement over reading and building community within the schools through books."

During the first week of May the program culminated in a grand party, which took place over four days, at the Family Fun Center in Tukwila. A different group of 500 fourth, fifth, and second graders was bussed there each of the four days. Jean Enersen of King 5 News gave

a keynote presentation on the importance of literacy.

The Family Fun Center opened its doors in the morning before regular hours all free of charge, a donation valued at \$50,000.

"The Family Fun Center sounds very interested in keeping this going," says Bridge.

During the party, Bridge congratulated the fifth and fourth graders for doing a great job and congratulated the second graders for being engaged in reading.

"The teachers and Mary Alice [Heuschel] really need to get credit for all this," Bridge says. "This stuff doesn't happen automatically."

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DAD STORIES

from page 3



What would it be like to meet your father at the same age as your children are now? I have. My sister has backfilled, in book form, the years when my father was sending almost-daily letters to his sweetheart Dorothy, the woman who would later become his wife and my mother.

My father was in Army Air Corps training prior to WWII. As he progressed, he moved from base to base, developing better skills, flying more advanced and powerful airplanes. It was an idyllic time, and the Hollywood-inspired romantic phrases

he used in his letters sound patently corny now. The young flyers worked hard and played hard. "Washing out" could happen at any time to any of them but they worked like beavers possessed to succeed.

The combat hardships this young warrior experienced as a fighter pilot in North Africa a couple years later were not so inspiring. His view shifted from the thrills, adventure, and competition of flight training to acceptance of the inescapable need for individuals to sacrifice for the collective good. With hindsight, it then seems inevitable that he became a Lutheran pastor, inspired and happy to share the message of God's sacrifice for our greater good and permanent peace.

• PETER RENNER, RENTON •

My Dad was a self-made engineer who loved to figure out how things worked. He worked hard and I didn't see a lot of him while I was growing up but, somehow, I felt he loved me. He finally got his own manufacturing shop and that's where I had the opportunity to work for him and get to know him a little.

There were two things he drummed into my head. The first one was, "Always have the right tool for the job." and the second one was, "Do it right the first time." I moved on from his shop but these two rules helped me build a reputation for quality that served me well. I didn't realize until later that these weren't just rules for the shop but rules I could apply to my life! Having the right tool isn't always about screwdrivers; sometimes it's about patience and love. Doing it right means planning ahead so no matter what you face, you're ready for anything. Practicing these rules in my life has helped me be prepared for whatever happens. Thanks, Dad, for teaching me that with the right tools and a good plan, I can accomplish anything!

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