

# RENTON *magazine*

Volume 5 / No 7 July 2010



**Renton gears up  
for River Days  
festivities**  
page 12





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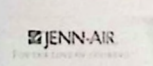
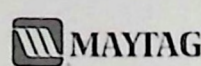
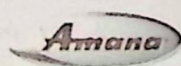
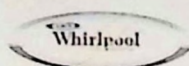
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## publisher's note

The ear buds are everywhere. Ear buds for cellular phones, iPods and other players. Even little kids are plugged in.

I enjoy music and heaven knows, I rely on my cell phone to stay connected. But it's important to me that some of my life is spent without the barrage of noise, ads, commentary, arguments or speed of daily life. I need to retreat to a quieter place, to think and rejuvenate. For me, that place is the barn and time with my horse.

It's plenty noisy there. The barn swallows and sparrows have their own voices. So do the frogs. Even when it's quiet, it's never quiet.

Just riding in the arena with the music off, my mare can tell which way I'm looking and tends to go there. She can tell if I merely tighten my grip on the reins – not pull on the reins, just tighten my grip. I tighten, she slows.

I feel her breathe. Actually, we breathe together. If I am tense and tend to hold my breath, she tenses and holds her breath. I catch myself, then start to breathe deeply – and so does she. She's dialed in to me and expects the same level of attention.

A friend stopped our ride to talk. After a couple minutes, my mare let out a big sigh as if to say, "This is OK, but this ain't riding. You're ignoring me." As a live animal, she's different every day. Sometimes calm, sometimes anxious, sometimes irritated. The signs are subtle but there to see, if I'm



Diana Kramer  
PUBLISHER

observant.

I would miss so much if I were wearing a headset, listening to something else, dialed in to something else.

This summer, we need to get our children and ourselves away from manufactured entertainment and outside for a bit without headsets, texting and videos. Find a trail somewhere. It's fine if it's a paved trail. But just find a way to walk through an area that has other than manufactured entertainment, even if that natural entertainment is carefully mowed lawns and plantings.

Paddle a rented canoe or kayak. Look for birds. Listen to your own footfalls on the pavement, sidewalk or grass.

Listen. Even if for only for a bit. There are songs and stories that you won't find from any electronic source.

## RENTON Magazine

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**cover:** Cute kids, rubber ducks and (we hope) lots of sun will shine during IKEA Renton River Days, coming July 23-25. The senior day picnic is July 22. People of all ages - nearly 45,000 of them - attend at least part of the community-wide festival, centered at Liberty Park and neighboring venues. Photos by James Bavendam; composite by Kerri Ladines. See story on page 12.

## 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

### Renton's Fabulous Fourth of July Celebration

July 4

The City of Renton and presenting sponsor, The Landing, invite the community to celebrate Independence Day with friends and family at Gene Coulon Memorial Beach Park. Daytime events will include free inflatable toys and face painting for kids plus a line-up of stage entertainment. Fireworks will begin at 10 p.m. on the shores of Lake Washington.

Sunday, noon

Gene Coulon Memorial Beach Park  
1201 Lake Washington Blvd. N.  
425-430-6700 / Admission: Free  
Visit [www.rentonwa.gov](http://www.rentonwa.gov) and click on "Renton's July 4th" under "arts and entertainment."



JULY 23

MOONLIGHT MOVIES PRESENTS

### THE BLIND SIDE

The first feature presentation of the summer outdoor movie series will be shown on the grounds of the Renton Senior Activity Center. "The Blindside," starring academy award winner Sandra Bullock, will begin at 9 p.m. A tailgate party will kick off the evening at 7 p.m. Sam's Club is the title sponsor, with refreshments sponsored by the senior advisory committee.

Friday, 7 p.m.

Renton Senior Activity  
Center lawn  
211 Barnett Ave. N.  
425-430-7896 (in event  
of inclement weather)

Admission: Free

## COULON FAMILY CONCERT SERIES PRESENTS

GENE COULON MEMORIAL BEACH PARK | WEDNESDAYS, 7 P.M.

1201 LAKE WASHINGTON BLVD. N. | 425-430-6700 | ADMISSION: FREE



july 14

#### Boys of Greenwood Glen

Exploring the roots of American music, this group performs Irish, bluegrass, country, and folk in a raucous celebration of acoustic traditional music.



july 21

#### JC and The Crew

JC Hedberg is a jazz saxophonist inspired by the greats, including Sonny Rollins, Stanley Turrentine, Joshua Redman, and John Coltrane. JC and The Crew will entertain audiences with jazz standards, paying tribute to some of the great jazz masters.



july 28

#### Craicmore

This band pushes the boundaries of modern Celtic music. It has performed at folk festivals and street fairs through the western United States, enriching the tradition of the genre with its own time and place.





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.



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](http://www.rentonriverdays.org)

save the date

August 14



*Saving Lives and Laughter*

Rising comedian star Rebecca Corry combines her two passions, comedy and animal rescue. Dog adoption and opportunity to donate to animal rescue organizations will be held from 4 to 7 p.m. Then, from 8 to 10 p.m., Corry will take to the stage with comedy legends Elayne Boosler and Alysia Wood. Corry grew up in Kent, and now lives in Los Angeles.

Saturday, 4-10 p.m.  
Renton IKEA Performing Arts Center  
400 S. 2nd St.  
425-204-3454

Tickets: \$20  
(appropriate for ages 16 and above)  
[www.brownpapertickets.com/event/114879](http://www.brownpapertickets.com/event/114879)

DOWNTOWN  
RENTON ART &  
ANTIQUÉ WALK

AUGUST The fifth annual art and antique walk will liven up downtown streets with paintings, pottery, sculpture, and photography from more than 100 artists. Parking is available in the city center parking garage at Second and Logan and in city lots along Main Avenue South, Burnett, and Wells Avenue.

Saturday,  
11 a.m.-5 p.m.

Downtown Renton  
Along South Third Street  
206-407-8719

Admission: Free  
[www.artsunlimited.org](http://www.artsunlimited.org)



july 11

### Return to Renton Cruise-In

Cruise back in time and check out classic vehicles at the 20th annual Return to Renton benefit car show. Highlights will include entertainment, vehicle displays, an art show, food, and raffle.

Sunday, 10 a.m.-3 p.m.

The Piazza  
Burnett Avenue S. and S. Third Street  
425-430-7589

Admission: Free



july 14

### Brothers From Different Mothers

This duo uses physical comedy, juggling, and interactive presentations to entertain audiences of all ages. Their adventurous patter will keep the whole family laughing.

Wednesday, 11 a.m.

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

Admission: Free



# calendar of events

## ★ COMMUNITY EVENTS

### **Renton Farmers Market**

Tuesdays through Sept. 28, 3-7 p.m.

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

The Piazza  
South Third Street  
425-430-7214

Admission: Free

[www.rentonfarmersmarket.com](http://www.rentonfarmersmarket.com)

### **Seahawks Gatorade Football Camp**

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

The Seattle Seahawks annual junior training camp at Cedar River Park includes two hours of first-rate football instruction and fun. To pre-register, visit [www.seahawks.com](http://www.seahawks.com) and click on "summer youth camps."

Cedar River Park  
1717 S.E. Maple Valley Highway  
425-203-8000

Fee: Free

### **Coulon Family Concert Series presents: Renton City Concert Band**

Wednesday, July 7, 7 p.m.

The series opening concert features the sounds of the 70-piece Renton City Concert Band under the

direction of Mike Simpson. Music ranges from big band to Broadway and other classics.

Gene Coulon Memorial Beach Park  
1201 Lake Washington Blvd. N.  
(next to Kidd Valley)

425-430-6700

Admission: Free

## ★ MOONLIGHT MOVIES

### **Cloudy With a Chance of Meatballs**

Friday, July 30, seating at 7 p.m., movie starts at dusk

This 2009 Sony Pictures film, based on the popular children's book, is about a town where food falls from the sky like rain. Bring canned food or any non-perishable food donation and get entered to win a spaghetti dinner. Must be present to win. All donations will benefit the Renton Food Bank. Co-sponsored by Sam's Club.

Liberty Park  
Houser Way N. and Bronson Way N.  
425-430-6700

Admission: Free

## ★ CHILDREN'S THEATER

Carco Theater  
1717 S.E. Maple Valley Highway

### **The Hi-Liners presents: Disney's Cinderella Kids**

Friday, July 16, 5:30 p.m.  
Saturday, July 17, 1 and 5:30 p.m.

Sunday, July 18, 1 p.m.

The classic Disney fairy tale of Cinderella, whose wicked stepmother and stepsisters deny her a chance to attend the royal ball. With help from her mice friends and her fairy godmother, Cinderella goes to ball, meets the prince and falls in love.

### **The Hi-Liners presents: Disney's Beauty and the Beast Jr.**

Friday, July 16, 7:30 p.m.  
Saturday, July 17, 3 and 7:30 p.m.  
Sunday, July 18, 3 p.m.

Belle, who yearns to escape her provincial life and her brute of a suitor, Gaston, gets more adventure than she wanted when she's held captive in the Beast's enchanted castle. This fairy tale is an account of two very different people finding strength in one another and learning how to love.

206-617-2152 (for tickets)

Admission: \$10

## ★ RENTON HISTORY MUSEUM

### **Teachings of the First People**

Friday, July 23, 1 p.m.

In this special Renton River Days event sponsored by the Renton History Museum, Native American storyteller and artist Roger Fernandes shares powerful stories about the First People and their deep cultural beliefs.

Liberty Park (small stage)  
Bronson Way North and Houser Way North

425-255-2330

Admission: Free

## ★ SENIOR EVENTS

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

### **Fourth of July Holiday Luncheon**

Thursday, July 1,  
11 a.m. (contest); 11:30 a.m. (lunch)

Celebrate the U.S.A. by wearing red, white, and blue. Lunch will be provided with apple pie for dessert. A part of the festivities will be a balloon-throwing contest with prizes for the winners.

Fee: \$3 (over 60); \$6 (under 60)

### **Twenty-fifth Annual River Days Senior Picnic**

Thursday, July 22, 11 a.m.-1 p.m.

The annual senior luncheon, part of the Renton River Days festivities, will feature the Old Time Fiddlers and Horns-A-Plenty band. Burgers are on the menu with strawberry shortcake for dessert. The law office of Dan Kellogg and Aegis Living are sponsors. Tickets are required and available at the senior center beginning July 1. Tickets will not be available at the door.

Renton Community Center  
1715 S.E. Maple Valley Highway

Admission: \$1

★ ★ ★ ★ ★  
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](mailto:info@pugetsoundpublishing.com) or call us at 425-271-9300.

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# The best umpire in town

*I* was standing in the back of the line when God handed out athletic talent. I have learned to make up for my own athletic shortcomings by enjoying the heck out of watching my kids play sports and sitting in the bleachers cheering for our church softball teams. I am as excited as the players when league play comes around.

There happens to be one guy in town who knows how to notch up the joy of softball tenfold. His name is Gary Gilman. Gary retired from Kenworth on his 55th birthday after a 35-year career that started right out of high school. He is a natural-born athlete who loves the game of baseball.

Gary excelled at hardball in his younger years, playing all the way through American Legion. He had to give it up because he faces a medical condition whereby his bones are so brittle they break easily. Gary has managed to break just about every bone in his body.

He knew if he couldn't play the game, the closest he could get to the action would be to become an umpire. One thing Gary was certain of: He could be a better umpire than most of the umps who officiated his games.

Gary became an active member of the Seattle Metro Softball Umpires Association. This group provides umps for all the games played in King County. Gary just recently called his 10,000th game. He won the "Most Requested Umpire Award" so many times, the award is now named after him.

I love it when I show up for a game and Gary is behind the plate. Win or lose, I know both teams and fans are going to have a great time.



GARY GILMAN

Gary calls every ball and strike with highly charged enthusiasm, accenting the call with expressive hand gestures. He is always on top of the count and hustles out to make the call on the base pads. Gary is always willing to admit he may have called it wrong, but he calls them the way he sees them.

Gary is the best fan any player could ever hope for. He is the first to compliment a player on a good play or to encourage a player who muffed it. It is no wonder that in 30 years of officiating he can count on one hand the number of players he has kicked out of a game. Gary has turned officiating into an art form.

When asked how he is able to bring so much joy to the game he responds, "I have never had a quick trigger. I learned to really have control over my temper."

I would have to add to this the fact that Gary is one big kid inside himself. Quite frankly it is the kids who keep him in the game. He is now officiating for the kids and grandkids of the first players he umpired. He breaks into a full smile when he says, "I knew them when they were in diapers back when I had to tell them not to put their fingers through the fence."

Gary is committed to standing behind the dish as long as he can continue to bring his A game. I along with many others hope that is for a long, long time because this Blue makes the game what it was intended to be, America's favorite pastime. Thank you, Gary Gilman!

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



Kirby Unti  
COLUMNIST

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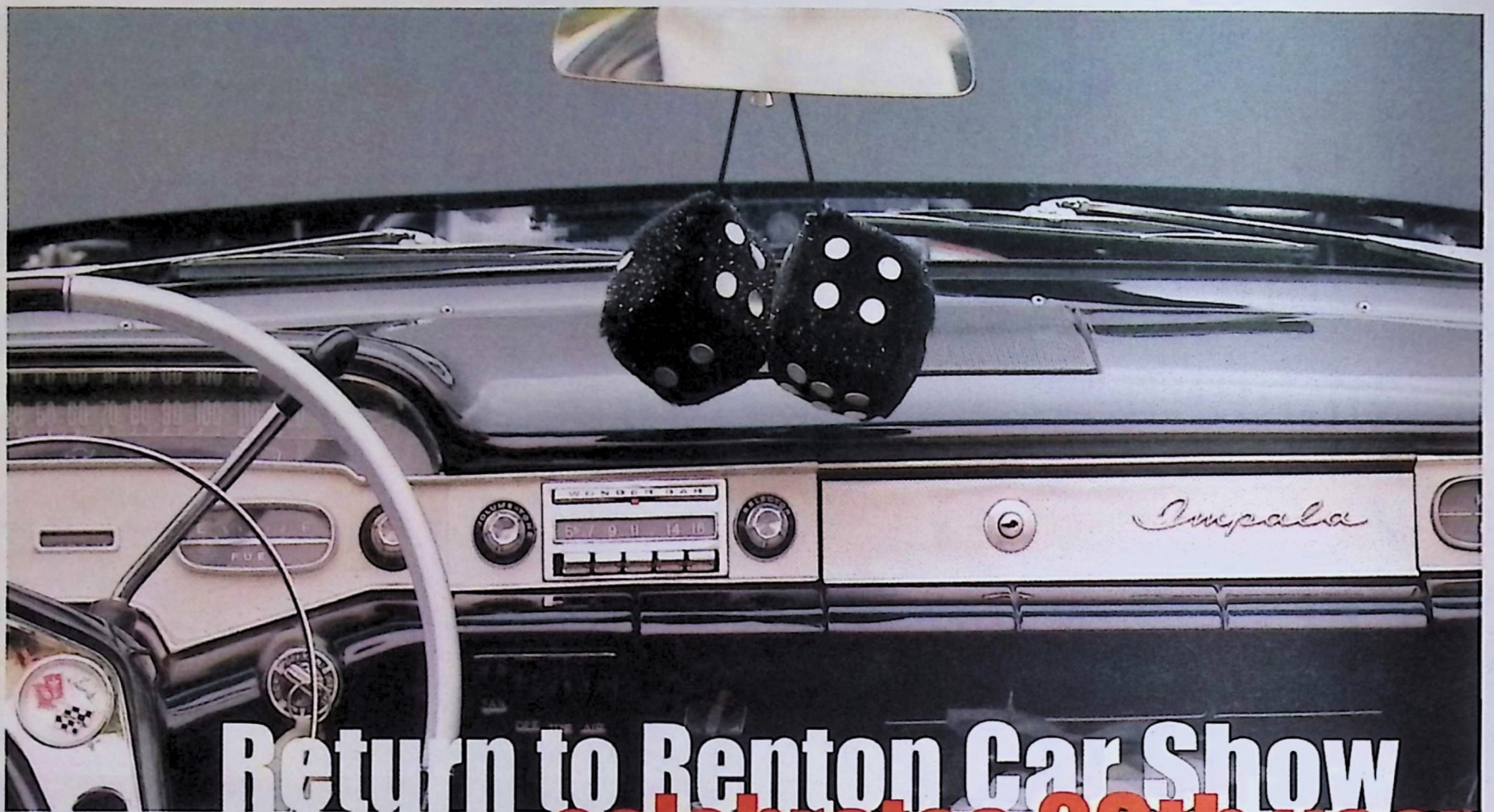
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# Return to Renton Car Show celebrates 20th year

**July 11**

**Return to Renton Cruise-In**

**Sunday, 10 a.m.-3 p.m.**

**The Piazza**

**Burnett Avenue S. and**

**S. Third Street**

**425-430-7589**

**Admission: Free**



STORY BY ANDREW FICKES / PHOTOS BY DENIS LAW

**R**eturn to Renton Car Show organizers are determined that this year's event on July 11 will be the best ever as they honor the late Steve Maxwell, one of the show's staunchest supporters. Maxwell died Feb. 28 from lung cancer.

"Being that it's our twentieth year, we really want to have a great show," says Ryan Runge, car show committee member. "We want to make this show in [Maxwell's] honor and have the best show yet."

Runge says the committee is also

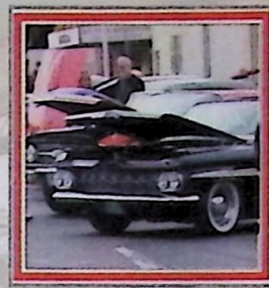
focused on the show's mission of raising funds for Renton's police youth programs. Over the past 19 years, the event has raised more than \$130,000.

"Programs that target at-risk youth have suffered significant cuts due to the economic slump," says Terri Vickers, community programs coordinator with the Renton Police Department. "Return to Renton provides nearly all the funding for the youth programs."

"The Renton Police Department extends a heartfelt 'thank you' to everyone who has made the show successful, for it is they who







**Steve Maxwell, top left, who passed away last February, will be honored during this year's Return to Renton Car Show.**

have allowed us to continue to provide positive programs for at-risk youth in Renton."

Event attendees will have a chance to see upwards of 300 or more classic cars, trucks, and motorcycles. More than 30 different awards will be presented, including a new Steve Maxwell Memorial trophy, sponsored by Denny Dochnahl. The show is open to any and all makes and models of vehicles.

"We're all inclusive in terms of vehicles and people," says committee chair Jim Medzegian.

Maxwell, who was on the car show committee for the past five years, was known for his 1970

Dodge Challenger. He traveled to California in October 2004 to purchase this make and model—one of only 2,900 still in existence.

"The Return to Renton committee hopes to have Steve's car on display at this year's twentieth anniversary in downtown Renton," says committee member Brian Larson.

Maxwell, a 1970 Renton High School graduate, met his wife Marcie while cruising the Renton loop on April 7, 1973. They'd been married for 34 years when he died.

LarKen and Kenneth Buchanan, another couple who met along the loop, also support the show.

"I'm really proud that I'm involved with this event," says LarKen. "It's one of the most well-respected car shows in the area."

Ben and Nancy Remak started the car show in 1991 to celebrate the era of the Renton loop, which lasted until the late 1980s. The loop route followed Third Street and around to Rainier Avenue. Police stopped the loop in the late 1980s, because it posed traffic problems, especially for emergency vehicles.

Now, says Medzegian, "I love seeing anywhere from three to five thousand people in downtown Renton enjoying the show."



## Get your **Savings** ducks in a row.

*We are proud to be a part of the 25th Anniversary of IKEA Renton River Days!*

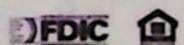
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# KIDS 'CRY OUT!' WITH A MESSAGE FROM THE HALL

BY SARAH ZUGSCHWERDT

**O**ne block from Renton High School, future recording artists are writing, rapping, and recording. Upstairs, break dancers are spinning, video gamers winning, and others just "chilling." What is it?

It's the HALL: Harambee's After-school Learning Lounge, a community center and home of Soma communities at 3165 3rd Pl. "Harambee" is a Swahili word meaning "together pushing forward," often used as a rallying cry for community growth in Africa, and now, for Renton.

From 2 to 5 p.m. Monday through Friday, the doors are open. Foosball tables, video games, couches, computers, snack bar, tables and chairs and an open dance floor fill the tri-level main building. In the fall or spring, you might witness a free, 10-week hip hop class put on by the 6th Day Dance Company, or a similar event. In the basement, the recently opened CryOut! studio is available to rappers, singers and spoken word artists. Fridays, there's a community dinner. Evenings, from 5 to 7 p.m., are reserved for tutoring.

All days include a safe place for kids to hang out, and to be known, accepted and encouraged, by adults and peers alike. That's what turned 19-year-old Jake Nuguid's life around.

"I just love the atmosphere. This is practically where most of my life-changing experiences come from," he says.

## LEARNING CONFIDENCE

Nuguid dropped out of school two years ago, but through coaching from current HALL program director Matt Topping and former director John Prince, is now re-

entering formal education.

"Matt and John are the ones that inspired me to do so because I've grown, like, seeing all these people going to college without me, and Matt has really talked to me about... just learning to be more confident about myself," Nuguid explains.

More than 600 students, most from Renton High School and roughly half the school's student population, have experienced that same atmosphere since last October. During fall and winter this year, the HALL averaged 110 student visits a day.

## VOLUNTEERS ARE NEEDED.

"We're really looking for adults who have the interest in getting to know the kids in this community and just sharing their life with them and being a mentor," says Topping, the HALL's only staff member. "We really try to listen to the kids' stories... it's kind of the idea that people really don't care how much you know until they know how much you care."

Downstairs in the fully equipped CryOut! studio, Celestine and Tara Ezinkwo reach kids through music. Celestine, a professional rap artist from Nigeria, is the musician-in-residence. He's appeared on MTV Asia and turned down several contracts, opting for the freedom of an independent artist.

## WHAT'S YOUR POINT

Along with his wife Tara, Celestine takes a holistic approach, offering both music workshops on critical thinking, writing, performing, recording and contract



Information about volunteering for, donating to, or partnering with the HALL or CryOut! studio, is available on the Internet at [www.thehallrenton.blogspot.com](http://www.thehallrenton.blogspot.com), or call 425-271-6700. For information about CryOut! studio, visit [www.celestinerap.com](http://www.celestinerap.com).



RENTON MAGAZINE / SARAH ZUGSCHWERDT

legalities, and life workshops on topics like sexuality, relationships, leadership and community involvement. The content of both workshops, combined with the students' lives and stories, becomes the basis for students' original lyrics and melody.

"Celestine would help me express myself in writing," says 16-year-old spoken word artist Pheshey Paige. "[He'd say] make sure you have a point that you're proving and don't just mumble jumble. And they're really big on no cursing, so that helped me, too."

The name CryOut! refers to speaking "for the oppressed who cannot speak for themselves." After the April 29 Skyway shooting death of 12-year-old Alajawan Brown, whose brother is involved in the program, the name took on a greater dimension. The students were able to

Creativity and individuality abound at Harambee Hall where more than 600 students during the past year have come to meet new friends, learn hip-hop dance, and expressed themselves via rap or spoken word.

speaking for themselves, for Brown and for their community, all through music.

"What we hope to do is shock our community with how much of these topics that the kids actually have opinions of and how knowledgeable they can be on these topics. And kind of having the kids saying things like, 'No violence in our community,'" explains Celestine. "We can say it as adults, we can say it as policy makers, but when we have the kids start saying those things, it becomes a different dynamic."

All Paige knows is that she, like others, has changed in the eight months she's been coming to the HALL and CryOut!

"It makes me more outgoing, because I know I stand for something, like, I'm in the CryOut! Studio." About the Ezinkwos, she says, "They really shape me as a person, just having them in my life."



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# Like magic!

## RENTON RIVER DAYS



### is the same, but different

STORY BY LISA BOWERSOCK  
PHOTOS BY JAMES BAVENDAM

Each year Renton River Days welcomes some 45,000 festival-goers who discover what Renton has to offer. This year's celebration – "25 Years of Magic in the Park" – marks the festival's quarter-century mark, and as with every year, change is in the air.

"Twenty-five years later we find a very different Renton," says Jerry Kavesh, owner of downtown's Renton Western Wear. "Not only is Renton a much larger community, but the festival has gone through some significant changes as well. After 20 plus years, IKEA Renton River Days continues to be a family, friendly event that grows and flourishes just like its host city."

A significant change this year is merging the "Kids' Day" into the full, three-day festival weekend, July 23-25. This means the entire weekend will focus

on children and their organizers. In addition, there are features for young artists and crafts, stage entertainment, the focal point of the festival, also hosting the Center.

This is the 12th year that the festival has sponsored the festival.

"Regardless of the music," says Kavesh, a Renton resident, "the festival is a single community event and much more."

Putting on a successful festival may appear daunting, but Meanderjil says she's been coordinating things have been planned – known





## FESTIVAL HIGHLIGHTS

### July 22

#### Senior Day Picnic

Renton Community Center

### July 23-25

#### Main Festival Weekend

Event hours in Liberty Park will be: July 23, noon – 8 p.m.; July 24, 10 a.m. – 8 p.m.; July 25, noon – 6:00 p.m. Featured activities and events include an expanded kid zone (inflatables and numerous activity stations just for kids!), two entertainment stages, Nibble of Renton, art market (arts and crafts booths), Renton Annual Art Show (juried fine art show at the Renton Community Center), community booths, quilt show (inside the library), and a chalk art contest on the sport court.

### July 23 & 24

#### Wenatchee Youth Circus

Performances at Cedar River Park (the park just east of I-405, by the Renton Community Center and Henry Moses Aquatics Center) are set for Friday, July 23, at 1:30 and 6 p.m., and Saturday, July 24, at 1:30 p.m. Tickets, at \$1 for children under 18 and \$2 for adults 18 and over, will be both days in Liberty Park at the festival information booth

and 30 minutes prior to each of the three show times at the circus seating entrance in Cedar River Park.

### July 24

#### Parade

Begins at 10 a.m. on South 3rd Street, downtown

### July 25

#### Rubber Ducky Derby

Launched from the Houser Street Bridge at 4:30 p.m.

### July 22-25

#### 2010 Renton Annual Art Show

A juried fine art show at the Renton Community Center. More information is available at [www.rentonannualartshow.com](http://www.rentonannualartshow.com)

### July 23-25

#### Stage Entertainment and Performers

Two separate entertainment stages will feature family entertainment – a variety of instrumental, vocal, percussion, and dance, cultural and ethnic groups and even strolling performers.

For more information, visit [www.RentonRiverDays.org](http://www.RentonRiverDays.org)

d families, say festival  
ddition to special fea-  
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# around the garden

## Enjoying herbs (but not herb Robert)

**W**hat do you think of when you hear the word herbs? Parsley, sage, rosemary, thyme? What about primroses and marigolds? According to the botanical definition of herb, the last two are herbs, but rosemary is not. This definition states that an herb is a non-woody plant that dies back each year after flowering.

Most people, however, define an herb as a plant that is used for flavor in cooking, for its scent, as a medicine, or for spiritual purposes. Herbs are plants with practical uses.

Don't let the difficulty with definitions scare you away from growing herbs. They are amazingly easy. Many of our favorite herbs originated in the Mediterranean region, where the climate is much like ours. Therefore, many herbs are drought tolerant, a useful attribute to have during our summer months. (Keep in mind, though, that this is not true for all herbs. Some will require more active participation on your part to keep them healthy.)

Most people begin growing herbs for culinary

reasons. A number of herbs can be grown indoors, and you don't even need a garden to enjoy them. If you do choose to make them part of your garden, plant your herbs close to your back door. You are more likely to harvest them as you begin preparing a meal if a trek to the back of your yard isn't required. In your kitchen garden, you might also grow herbs for teas, or for medicinal use. Historically, most herbs have been used as medicines, but make certain to do careful research before you use them in this way.

Herbs can be readily incorporated into a landscape. They grow in difficult locations, add color and texture, and serve as groundcovers. Most delightful is their fragrance; lemon, mint, pineapple, cinnamon, anise, peppermint, lavender, and rosemary are just some of the scents herbs will add to your landscape.

One herb to avoid at all cost is herb Robert. It's quite a lovely plant, with feathery leaves and delicate pink flowers. And, yes, by definition it is an



herb Robert aka Stinky Bob

herb. In King County, it is also defined as a noxious weed. Don't be seduced by its dainty charm. Just remember that one of its other names is Stinky Bob. Crush one of its leaves. The smell isn't at all charming!

*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 herbs, noxious weeds and other gardening topics, call the Master Gardener Phone Clinic at 206-543-0943.*



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# Master Gardeners: Learning, teaching and 'happy to be there'

BY SARAH ZUGSCHWERDT

If there was one thing Ed James hated, it was gardening.

"My mother used to make me cut the grass, [and] she used to make me pull the weeds ... I told my mom, 'When I get my own house, I'm going to take all the grass, I'm going dig it up, I'm going to cement over it and paint it green.'"

But things didn't quite go that way for the recently retired Seattle public school teacher and Renton resident—and he's happy to be a false prophet.

"When I ended up buying two-thirds of an acre and my mother sees that, she gets this big smile on her face," laughs James, "because through her I found this love of working in the garden, and the peace that it brings. You know, you forget about everything else. Now I have 15 to 20 fruit trees and all types of bushes and 15 roses and plant trees and arborvitae."

James, now a second year intern with the Master Gardener program, first learned about master gardeners when they gave presentations to his students as part of their speaker's bureau. Back then he thought, "I'd like to do that."

Now James is helping staff plant clinics and the year-round phone clinic, manage demonstration gardens, teach workshops, participate in on-going education, and oversee specialty gardens like the Fragrance Garden for the blind, composed solely of plants that smell or feel good. If a disease on a plant sample cannot be identified, Master Gardeners can send it to the King County diagnostic lab for identification. All services are free.



RENTON MAGAZINE / SARAH ZUGSCHWERDT

It's all laughs when Master Gardener intern Ed James interacts with Steve and Ivy Shimamoto at the Master Gardener plant clinic at McLendon's Hardware in Renton.

The Master Gardeners program is part of the King County Extension of Washington State University (WSU), our state's land grant university. In the 19th century, land grants were given to each state to develop institutions focused on agriculture, engineering and science to keep in step with the industrial revolution. Later expansions to the act allowed agents to be "extended" from the university into rural areas where farmers, for example, could learn and implement discoveries made from the university's research.

As urban areas grew, so did urban horticulture, which was area extension agent David Gibby's focus in 1971. Gibby, however, couldn't keep up with the public's need for plant information, and so came up with the idea of a volunteer Master Gardener program. The idea was eventually adopted in every state in the country and parts of Canada.

You don't need to be an expert to apply. Jean Hobart of Renton says she wasn't when she was trained in 1991.

"In the class you get a big range — we have had professionals from nurseries or parks, or people who wanted to become professionals who are very knowledgeable; and then you get thunderheads like me who are just really happy to be there."

Once accepted into the program (applications for the following year become available Aug. 1), volunteers begin training in January, one full day a week for 12 weeks. The cost for 60 hours of education is \$200. After two years of internship and 90 volunteer hours, class members are reunited for their graduation and awarded their "plant diploma"—their official Master Gardener nametag.

That was four years ago for Eva Terry, who is still enjoying her decision.

"It's a way to give back to the community ... It gave me an opportunity to learn even more about gardening and every time I come here, I both learn and teach, so there's a lot of give and take."

Find a master gardener at these Renton Locations (note that many are closed during holiday weekends):

**McLendon Hardware,**  
440 Rainier Ave. S  
Through Sept. 30  
Thursday, 2-6 p.m.;  
Saturday, 10 a.m.-2 p.m.

**Fairwood Library,**  
17009 140th Ave. S.E.  
Sept. 11-Oct. 30  
Saturdays, 10 a.m.-2 p.m.

**Farmers Market,**  
The Plaza at 3rd and Logan  
Through Sept. 28,  
Tuesdays, 3:30-6:30 p.m.  
Oct. 9, Saturday, noon-4 p.m.

**Phone Clinic**  
Year-round,  
Monday-Friday, 10 a.m.-4 p.m.  
(Except holidays) 206-543-0943

The Master Gardeners of King County Web site, [www.king.wsu.edu/gardening](http://www.king.wsu.edu/gardening), provides information on application processes, workshops and clinic schedules, garden fact sheets and online library, demonstration gardens and outreach programs, and pest control recommendations. The Master Gardeners Foundation of King County website is [www.mgfkco.org](http://www.mgfkco.org)

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Renton Magazine / July 2010 15





Several years ago, I was enchanted by the magic of Spain. It was just as I had imagined; bright blue water, brilliant sunshine, smiling people and delicious food were around every corner.

As we toured the Costa del Sol, my friend and I were astonished by shrimp the size of bananas and fresh fish galore. Huge white yachts filled the harbor, yet strangely there weren't a lot of people around. I guess they were taking their siestas and waiting for the night life!

We tourists roamed the streets and enjoyed beer, wine and wonderful snacks in the cafes. We sampled lots of different varieties of hams, cheeses, seafood and interesting vegetable mixtures.

All of the menus were in Spanish and many of the items were things I was not familiar with. The most unique item to me was a "fish donut." Imagine if you will a long fish about an inch wide and 8 inches long. The chef placed the tail of the fish into its mouth forming a circle. This was then dipped in a light batter and deep fat fried, resulting in the "fish



**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](http://www.Christies-Catering.com).*

# PAELLA

## SPAIN'S NATIONAL DISH

donut." Thank your lucky stars I am not including a recipe.

One of the towns we visited was a little village called Mijas. It was located on a hill overlooking the Mediterranean Sea. The alleys meandered around the many shops and the streets were paved with cobblestones. Street vendors sold warm roasted almonds that they prepared in large pans over wood fires, and smoke filled the air. Donkeys were tied up to various street posts, looking bored.

We were lucky enough to find a large square in the center of the village where a celebration was taking place. Flamenco dancers performed, and the locals were handing out small glasses of sherry to everyone as they watched the show. It couldn't have been more delightful.

Paella is the national dish of Spain. There are many rituals and recipes around this specialty, and I have made it on many occasions. The rice used is

very important to the overall success of the dish; many types of seafood, sausage and chicken can also be added. It is a great dish to serve for a large crowd; many of the components can be prepared in advance, and it is easy to stretch to feed a crowd. Vegetables such as peas, artichoke hearts, pimientos, onions, tomatoes and corn add texture and flavor. The precious and expensive spice, saffron, is used to give it its unique yellow color and flavor. Saffron can be purchased at Costco, and a tiny bit will last a long time. You can substitute turmeric.

Paella is a complete meal in itself; all you need to go with it are a tossed green salad, some crusty bread and lots of wine! Although the directions and ingredients sound complex, it's really quite easy and very impressive to serve. For dessert, serve something with oranges, almonds or a flan.



## Paella

Serves 8

This is just a guideline to make basic paella. Feel free to add or delete ingredients as you wish. You could grill green onions, chunks of red and yellow peppers or chunks of corn on the cob along with the chicken and shrimp. Serve in a Paella pan or a very large shallow casserole dish.

### rice mixture

1 tbs. olive oil  
1 lb. spicy Italian sausage links or chorizo  
2 large onions, chopped  
4 cloves garlic, minced  
2 cans (15 oz. each) whole tomatoes, drained and coarsely chopped  
2 1/2 cups uncooked, long grain white rice  
5 cups chicken broth  
1 cup dry white wine

### directions

In a large, deep sauce pan or paella pan, heat the olive oil, sauté the sausage, onion and garlic until sausage is cooked through. Add rice, tomatoes and liquids. Cover with a lid or foil and simmer until rice is tender, about 20 to 25 minutes stirring once or twice.

## The Goodies

### you will need

Assorted clams and mussels (optional)  
half dozen or dozen of each, scrubbed

1 lb. white fish, such as sole, halibut or cod, cut in one inch chunks  
6 boneless, skinless chicken breasts cut in large strips  
16 jumbo shrimp, peeled and deveined, shells left on  
3 tbs. olive oil  
4 cloves garlic, minced  
1 tbs. oregano  
1/2 tsp cayenne  
1/2 tsp. ground cumin  
2 tsp. ground coriander  
2 tsp. freshly ground black pepper  
1 tsp. salt

### directions

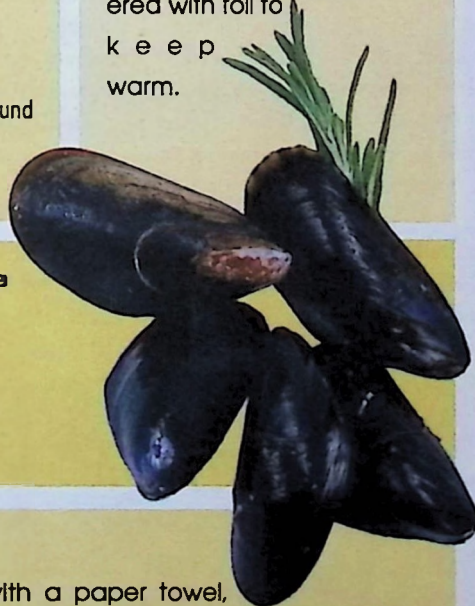
Place in a large frying pan, add 1/2 inch of water and bring to a boil over high heat. They should open in about 4 minutes. Discard any that do not open. Remove and set aside covered with foil to keep warm.

### you will need to serve

1 tsp. saffron  
2 cups frozen peas, thawed  
1/4 cup chopped fresh parsley  
1 lemon, cut in wedges

### directions

Wipe out large frying pan with a paper towel, over medium high heat add olive oil and spices, stirring to combine. Add fish and chicken and cook for 3 minutes, turn over and continue cooking until fish and chicken are done, adding the shrimp for the last 4 to 6 minutes. When fish, chicken and shrimp are cooked through, add to the rice mixture, along with saffron and peas. Top with reserved clams and mussels and garnish with parsley and lemon wedges.



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# A luxury staycation aboard the Emerald Star

BY ANDREW FICKES



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Out to sea – well, on Lake Washington – enjoying a nice Sunday afternoon aboard the Emerald Star. Never had my wife and I shared an experience like this.

On a cool, overcast day, she and I joined other local couples for a brunch cruise on the double-decker yacht, eating delicious food paired with refreshing beverages while cruising the lake's placid waters. Launching from Renton's southern shores at Southport, it was our very own staycation.

The Seattle-based Waterways Cruises began its Lake Washington Dining Cruises in May. After riding the Spirit of Washington Dinner Train four years ago, founder Hilton Smith decided it'd be cool to provide a dinner train experience on water.

Rain or shine, Waterways offers seven cruise options Thursday through Sunday from late May through early October. During fall and winter, cruises scale back to four and then two a week. Ticket prices range from \$33 (\$11-\$15 for children) to \$69, depending whether you're on a brunch, cocktail or dinner cruise. Gratuities and additional drinks are extra.

My wife and I boarded the Emerald Star at 11 a.m. Seating a maximum of 225 passengers for a cocktail-style reception, Waterways' flag-

ship cruise liner is fitted with two enclosed decks and two wet bars.

We spent the next couple hours traveling from Renton up to Meydenbauer Bay, Mercer Island, and then back again. The smooth ride clipped along at a moderate speed—slow enough to marvel at some of Puget Sounds' well-known estates, including those of Bill Gates Jr. and Paul Allen.

The brunch cruise features a full buffet of smoked salmon, bacon and sausage, breakfast potatoes, waffles, an omelet bar, and sushi. Specialty drinks include "design-your-own" mimosas and Bloody Marys.

My wife and I thoroughly enjoyed the food selection, especially the smoked salmon. It paired well with our mimosas—champagne with a splash of orange juice. We appreciated the friendly and attentive wait staff.

Cruise guests can dine inside the climate controlled deck or venture to the upper open deck to enjoy sun (if it's shining) and conversation.

"Our most popular cruise so far is a toss-up between our happy hour cruise and the sunset dinner cruise," says dining cruise manager Chris Mayer. "People like the idea of getting off work early [for happy hour] and hopping aboard for tacos and margarites. Our brunch cruise is very family oriented and our dinner cruise highlights our focus on fine dining."

If you book a sunset dinner cruise on a Thursday, Friday, or Saturday evening, you get a four-course meal and entertainment by a live classical guitarist. When booking, you select online from one of three entrees.

According to Mayer, the cruises have already attracted thousands of passengers. Happy hour cruises, which leave the dock at 4 p.m. on Fridays, are especially open to walk-ons – no reservation necessary.

What did my wife and I take with us from our excursion aboard the Emerald Star? A new appreciation for the natural beauty of Lake Washington, experienced a new way, from a different perspective.



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# Keeping your pet's health care affordable

BY DR. KATHLEEN CONNELL



PHOTO COURTESY OF  
HENRY MOORE JR. BCU/WSU.

A discussion with your veterinarian may reveal a multi-pet discount.

We all want to do the best for our furry, four-legged friends. In these tough economic times though, it can be difficult to maintain their health and obtain quality veterinary care when needed. Here are some tips to provide good care for your pets when financial resources are tight.

Talk with your veterinarian. Ask your veterinarian to discuss a full range of options for your pet. There may be ways to provide good care and not strain finances. Does your veterinarian offer a multi-pet discount? Is there a discount for seniors or military? Make sure you fully understand treatment and surgical options and possible outcomes.

If a pet needs more expensive care, ask about a payment plan. Your veterinarian may offer a plan where you pay half of the estimated costs, then make scheduled payments for the remaining balance.

Investigate pet insurance. Research pet insurance thoroughly and read policies carefully. One option is to have coverage for catastrophic care and pay out of pocket for a pet's routine care and treatment. Explore premiums, deductibles and coverage by various insurers to determine if a policy is right for you.

Research non-profit groups. Is assistance available from an animal welfare group in your area? Sometimes such charitable groups

offer help with a pet's health care costs. Funding is often limited and only basic care may be covered. Two charities to investigate are the California-based organization The Pet Fund, [www.thepetfund.com](http://www.thepetfund.com), and the New Jersey-based group In Memory of Magic (IMOM), [www.IMOM.org](http://www.IMOM.org).

Contact WSU's Veterinary Teaching Hospital. WSU's Veterinary Teaching Hospital may need specific cases or may be conducting trials of medications or foods. If your pet medically qualifies, this may provide an option for owners with pets having certain conditions. Information and an application form can be found here: <http://www.vetmed.wsu.edu/depts-prd/GoodSam/>.

Reduce injuries and illnesses. Prevent problems by keeping pets healthy and safe. Spay or neuter pets and keep them on a recommended vaccination schedule. Pet-proof the house and yard by keeping all medications, household cleaners, choking hazards and other toxic substances out of reach. Make sure pets get proper nutrition and exercise to keep fit and healthy. Avoid accidents by controlling pets, either with a collar and leash, keeping them out of the back of pickup trucks or by keeping them in a fenced yard or kennel. Keeping cats indoors prevents injuries from vehicles and other animals.

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



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# Tips for the trails: You're not the only one out there

BY ANDREW FICKES

Increasing popularity of Renton's multiuse trails is raising concerns over safety, and the city is taking action.

In April, an elderly woman walking on the Cedar River Trail was knocked to the ground by a bicyclist coming from behind. She died of her injuries a day later.

The tragic incident compelled Mayor Denis Law to launch a program to improve safety on Renton's trails, especially on the Cedar River Trail, where the speed limit has been reduced from 15 to 10 mph.

"We're looking for a lot of voluntary compliance," says Renton Police Department Commander Kent Curry. "The last thing trail users want to see are uniformed folks out enforcing laws."

Curry and his department believe that many incidents on the trail go unreported.

"For the most part, folks that use the trail are the eyes and ears of what's going on," he says. "If you see something that is not safe and needs to be reported, then the correct thing to do is report it."

"We definitely stress that citizens call 911 if there is any



RENTON MAGAZINE / JAMES BAVENDAM

Bicyclists and joggers share local trails. In attempt to improve safety for trail users in Renton, the City of Renton is enforcing new laws on multi-use trails, including reduced speed for bicyclists using the Cedar River Trail.

unwanted activity or behavior on the trails," says Kelly Beymer, parks and golf course director.

So what caution should walkers, rollerbladers, and bicyclists alike take?

For all users, Beymer says simply being aware of your surroundings is a good rule of thumb to follow.

"Just like driving on the road, remaining to the right at all times is good," she says. "Make sure your music [via earbuds or headphones] isn't blaring, so you can hear your surroundings."

Beymer says bicyclists and rollerbladers need to approach people slowly, pass to the left, and announce themselves.

Curry says walkers should keep their dogs on a short leash and to the right of the trail in an area where, if they react, it won't cause any harm to other trail users.

"Bicyclists should wear their helmets and understand the rules and guidelines," he says. "Keep your speed at a velocity where if something were to happen you can react safely."

As part of the trail safety initiative, flyers with information on trail etiquette will be dispensed at kiosks along the Cedar River Trail. Violators of the speed limit will be issued a warning for the first two weeks once enforcement begins.

"Our comprehensive program will send a message to the few reckless people who fail to be mindful of other users," said Mayor Law in a news release.

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# Hit the trail!

## Your next step to a healthier life

BY DANA E. NEUTS

Regardless of your fitness level or location in Renton, there are dozens of trails for walking, jogging and running. Eric Sach, owner of The Balanced Athlete at The Landing, recommends a few favorites for exercise enthusiasts to try.

His top pick is the waterfront trail at Gene Coulon Park along Lake Washington. This trail is about two miles round trip and is relatively flat. It features beautiful views of Seattle, Mercer Island, Mount Rainier and the Olympic Mountains. This paved trail with wooden bridges is for pedestrians only; bicycles and pets are not permitted, making it safer for walkers and runners to enjoy.

"For safety reasons, it's important to be off-street," Sach says. "Renton has lots of wonderful off-street running options."

Another good option is the Cedar River Trail which is 17.5 total miles and runs through Renton and Maple Valley, ending at Landsburg Park. Approximately 11 miles of the relatively-flat trail is paved and can be accessed at several points including Lake Washington and Cedar River Park at 1717 Maple Valley Highway and Houser Way in Renton.

Debbie O'Neal, an avid runner who works at The Balanced Athlete, recommends the Lake Youngs Trail in unincorporated King County between Kent and Renton. She runs the trail about once a week because it is close to her home and away from traffic.

"It's just beautiful, peaceful and woodsy," O'Neal says. The trail around Lake Youngs is mostly hilly and about 10 miles in distance, depending on your route.



### ADDITIONAL RESOURCES

Ready to get moving?

Visit these resources for more information:

USA Track & Field: [www.USATF.org](http://www.USATF.org)

Map My Run: [www.mapmyrun.com](http://www.mapmyrun.com)

King County Regional Trails Info. and Maps:

Go to [www.KingCounty.gov](http://www.KingCounty.gov) and click on Recreation/Parks/Trails or call 206-296-8687.

Sach, 41, has been running for 32 years; he encourages fitness enthusiasts to find a group to walk or run with. His store hosts walking and running events three times a week, at 6 p.m. each Tuesday and Thursday and at 8 a.m. on Sunday. The group meets at The Balanced Athlete and then goes on a walk or run of a particular route, with support from Sach, his wife Iliana and some of the more experienced walkers and runners.

"It's a community meeting place of like-minded people who want to stay active," Sach explains.

Sach says exercise is a great stress reliever and that people who exercise together tend to have a pack mentality. They share experiences, knowledge and accountability within the group. This attitude helps to keep people motivated when they might otherwise prefer to skip an outing because of the weather or other commitments.

For more information about The Balanced Athlete's group, contact Sach at 425-282-4556.

The Interlaken Trailblazers Volkssport Club, a walking group, hosts various events throughout the year at different locations in Renton. An upcoming Volkssport event takes place during Renton River Days on July 24. The scheduled walks are 6 and 10 kilometers each with a route on sidewalks, paved paths and park trails including downtown Renton, The Landing and the Cedar River Trail. For more information, contact Sharon Moats at 425-235-0528.

## the heart beat

### Christmas tree stays up for year-round giving

When it was time to put the Christmas "giving tree" away after the holidays, officials at Banner Bank's Renton branch decided to leave the tree in place, encouraging year-round giving.

Since February, the branch has collected donations from customers and staff to supply local charities.

"People have become quite inspired by it," says branch manager Vicki Hart. "We've had good response."

In February and March, items were collected for the Salvation Army Food Bank. April was St. Vincent de Paul. In May, the bank collected nutritional non-perishable snacks for children and art supplies on behalf of Renton Area Youth and Family Services. In June, the bank collected diapers and



other baby clothing on behalf of Pediatric Interim Care Center in Kent. The bank plans to profile Communities in Schools of Renton for the month of July.

Instead of Christmas decorations, the tree has ornaments suitable for each month: hearts in February, shamrocks in March, and colored eggs in April.

More information about the program is available from Hart, 425-254-9934.



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# Cops and kids mix it up with good results

BY SARAH ZUGSCHWERDT

**h**ow do you get an on-duty Renton Police Officer to do the electric slide? Simple: Station her at Hazen High School and include her in the school assembly.

School Resource Officer Heather Miller did just that last year, a surprise participant in the high school equivalent of "Dancing with the Stars."

"When they realized I was doing the electric slide, they put the spotlight on me. The kids were all dying [laughing]—that's funny!" says Miller.

The Renton Police Department's School Resource Officer Program, which stations officers at Renton schools, has existed for several years. Budget cuts eliminated it last year, but a federal grant reversed that. Officers have been back in the schools since January.

For 31-year veteran Officer Jeff Reynolds, stationed at Renton High

School, it was the opportunity to end his career on a positive note.

"I didn't know if I'd like it or not, but after I got in there, I got attached to these kids almost like my own kids. And that's the way I would treat them," says Reynolds, "I talk to the guys and say, 'Listen, you're only as good as your word.' And I give them fatherly advice. But you know, when they do things wrong, I arrest them."

The official SRO job description is law enforcement at the school. But the

real impact seems to lie in the unwritten job. Both Miller and Reynolds make a point to take an interest in students, building relationships by asking about grades and outside interests, joking with them, attending games and being a role model and mentor to some students who may not have the best home life.

"You take a couple of them and you follow through," says Miller, "I could talk about how 'I'm so interested in your soccer' or 'I'm so interested in your track,' but then I never show up to any of

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your games."

Officer Clay Deering, stationed at Lindbergh High School, did the unexpected last year.

After noticing many hopeful college athletes at the school didn't understand the application process ("They just thought that you apply for a school and that's it," relates Deering), he put together an information package to walk the students through the process.

Included was the critical step of applying to a clearinghouse, which the National Collegiate Athletic Association suggests doing at the beginning of the student's junior year. The simple act has increased the dreams-to-reality ratio for many Renton student athletes.

One thing affects another: When students' lives are changed, police stereotypes are changed too.

"When [the students would] be on break ... I'd go to somebody's house and they may be being rude to

another officer, and I'd walk in, and they'd say, 'Oh Officer Miller!' And it'd change the situation drastically," says Miller.

Reynolds remembers a time when former students rolled by him in a stolen car, but instead of speeding off at the site of the uniform, they stopped and greeted him, even shaking his hand.

The officers have also had students share with them situations they've never told anyone about, all because of the trust that has developed between them.

Having seen "the good, the bad, and the ugly," Reynolds is adamant that the few students who make trouble not overshadow the rest:

"These kids, I can honestly say, are our greatest generation. These kids work harder, they have harder subjects in school, [and are] as kind and as thoughtful as anybody. They're a better generation than my generation."



RENTON MAGAZINE / SARAH ZUGSCHWERDT  
Officer Heather Miller in front of Hazen High School, served as the school resource officer during the 2008-2009 school year and retains strong relationships with the students.

# Shop in Downtown Renton

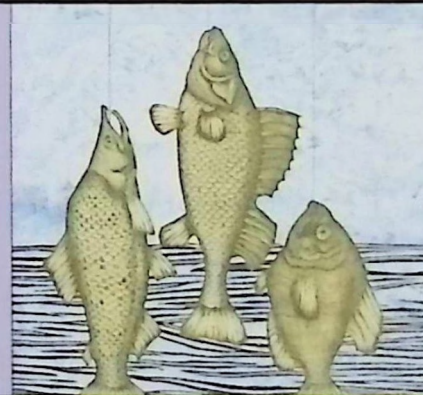


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