

RENTON

Magazine

Volume 4 / No 2 February 2009

Renton sets
take center stage

page 10



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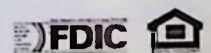
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*P*resident Obama says we're all going to have to pitch in. A number of people already pitch in. They've done so for years. But there is room for more. More people helping, because more people need help. And more work remains to be done.

There is something immensely satisfying about helping others, when we reach out beyond ourselves and pitch in for the greater good. Stemming from the earliest days of barn-raising, we see it today in the legacies of service clubs and community organizations, as well as those who lending a helping hand on an individual, ad hoc basis.

From our first issue, we've promised to feature organizations that make a difference in our community. We'll continue this effort for two reasons: to encourage the organizations to continue by applauding their efforts, and by creating

greater awareness of opportunities for those who want to be of greater service.

Not everyone can join the Peace Corps or teach in America's inner cities, nor should we. The "immersion" solution isn't for everyone. Much of what gets done happens in small bites, performed by people who have figured out how to fit community service into already busy lives. They are the master jugglers - people who are busy as parents, employees and bosses; who make the time to coach a little league team, lead a Scout troop or Sunday school class; who may pick up litter one



Diana Kramer
PUBLISHER

weekend and mow an elderly neighbor's lawn the next; or who raise money to support charities and community causes. Quietly doing things for the good rather than for recognition. Working side-by-side with surprisingly diverse volunteers, drawn together through similar values. Sharing the common spark of being willing to show up rather than just talk about problems.

Without a doubt, we could not afford to hire someone to perform all this work. The volunteers in this community are legion and without them, our community would be poorer. And I venture to say that without volunteering, people's lives would be poorer, too. Volunteering adds a rich diversity to our lives.

Thank you to those who have contributed so far. Thank you to those who will. Our communities win when we work together.

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correction: In the January issue of Renton Magazine, we misstated in the story, "The arts at 80: beyond the daily grind," that Barbara Nilson planned to self-publish a centennial anniversary book on Renton High School. In fact, the Renton High School Excellence in Education Foundation plans to sponsor and pay for the anniversary book's publication. Nilson will author the book. Renton Magazine regrets the error.

cover: Constructed in Renton for the 2007 Seattle Opera performance of "Iphigenia in Tauris," an aluminum frame was covered by layers of screen, foam, sealant and paint to become a 26 foot high statue of Diana. It is one of the many dramatic projects created by the Studio, including ghost ships, crashing towers, rainbows and flaming sets. Photo by Bill Mohn.

important phone #'s

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425.430.7000

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Library (Highlands)
425.430.6790

Police Dept
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425.430.7500

Puget Sound Energy
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Renton Magazine
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Senior Activity Center
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Valley Medical Center
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Goldilocks

FEBRUARY 28-MARCH 1

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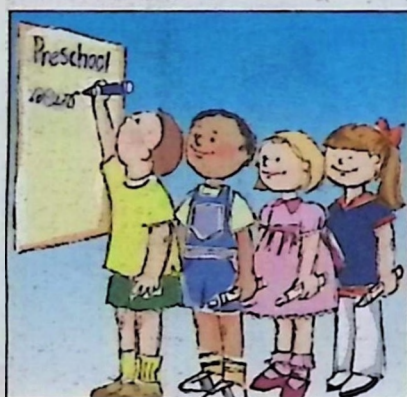
Golden curls and mood swings do not necessarily mix with an over-pampered, but adorable, baby bear. Can a famished little lost girl put her spoiled behavior on the back shelf and learn how to be a friend to a lonely bear who hungers for a playfellow? Through listening and taking turns, these two misfits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

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

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Carco Theatre
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Admission:
\$9/general seating



february 3

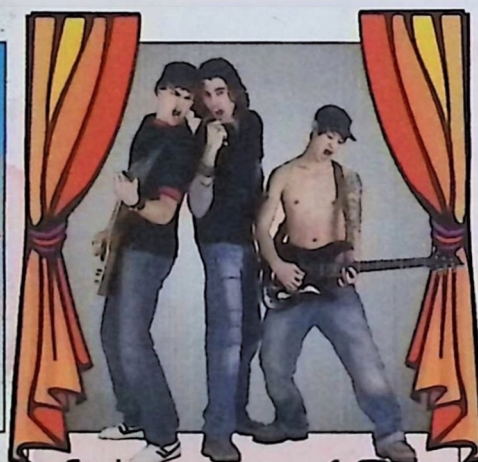
Preschool Information Night

The Renton Community Center will host an opportunity for parents to meet representatives from a variety of preschools in the community. More than 15 local preschools set up booths and provide information about curriculum, hours, tuition, and registration for the 2009-2010 school year.

Tuesday, 6:30 - 8 p.m.

Renton Community Center
1715 Maple Valley Highway
425-430-6700

Admission: Free



february 13

Renton High School Talent Show

Renton High School shows off its talent with a variety show featuring instrumentalists, singers, dancers, and more.

Friday, 7 p.m.

Renton IKEA Performing Arts Center
400 S. 2nd St.
425-204-3459

Admission: Free



february 21

Rainier Symphony

Rainier Symphony presents its second classical concert of the season, featuring Beethoven's "Egmont Overture," Strauss' "Till Eulenspiegel's Lustige Streiche," and Dvorak's Symphony No. 7.

Saturday, 7:30 p.m.

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

206-781-5618

Admission: \$17/adults;
\$12/seniors and students;
under 12 free

tickets@RainierSymphony.org



february 28

CPR Saturday

As part of Heart Month, RTC and the City of Renton are offering adult CPR skills. Classes are available in English, Spanish, and American Sign Language.

CPR classes (English: 8 a.m., 9:30 a.m., 11 a.m., 12:30 p.m., 2 p.m.)
(ASL: 11 a.m.; Spanish: 8 a.m. and 2 p.m.)

Renton Technical College
3000 N.E. 4th St. 206-726-3534

Admission: Free

Register at www.seattlered-cross.org

upcoming events

february 7



A Visit With Aunt Harriet

Black History Month is celebrated at the Renton History Museum with a look into the life and times of Harriet Tubman. Aunt Harriet talks about slavery, her faith, family, and friends who risked their own freedom to help runaway slaves escape on the Underground Railroad.

february 14

Saturday, 11 a.m. 425-255-2330

Renton History Museum	Admission:
235 Mill Ave. S.	RHS members admitted free

All That Jazz

Soroptimist International of Renton welcomes the public to its annual dinner and auction. This program benefits the organization's service projects and programs. Soroptimist is a women's service club that focuses on improving the lives of women and girls in the local community and throughout the world. The evening program includes dinner, entertainment, and silent and live auctions.

Saturday, 6 - 10 p.m.	253-630-1137 (Becky Nickels)
Fairwood Golf and Country Club	Admission: \$40
17070 140th Ave. SE	



Lost in Yonkers february 20-march 7

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

Thursdays, 7:30 p.m.;	Renton Civic Theater
Friday and Saturday, 8 p.m.; and	507 S. Third St. / 425-226-5529
Sundays, 2 p.m.	Admission: \$22

now playing

January 30 - February 15

THE Unexpected GUEST

Valley Community Players presents an Agatha Christie mystery. A stranger walks into a house to find a man murdered and his wife standing over him with a gun. The woman is dazed and her confession is unconvincing. The stranger decides to help her and blame the murder on an intruder. Later, police discover clues that point to a man who died two years previously, opening a Pandora's box of loves and hates, suspicions and intrigues.

Fridays and Saturdays,	Admission: \$15/adults;
8 p.m.; Thursdays, 7:30 p.m.;	\$14/seniors and students
Sundays, 2 p.m.	www.valleycommunityplayers.org
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calendar of events

BLACK HISTORY MONTH



Civil Rights: A History of Us

Saturday, Feb. 28, 11 a.m.

Eva Abraham presents a well-researched dramatic portrayal of pivotal events in American history. She takes on the lives of her characters, including Rosa Parks, teaching history in a personal way, giving depth to her stories through her own Southern upbringing. Participants will learn how historic events have affected current society and come away understanding the importance of participating in democracy. This program is made possible by Humanities Washington Inquiring Mind.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: RHM members admitted free

RENTON HEART MONTH

Blood pressure / Blood sugar screening

Various times throughout month of February

As part of Renton Heart Month, Renton Fire and Emergency Services will focus on identifying citizens with high blood pressure or high blood sugar levels. Firefighters will be at the Renton Community Center at various times throughout the month of February to perform free blood pressure and blood sugar screening.

Renton Community Center
1715 Maple Valley Highway

425-430-6700 (call for times)

Fee: Free

FAMILY ENTERTAINMENT

Benefit concert for Special Olympics Washington

Saturday, Feb. 7, 3 and 7 p.m.

Entertainment will include Sterling Dietz—the "World Teen Champion of Magic" and Brothers From Different Mothers ("America's Got Talent").

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

Ticket information: 425-377-8702

Admission: \$12/advanced tickets; \$15/at the door

www.showcasemg.com and
www.buyolympia.com

Thunderstruck Dance Competition

Saturday, Feb. 28, and Sunday, March 1, 8 a.m.

Competition featuring performers ages 4 and up from local dance studios. The entire family is invited to see hip-hop, jazz, tap, ballet, and other dance styles.

Renton IKEA Performing Arts Center
400 S. 2nd St. / 702-838-5131

Admission: Free

COMMUNITY EVENTS

RTC Scholarship and Silent Auction Dinner

Friday, Feb. 13, 6:30 p.m.-9 p.m.

Spend a savory evening with Renton Technical College's culinary arts students as they prepare "South of the Border" inspired dishes. The evening will feature a silent auction. Proceeds from the dinner and auction benefit the RTC Culinary Arts Scholarships and Endowments and also provide general scholarship dollars.

Renton Technical College / fscarr@RTC.edu
Roberts Campus Center / 3000 N.E. Fourth St.

425-235-7867 (for reservations)

Admission: \$50 (half the ticket price is tax-deductible)

LOW-COST HEALTH CLASSES

Ball and bands class

Friday, Feb. 6, 1-2 p.m.

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Valley Medical Center offers a low-cost way to learn how to use body ball and exercise bands in the comfort of your home. Students will learn the correct ball size, proper exercise form, and how to use exercise bands. The class is taught by fitness instructor Michelle Hellem.

Fee: \$5

Strength training in the water

Thursday, Feb. 26, 6 - 7 p.m.

This class instructs students how to target major muscles while in the water through various exercises using wave webs, paddles, noodles or no equipment at all. Designed for those who want to lose body fat, tone up, or improve muscle strength, the class is taught by fitness instructor Julie Scratch.

Valley Fitness Center
400 S. 43rd St. (Talbot Professional Center)

To register, call 425-656-4006

Fee: \$5

WINTER RECREATION

Free winter course at REI

Wednesday, Feb. 25, 7 p.m.

Prep for Rainier: All classes will cover general preparation for a Mount Rainier climb, including conditioning, trip planning, selecting necessary gear for a safe climb, route selection, and guide options available on Mount Rainier.

REI (Southcenter), 240 Andover Park West

206-248-1938 / www.rei.com/tukwila

Admission: Free

FREE ENTERTAINMENT

Teen Nights

Saturday, Feb. 21, 7 - 10 p.m.

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

North Highlands Neighborhood Center

3000 N.E. 16th St.

425-430-6700

Admission: Free

Teen Game Days

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

This program is for grades six to 12.

Renton Public Library
100 Mill Avenue S.

Admission: Free

Renton History Museum Tours

Third Saturday, 11 a.m.

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

Renton History Museum
235 Mill Avenue S.

425-255-2330

Admission: Free

SENIOR EVENTS

Nintendo Wii

Nintendo Wii is the newest "cool" thing to do at the Renton Senior Activity Center. Come get the thrill of the new Wii, learn what the latest craze is all about, and then enjoy bowling, baseball, golf, boxing, and tennis.

Tuesdays, 10 - 11 a.m.

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

Admission: Free

Valentine's Day luncheon

Friday, Feb. 13, 11:30 a.m.

Renton Senior Activity Center will hold its annual Valentine's Day Luncheon. Couples married 50 years or longer are invited to sign up in the recreation office prior to the luncheon to be honored during the luncheon.

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

Admission: \$3 donation (60 and up); \$5.75 (under 60)

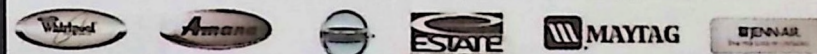
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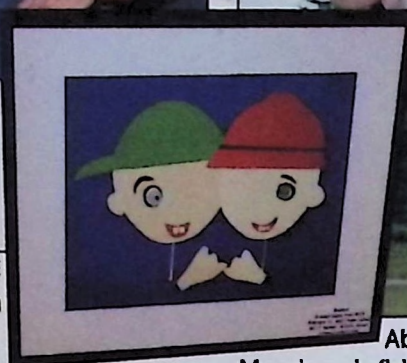
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RENTON MAGAZINE / KIMBERLY COLLETTE

Wil draws while grandma looks on at Common Grounds.



Above, one of Wil's favorite pastimes, swinging. Photo courtesy of Susan Mooring. Left, Wil's piece named 'Buddles'. Photo by Kimberly Collette.

Paper cutouts break barrier of autism

BY KIMBERLY COLLETTE

*T*hirteen-year-old Wil Kerner's art is vibrant, lively, and loveable. With swift scissor snips and colored construction paper, Wil creates vivid images that have emotion and depth. He began shaping paper characters a couple of years ago. Each piece shares a story and a bit of Wil's world.

At age 2, Wil was diagnosed with autism, which severely limits a person's ability to interact with the world and the people in it. Wil lives with his mother and father, Debra and Wilfried Kerner, in the outskirts of Renton. He loves jumping on his trampoline, going for ATV rides with his parents, and exploring new roads.

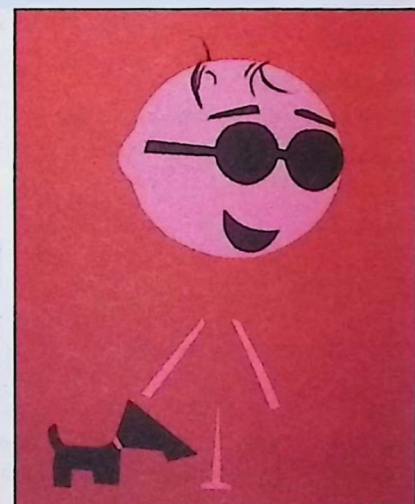
When Wil's family saw he wasn't thriving in public school, they decided to move his schooling to the home of his grandmother, Susan Mooring, where he works with a committed teacher, Leroy Maxwell.

Wil found a way to reach out. He began shaping and molding Play Doh when he was 9. He re-created one of his favorite TV characters, Diego, which is still displayed in his grandmother's home.

Wil's mother suggested buying colored paper, but Wil simply said "nope." But as he was walking through the store with his father, Wil changed his mind. He pushed the shopping cart straight to the paper and started loading up. Wil's world began to open.



Left, Wil's art hangs in Covington's City Hall. Photo by Kimberly Collette. Right, Wil's piece named 'Dog & Boy'. Photo courtesy of Susan Mooring.



Wil's characters on exhibit

Wil Kerner's paper cutout art is being displayed at the Covington City Hall until Feb. 5. His grandmother has created a Web site on behalf of Wil at www.wilspapercutouts.com.

Many of the one-eyed characters show emotions that Wil's autism keeps him from expressing. Some are happy, sad, silly, devious, or hurt. Wil spreads his piles of paper on his grandmother's kitchen counter. He looks, thinks, cuts, rearranges and sometimes speaks sweetly to the character that is taking shape.

He grips the scissors unconventionally by wrapping his palm around them rather than placing his fingers in the hole. Somehow the circles he cuts for heads are smooth, the strips for the necks are thin and long, and the pupils in the eyes are perfectly small.

His grandmother is unsure whether Wil will con-

tinue with paper as his medium or move to something new, but she knows Wil will be the one guiding it.

"To me, it's all about letting the child determine what makes his world work. Fortunately, Wil is a self-initiator and all I have to do is go along with his creative ideas and discoveries. I think often parents see a child trying something and immediately encourage the child to lean a little right or left, as though it will be better instead of letting the child encourage himself through his own creative angles."

Fortunately Wil has found a creative way to share his world.

Kirby Unti



Snow storms have personal face

This may come as old news by the time you read it, but I bet you haven't forgotten the snow storm that topped off 2008. One of the great lessons I have learned in life is that we seldom take time to reflect on the past; we are far too busy trying to catch up with the present.

I have found it adds real value to my life when I stop and remember what it is that I have just gone through. I look for things to be grateful for and try to capture some inspiration from my reflections.

So it is that today I am reflecting on the wonderful job our city crew performed in taking care of us during the storm. I live right off Union Avenue, and they had their plows and sanders running 24/7. Later I would learn that they covered over 13,000 miles during the two-week snowfall. The numbers are staggering—4,000 tons of sand and 8,000 gallons of de-icer.

What is even more important than the numbers is to realize the personal side of the story. The crews were working 12-hour shifts with no days off. The stress of going without sleep and having to function at full alert because of the hazardous conditions takes a toll. There were many young workers whose families were discovering for the first time that the worker is caught between his/her commitment to their work and their loyalty to the family. The holidays are the highlight of the year for many families and having dad or mom away was not an easy pill to swallow.

I know one family that deserves an added dose of gratitude. Tim Michaud has worked for the city for years and loves his job. He also dearly loves his family. His wonderful wife Laura has

been battling a rare form of cancer. Laura has been in and out of the hospital numerous times. Tim has been trying to juggle work, be Mr. Mom to three great daughters and be there for Laura. Being there was not easy when he was needed by the community to keep our streets safe.



Kirby Unti
COLUMNIST

Fortunately, people who give a lot get a lot. Tim and Laura have many friends in the community who have rallied around them, taking turns to do whatever it takes to make a difference. It was Tim who told me "The people I really felt for were the young workers with young children at home." This is so typical of Tim, thinking of others first.

There is another group of folks who also deserve a tip of the hat. People like Rob Argyle and his daughter Sarah, who were out with shovels clearing the storm drains on our street and digging a channel so that the runoff had a rightful place to go. I heard numerous stories of people who did the same and personally observed on several streets a team of neighbors clearing their street's entrance.

I know some folks were upset that the plows didn't make it down the residential streets. I for one got stuck in front of my own house. We have to realize there is a limit to what can be done. I know I join a chorus of voices saying thanks for a job well done.

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

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Setting the scene



Clockwise: High on a lift in just one part of the 22,000 square foot shop, Bruce Warshaw helps Don Miller inspect a backdrop restored for the Peninsula Dance Theater in Bremerton; Seattle Opera's 2007 production of "Iphigenia in Tauris" (Photo by Rozarii Lynch); Michael Moore holds a working model of a larger set; racks of clamps and wooden jigs help to produce the large, ornate and often complex sets used in today's opera productions. Photos by James Bavendam.

BY JAMES BAVENDAM

Tucked away near I-405 in Renton is a nondescript, white building whose plain exterior contrasts with the color and achievements within. The former winery is the home of the Seattle Opera Scenic Studios.

The property was purchased by Seattle Opera founder Glynn Ross, making the opera company one of the few in the nation able to fabricate exotic and technically sophisticated scenery used in today's productions. Michael Moore, a Northwest native and Kenndale resident, heads the scenic studio team.

While audiences may expect exotic sets from Hollywood productions that have seemingly unlimited budgets, most theater productions must be done realistically and professionally on limited budgets. Financial constraints require greater creativity and more elegant designs.

In part, these demands can be met because of local enterprises. Moore appreciates being in the Northwest,

where local industries provide materials, fabrication technologies and technical expertise that are not common in other parts of the country.

"We can pick up the phone and have supplies here in an hour or two that would take days or weeks in another part of the country," he says.

Originally from Tacoma, Moore's family moved to Auburn, where he was active in the high school's drama club and orchestra in the 1960s. He went to Western Washington University as a music major playing the cello, but was ultimately drawn to technical theater. Moore worked his way through college as a cabinet-maker, later touring the country with the New York Shakespeare Festival.

Moore happened to be home one summer at a time when the Seattle Opera needed help mounting a production. He had intended to stay only a few weeks. But one thing led to another and he's still here. Running one of the few large theatrical scenic shops in the country and maintaining the shop's reputation for high quality and professionalism, he says he made the right decision.

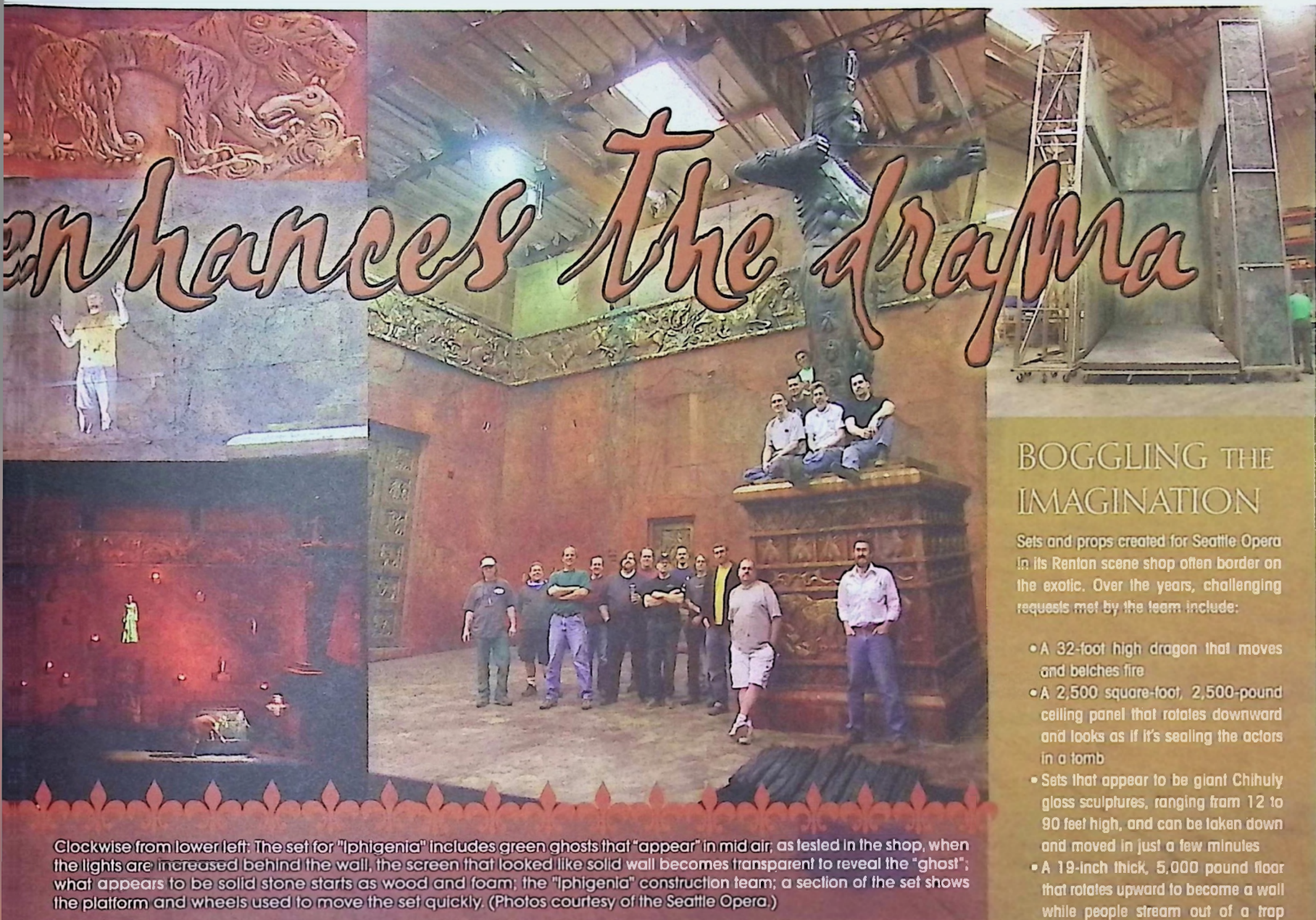
Setting up for Iphi

For 2007, Seattle Opera and Peninsula Dance Theater cooperated to produce "Iphigenia in Tauris." The large temple with a 27-foot stage set needed to look like an ancient Greek temple. The set portraying ghosts had to mysteriously disappear.

The entire set needed to be transported in two moving vans. Since the New York Shakespeare Festival opera in the same day in the same city, the set had to be dismantled and removed from the stage.

Thus, everything was built on a stage that was too high for the hallway. The set was folded down on itself to make it fit. The temple was created with a stage that could be lowered, tipped on its side.

But how do you make ghosts appear? The set was covered in plywood. But the set appeared to be covered with a bright lights in front of the wall. The lights shining on actors behind the set would appear.



Clockwise from lower left: The set for "Iphigenia" includes green ghosts that "appear" in mid air, as tested in the shop, when the lights are increased behind the wall, the screen that looked like solid wall becomes transparent to reveal the "ghost"; what appears to be solid stone starts as wood and foam; the "Iphigenia" construction team; a section of the set shows the platform and wheels used to move the set quickly. (Photos courtesy of the Seattle Opera.)

Iphigenia

the New York Metropolitan Opera in Tauris." The story unfolded in a temple of the goddess Diana. Not only did the temple appear, but in two places, actors mysteriously appear.

transported around the country in moving vans. The company often staged more than one production at the same time, the entire set needed to be moved onto the stage within an hour. Repeatedly, the set was moved. The back wall of the temple was made of wheels, so the upper section could roll to the stage, so the upper section could roll to the stage. Even the ceiling of the temple was on wheels on one side, so the ceiling could be rolled away.

appear? Most of the temple walls were made of wire screen. When painted, with the wall looked solid. But with bright lights on the screened sections, the ghosts

Statuesque Diana

The giant statue of the Diana began with an aluminum frame, which was wrapped with an aluminum screen that could be formed closer to the final shape. The screen was sprayed with a urethane foam that could be carved to create the statue. The statue was then sprayed with a higher density foam that gave it an outer coating somewhat like plastic kitchen ware. That surface was now tough and durable and could be painted and textured to look like an ancient statue.

The sets were built in Renton and shipped to New York for technical rehearsals to make sure the sets fit the stage and would function properly. Then they were shipped back to Seattle, where the production opened, and later shipped to New York for the opening at the Met.

Even if you have never attended a Seattle Opera performance, you may have experienced the work of Moore and his team. They have created and repaired scenery for a variety of dance and theater groups from around the country.

And they have occasional brushes with real life. When the Seattle Monorails collided a few years ago, repairs to the damaged doors had to be made in a hurry at a reasonable cost. Few other shops have such extensive resources and skills, so the Seattle Opera Scenic Studios repaired the doors and helped get the trains running again.

BOGGLING THE IMAGINATION

Sets and props created for Seattle Opera in its Renton scene shop often border on the exotic. Over the years, challenging requests met by the team include:

- A 32-foot high dragon that moves and belches fire
- A 2,500 square-foot, 2,500-pound ceiling panel that rotates downward and looks as if it's sealing the actors in a tomb
- Sets that appear to be giant Chihuly glass sculptures, ranging from 12 to 90 feet high, and can be taken down and moved in just a few minutes
- A 19-inch thick, 5,000 pound floor that rotates upward to become a wall while people stream out of a trap door in the stage
- A four-story tower that collapses and disappears
- A 35-foot high Flying Dutchman ghost ship that appears out of nowhere
- A rainbow bridge that allows the actors to ascend into Valhalla – a genuine rainbow, no paint or fabric
- A stage full of giant flames – real ones – that will not burn down the theater or hurt the actors, and be acceptable to the city fire department, which must have crews on stage during every performance but not be noticed by the audience
- An entire production staged on a 45-foot paddlewheel steamboat that will appear to move up the Amazon River, list dramatically to one side when it runs aground, then right itself and continue up the river. By the way, despite the 20,000-pound weight of boat with lights, actors, and crew, it can't crush the wooden stage.

Love endures as decades pass

BY DANA E. BLOZIS



RENTON MAGAZINE / JAMES BAVENDAM

Teen sweethearts Fred and Willa Kubasta celebrated their first anniversary in January.

What keeps romance alive as the years pass? Two Kent couples – one in their 70s, the other in their 80s – have some ideas.

Fred and Willa Kubasta: REUNITED AFTER 60 YEARS

For Fred and Willa Kubasta, 76 and 75 respectively and married for just a little over one year, it's a matter of being grateful for life's unexpected opportunities.

For 85-year-old Orval and 81-year-old Betty Payne, married

for 62 years, it's the special bond created by "serving the Lord" together.

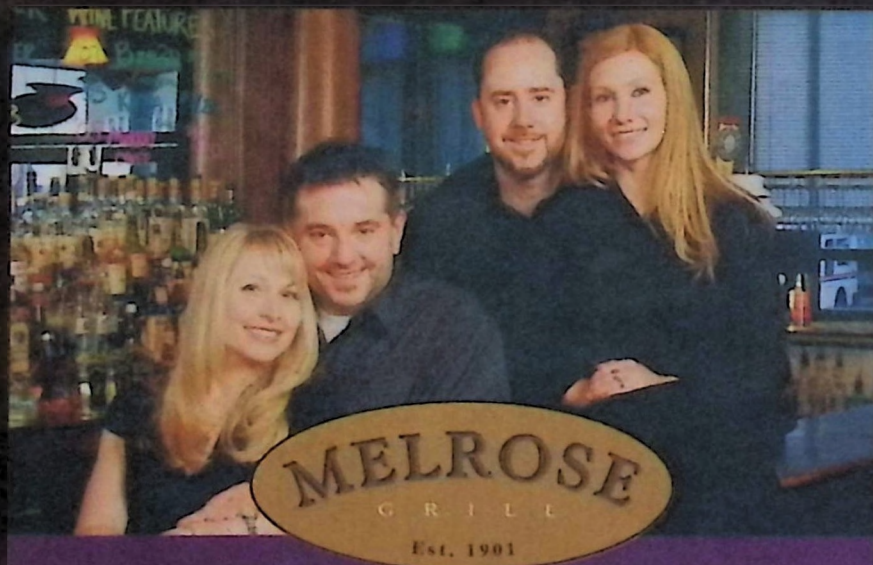
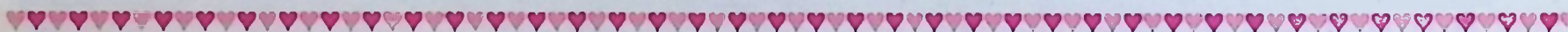
Fred and Willa first dated as teenagers in 1949 in Seattle. They went on to marry others, but the two couples remained friends for many years before losing touch with each other. Willa's husband, Jud Mathison – who'd introduced Fred and Willa in the first place – died in January 2006. Willa took his death hard.

A year-and-a-half later, her life changed dramatically again, this time following a call from

Fred's daughter Pam, who asked if Jud wanted to have lunch with Fred. Willa broke the news of Jud's death but said she'd like to see Fred because they had been friends too. When Willa and Fred met for lunch in May 2007, Willa learned that Fred's wife had also passed away. The old attraction was rekindled immediately.

"I was higher than a kite," Fred remembers. "It was so unexpected."

Willa was similarly smitten, but not expecting a relationship.



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RENTON MAGAZINE / JAMES BAVENDAM

Orval "Eddie" and Betty Edward celebrated 62 years of marriage in December 2008.

"It was bells and whistles, but we both said we would never remarry or lose another spouse," she says.

Willing to take a chance on the woman who first captured his heart as a teen, Fred briefly returned to Arizona, sold his home there and moved back to Seattle. Fred and Willa were married in Bellevue on Jan. 26, 2008, surrounded by family and friends. The happy couple spend their time at the Renton Senior Activity Center as well as traveling, dancing and visiting with their children and grandchildren.

"To have this chance at happiness at this age is so

wonderful," says Willa. "We want to make the most of the years we have left."

Orval and Betty Edwards: 62 YEARS AND COUNTING

Betty Payne met the love of her life on a Sunday in April 1946. It wasn't what she expected when she went to church with her sister Lillie at the San Diego Assembly of God. Caught equally unaware was Orval "Eddie" Edward, attending church that day with ship-

mate Paul Klahr, who'd been Lillie's beau for several months.

Orval, then 22, was a gunner's mate in the Navy when he began visiting Betty, 18, on the weekends. They'd talk at her home or double-date with Paul and Lillie. Betty said it wasn't long before she fell in love with Orval.

"He had the nicest smile," Betty says. "He was really sweet, and he still is."

Later that year, Paul asked Lillie to marry him, and they set a December wedding date. When Orval proposed to Betty in November, they decided to get married at the same time. The two couples were married in a double wedding ceremony in San Diego on Dec. 15, 1946. Sixty-two years later, both couples are still married and talk every day, despite living in different states.

The Edwards live in Renton near their children, Roger in Sammamish and Loyce in Portland, and their four grandchildren. Though Orval's activities are restricted by his health, he and Betty enjoy going to the Renton Senior Activity Center, attending church and visiting with family.

Still in love, the couple credit God for keeping them together.

"Serving the Lord is the most important thing. If you can do that together, it's a special bond you have," Betty says.

Orval says they never go to bed mad at each other, which occasionally has kept them up all night.

"If you don't agree, you don't go to bed," he says.

Being honest, respectful and patient with each other are also critical to happiness, the still-smitten couple say.

"We're going to stay together until the end," says Orval.



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BY CHRISTIE KATONA

Making a romantic, candle-lit dinner is sure to win you compliments as well as hearts! Here are some suggestions for simple yet delicious entrees. Just make a tossed green salad and simple vegetable to go along, then add some crusty bread or rolls.

For dessert, what could be more romantic than a rich chocolate fondue to nibble as you linger? Simply heat a rich fudge sauce in the microwave. If you wish, add a spoonful of a liqueur, such as Grand Marnier, Brandy or Amaretto. Pour into a beautiful goblet or cup. Serve with tidbits of fresh fruit, cookies, marshmallows and other goodies ... You, perhaps?



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.

ROMANTIC dinners for your

Valentine

Spinach Salad with Dried Blueberries

Serves 2

you will need

3 cups fresh baby spinach leaves
1/4 cup dried blueberries
2 tbs. crumbled feta cheese
2 tbs. coarsely chopped Macadamia nuts
Poppyseed or other fruit dressing to coat

directions

In a salad bowl, place the dressing. Top with the other ingredients, just before serving toss well to combine.

Mustard Glazed Carrots

Serves 2

you will need

3 large carrots, peeled and
thinly sliced on the diagonal
3 tbs. butter
2 tbs. brown sugar
1 tsp. dry mustard
1/2 tsp. Tabasco
Salt to taste

directions

In a large skillet, cook the carrots in 1/4 cup water until tender-crisp. Drain well. Add butter, brown sugar and seasonings to the pan. Cook until the carrots are well glazed and sauce is syrupy. Can be made ahead and reheated.



Pan Seared Salmon with Balsamic Drizzle

Serves 2

you will need for sauce

1/2 cup balsamic vinegar
1 tbs. brown sugar
2 tbs. finely chopped onion

1 tbs. olive oil
Salt and pepper to taste

directions

In a saucepan bring vinegar and brown sugar to a boil over medium high heat. Boil rapidly until mixture is reduced by half. Pour mixture into a bowl and let cool, add onion and oil.

Sprinkle 2 - 1/4 lb. pieces of salmon filet with salt and pepper

Heat a non-stick skillet over medium high heat, spray with non-stick cooking spray. Add the salmon and cook until just opaque in the center, about 3 minutes on each side. Place salmon on plates and drizzle with the sauce.

Brie and Prosciutto Chicken Breasts

Serves 2

you will need

Two 5-ounce boneless, skinless chicken breast halves
Seasoned salt and pepper to taste
Chipotle powder to taste (optional)

2 tsp. lemon juice
2 slices Brie
1 tbs. chopped chives
6 slices prosciutto ham

directions

Preheat oven to 400. Spray a baking dish with non-stick cooking spray. Slice each chicken breast horizontally nearly in half to open, like a butterfly. Sprinkle with the seasoning salt, pepper, chipotle and lemon juice. Add the brie and top with the chives. Fold the breast back together firmly. Place three slices of prosciutto side by side, overlapping by 1/3. Place a stuffed breast upside down onto the bottom edge of the prosciutto and roll up tightly. Place seam side down in baking dish. Repeat with remaining chicken breast. Bake for about 30 minutes or until internal temperature is 160 degrees. Let rest 5 minutes before serving. Can be made ahead and refrigerated before baking. Increase cooking time by 10 minutes.

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pet care

The right tool can help with trimming pet's nails

BY CHARLIE POWELL

Trimming a pet's nails is probably the simplest and yet most ignored animal care task among even the most caring owners.

Most pet owners have difficulty trimming their pets' nails. The biggest reason? The task is ignored. Even attempting to hold down a squirming pet is difficult for some owners. Often, the difficulty owners face can be traced back to inadequate training and behavior—subjects for another column.

A nerve, artery and vein supply each of your pet's nails in what's called the quick. Cutting too close will result in pain and bleeding as the nerve and blood supply are cut. Avoiding the quick is even more difficult if your pet has black or dark colored nails.

There are few animal professionals who can say they've never "quicked" an animal despite their best efforts. And almost all the time, this is the most minor of injuries and pets recover quickly.

Traditionally, nail cutter designs have either been scissors-like or an enclosed loop and sliding blade, much like a guillotine. They worked fine if kept sharp, but cutting nails this way often caused splitting and cracking.

Most people don't know how to keep nail cutters sharp. Many such devices come from the factory with a poor cutting surface. What ends up happening is, the nail is painfully

squeezed first before a crude cut is made; not a good experience.

A new device, PediPaws, offered by TELEBrands in New Jersey, is supposed to be the newest and fastest way to trim your dog's and cat's nails.

PediPaws uses a rotating emery wheel with a safety guard. Thin layers of the nail are removed slowly. The protective cap also contains all the filings so there's no mess. By gently filing or sanding down your pet's nails, the nails are not only trimmed, but are left rounded and smooth. Used properly, nail trimming should be painless.

I haven't used PediPaws, but the principle seems sound. I trim my dog's nails with a similar tool — not designed for that purpose. The most popular of these is a Dremel tool with an abrasive wheel just like the PediPaws but without the guard.

High speed rotary tools like this are also used at Washington State University's Raptor Rehabilitation Center to sharpen the talons on birds of prey before they are released back to the wild after receiving medical care.

The only potential drawbacks may be the high-pitched sound all such tools make. Some animals will not tolerate it. Another question: Do batteries provide enough power, since the PediPaws device is cordless?

Pedi PawsT is available at www.pedi-paws.com and from leading retailers for a suggested retail price of \$19.99.

Charlie Powell is the public information director for the Washington State Veterinary Medical Association and Washington State University's veterinary college.



What should I feed my Dog?

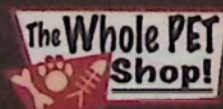
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RENTON MAGAZINE / JAMES BAVENDAM

Miles Haney at REI Southcenter started snowshoeing two years ago because he wanted to continue the hikes he enjoyed in the summer, into the winter.

BY JAMES BAVENDAM

*i*t's hard to beat the summer in the Northwest. Many of us like to jog, go for walks or hike. But what about off-season? Certainly, you can don rain gear. Adding snowshoeing to your repertoire of activities can put you on quiet trails, provide scenery that is a pleasant contrast

Snowshoeing isn't just for Arctic expeditions

to summer, and is inexpensive. In short, if you can go for walks or go jogging, you can snowshoe.

We've all seen the documentaries of early explorers trudging through the wilderness on large wooden and leather snowshoes. That vision is no longer accurate. Imagine current clothing styles with footwear that is slightly larger than a boot. Snowshoes are surprisingly small, lightweight and even come in fun styles for children.

Contrast snowshoeing to downhill skiing, which requires expensive gear, chair lifts and has a fairly high rate of minor injury. Snowshoeing doesn't require special clothing, almost any snowy trail is appropriate, and there's about the same risk as going for a walk.

To get started, lessons and rental equipment are available at most ski resorts, through the Renton Recreation Department and through retailers such as REI. To snowshoe, you do need to be able to make your strides slightly wider apart to accommodate the snowshoes. It may take a few times out before this seems natural and comfortable.

Selecting equipment

There are two major considerations in choosing your snowshoes: size and purpose. Larger shoes are needed to carry more weight and to float over softer snow. The less you weigh and the smaller the pack you plan to carry, the smaller the shoe you can use. Shoes are also designed for different purposes: for general use (mostly flat trails and day hikes), backcountry use (for heavier duty and steeper slopes) and for running. Most retail and rental shops have a scale you step on that will

relate your weight to the size of shoe that's best for you. Simply adjust that estimate for the kind of snow and kind of pack you may carry. Prices range from under \$50 to several hundred. Expensive shoes are not necessarily better. Rentals are available for under \$10. In addition to the snowshoes, a pair of adjustable ski poles can help make your outing more enjoyable. For some, the biggest investment might be the fuel to get to their favorite trail.

Where to go

Books and online sites list snowshoe trails in Washington State. You can also share trails with cross-country skiers. Note that skiers go faster, so stay to the side of the trail and try not to kick loose snow into their packed "highways." Almost every commercial ski resort has snowshoe trails and rents equipment. For little money, you can enjoy a broader range of winter scenery and maintain some of your summer interests throughout the winter.

Health Topics

Q • I'm a 50 year old woman. I frequently wake up during the night, can't get back to sleep, and often feel tired during the day. Is this just normal menopause?

A: Not necessarily. Menopause is associated with many sleep changes but problems lasting more than 4-6 months should be discussed with a physician. Conditions that affect sleep or contribute to fatigue (depression, thyroid disorders, etc.) and some medications may cause sleep disruption. Because of body changes around menopause, snoring and sleep apnea become more common, affecting up to 10% of post-menopausal women. Restless leg syndrome is another issue. The 50's also sees social changes such as divorce, empty-nesting and retirement which impact sleep health. And of course, hot flashes and night sweats due to hormonal changes may disrupt sleep. A sleep specialist can help sort out the myriad issues.



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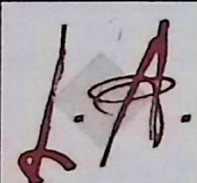
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Matters of the heart: When does chest pain signal emergency?

*I*t's the middle of the night or maybe the beginning of a busy workday when you suddenly feel pain in your chest. You try to ignore it at first, but your chest pain has you scared and worried. Could you be having a heart attack? Should you call 911 and go to your local emergency room?

Recognizing that heart disease remains the leading cause of death for both men and women in the United States the answer is loud and clear: YES.

Research has shown that people typically wait two hours or more before seeking emergency care for heart attack symptoms. It could be because they are uncertain about their symptoms or concerned that it might be a false alarm. But clot-busting medications and other effective treatments that restore blood flow and save heart muscle are most effective in the first hour following a heart attack.

Receipt of prompt, appropriate treatment starting with the response of well-trained medics and firemen greatly increases the chance of surviving a heart attack.

Chest pain is one of the most common reasons people call for emergency medical help. Every year emergency rooms evaluate and treat millions of people for chest pain. Fortunately, chest pain isn't always a signal of heart disease, but even if the chest pain you experience has nothing to do with your heart, the problem may still be important and worth the time spent in an emergency room to be fully evaluated.

Chest pain is merely a symptom, not a diagnosis. Many problems can cause chest pain including angina or a heart attack from coronary artery disease, heartburn from acid reflux or peptic ulcer disease, chest wall pain in the muscles and joints of the ribcage, anxiety, and bronchitis, pneumonia, pleurisy or other lung conditions.

So when you have chest pain, how

do you know when to treat it as an emergency? There are no hard and fast rules here. Sometimes even minor chest symptoms can turn out to be due to coronary artery disease (evidenced by the fact that up to 30 percent of heart attacks are accompanied by symptoms so trivial that the patient does not notice them), so it is wise to talk to your doctor about any chest pain you experience.

However, the following conditions should increase the level of concern and warrant a 911 call for emergency aid:

Chest pain best described as tightness, squeezing, heaviness or crushing

Pain accompanied by weakness, nausea, shortness of breath, sweating, dizziness or fainting

Pain that radiates into the back, shoulder, arm or jaw

Pain that gets continually worse over the first 15 or 20 minutes

Pain that is accompanied by the uncontrollable feeling that something is horribly wrong (a sense of "impending doom")

You should also be more on alert if you are over 40 years old and have one or more risk factors for coronary artery disease (family history, smoking, sedentary lifestyle, elevated cholesterol, diabetes, obesity and high blood pressure).

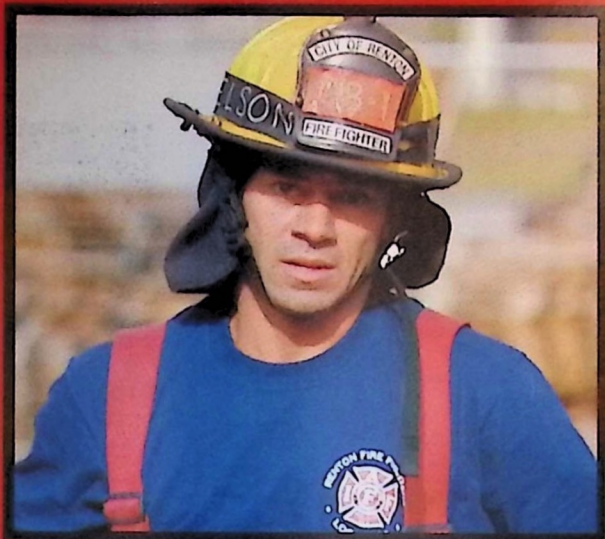
February is American Heart Month. Watch this month for members of the Renton Fire and Emergency Services who will be offering free blood pressure and blood sugar tests in your neighborhood and conducting a "CPR Saturday" training event at Renton Technical College.

To learn more about what to look for in the event of a heart attack and how to lower your risks of coronary artery disease, speak to your family doctor or internist and go to the website of the American Heart Association at www.americanheart.org.

Dr. Bob Thompson is a family practice physician with over 25 years of experience in Renton, and is Valley Medical Center's director of recruitment and new program development.



Dr. Bob Thompson



From 500 applicants, **FIRE DEPARTMENT** graduates 11



PHOTOS COURTESY OF RENTON FIRE AND EMERGENCY SERVICES DEPARTMENT

Clockwise from top left, David Nelson. Chris Gerke and David Nelson take direction from academy instructors. Chris Gerke, says it's an honor now to serve in Renton. David Nelson practices extracting a victim from a vehicle. Kristin Sloboden.

BY ANDREW FICKES

A former Marine, Chris Gerke knew the process to become a Renton firefighter would be long and arduous. He was one of 500 applicants last spring for a slot in the Renton Fire and Emergency Services Department's new, in-house fire training academy.

By December, he was one of 11 to graduate – the largest class of recruits ever hired in the department's 105-year history.

"It's an honor to be a part of this first class," Gerke said. "There's a lot of pressure on us to succeed. I'm definitely up for the challenge. They chose a really good group of people and I can see why the process is so long, because at the end there is no doubt that those are really good people standing next to you."

Even before the 12-week academy, applicants faced a barrage of written exams, physical

endurance tests, oral boards, and a final interview with the chief. Eighteen were interviewed, 12 chosen, and 11 graduated.

Both written and endurance tests met national standards. Physical endurance challenges included wearing a 75-pound vest while walking on a StairMaster and – still wearing the vest – dragging a 165-pound dummy some 100 feet.

The new firefighters, who range in age from 22 to 38, come from military, public service, and corporate backgrounds.

David Nelson, a former business development manager for the Windows Media division of Microsoft, chose to be a firefighter because "I realized the corporate lifestyle sitting behind the desk wasn't my thing, and I wanted to be outside and help people."

Kristin Sloboden, the third female firefighter in the department, comes from a customer service background. She is a business partner in First Choice Espresso Catering in Tacoma, a coffee caterer for corporate events and weddings.

She got a taste of firefighting when she volun-

teered for her hometown department in Milton, Wash.

"Firefighting is a great way to reach out to the community," she says. "This department is very safety oriented, which makes me feel safe. I had a really cool experience in the academy and received great training from great instructors."

Department Chief I. David Daniels said the in-house academy is a benefit to the recruits because from "day one they are prepared to function as Renton firefighters."

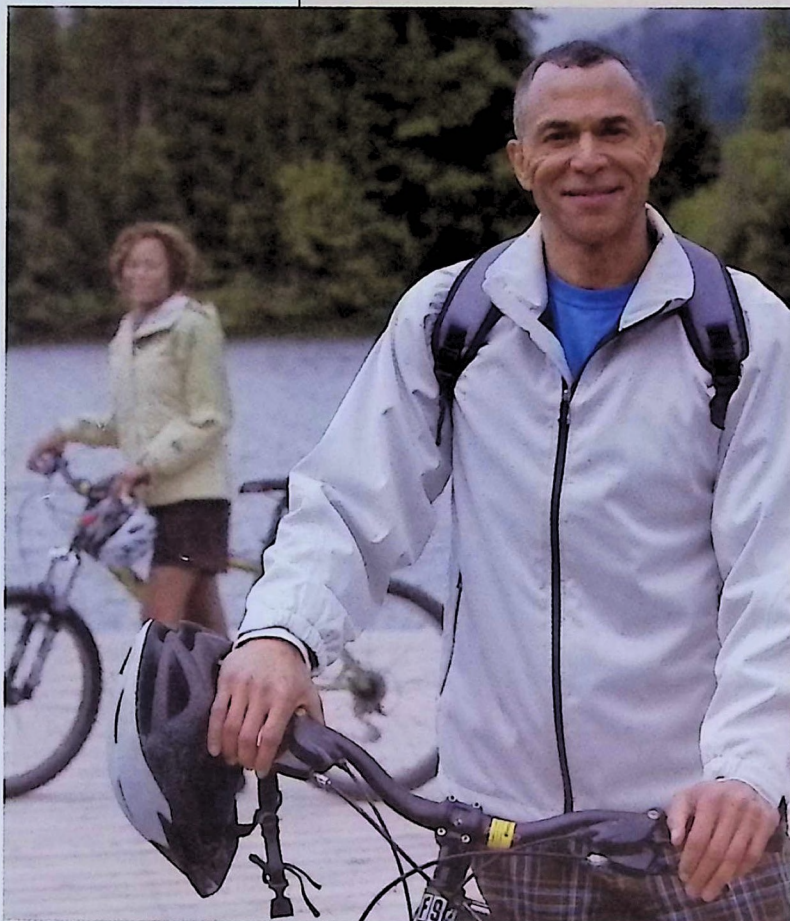
"They spent 12 weeks using Renton equipment, speaking Renton nomenclature, and because they were better prepared day one, they'll progress through probation and their career with a leg up," he said.

Daniels said the training is wide-ranging, incorporating physical fitness, running, push-ups, using medicine balls, learning how to raise a ladder and use a chain saw, and how to administer CPR.

"They're all exercises that require a task of mental toughness and physical ability to accomplish," he said.

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