

# RENTON

*Magazine*

Volume 2 / No 12 December 2007



**Diverse cultures  
celebrate the  
holidays**  
page 14



# KING and BUNNYS

## A P P L I A N C E S

The Whirlpool® Duet®  
washes 16 pairs  
of jeans  
in one load\*



Wash More In Less Time

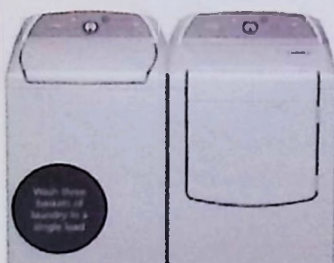
**SAVE \$100**

BY MAIL

With purchase of a select Whirlpool® Duet® Duet Sport® or Cabrio® HE washer and dryer PAIR

\*Various sizes. See store for complete details. Offer good only on select Whirlpool® Brand appliances. Offer valid only at participating Whirlpool® Brand retailers. ®Registered trademark/™Trademark of Whirlpool, U.S.A. ©2007 Whirlpool Corporation. All rights reserved. For more information on Whirlpool® Home Appliances, visit [www.whirlpool.com](http://www.whirlpool.com) or call 1-800-253-1301. EBN\*

Offer valid October 14-December 15, 2007



WTW6400S

WE/GD6200S

### Whirlpool® Cabrio™ HE Washer

- Direct Inject wash system deep cleans with a concentrated burst of detergent
- Uses 44% less water and 55% less energy\*
- 6th Sense™ technology

### Whirlpool® Cabrio™ Dryer

- Dries a load in just under 30 minutes with the AccelCare™ drying system\*
- The Wrinkle Shield™ Plus option helps prevent wrinkles for up to 60 minutes after drying time
- The Quiet Dry noise reduction system lessens operational sounds

\*Compared to traditional topload washers, based on tests performed for the Department of Energy.

\*Based on an average sized load.



WTW5200SQ

WE/GD9200SQ

### Whirlpool® Duet HT™ Washer

- Direct Inject wash system cleans large loads with a stain-removing burst of concentrated detergent
- 6th Sense™ technology measures load size to assign wash action
- 6-Point suspension absorbs excess vibration for installation versatility

\*Various sizes, compared to a traditional topload washer.

### Whirlpool® Duet HT™ Dryer

- The AccelCare™ drying system dries clothes in the time it takes to wash them\*
- Wrinkle Shield™ Plus option tumbles clothes after the cycle is complete to help prevent wrinkles from setting
- Reversible door and 4-way venting create added installation versatility

\*Load up to 15 lbs.

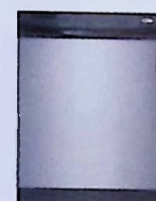


GCSSHEXN

### Whirlpool Gold™ Side-by-Side Refrigerator 25.0 cu. ft.

- Stylish DesignerFit™ counter depth design
- PUI® water filtration system with EZ-Change™ filter and indicator light\*\*

\*Space advantage in Whirlpool® 25/26 cu. ft. models compared to standard 24/25 cu. ft. models with conventional ice makers.  
\*\*PUI is a registered trademark of the Procter & Gamble Company.



GU2700X15

### Whirlpool Gold™ Dishwasher

- PowerScrub™ option
- Slate Interior
- Adaptive Wash cycle takes the guesswork out of cycle selection
- EZ-2-LIN™ adjustable upper rack
- No other brand has fewer repairs\* for 10 years in a row\*
- Super Capacity tall tub

\*Whirlpool® dishwashers. As rated by a leading consumer magazine, January 2006.

Free delivery in the local area | 12 Months Same As Cash O.A.C.

### Store Hours

Monday - Friday  
9am - 7pm

Saturday  
9am - 6pm

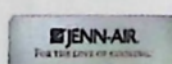
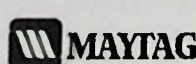
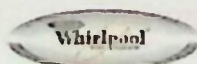
Sunday  
Noon - 5pm

HOME OF THE

# Whammer DEAL

We do Business the Old Fashioned Way!

4608 NE SUNSET BLVD • RENTON WA  
Across from Albertsons & Starbucks in the Renton Highlands  
[www.kingandbunnys.com](http://www.kingandbunnys.com) • 425.277.0600





## publisher's note

**F**or the first time in my life, I'm changing occupations. For more years than I readily admit, I have enjoyed a terrific career in the publishing business, from producing community newspapers to my latest ventures, *Renton Magazine* and *The Business Report*.

On New Year's Day, I will officially begin my new job as Renton's mayor.

During my career, I never imagined myself working in government full-time. In fact, most of my years have been spent critiquing local government through news coverage and editorials. And throughout most of these years, I have been fortunate to be the company owner, free of the daily pressures of reporting to a boss. Now everything is about to change, and I'm energized by it!

Renton will experience significant growth next year with the recent voter-approved annexation of the Cascade/Benson communi-

ty. While I will be in charge of a city with close to 800 employees and a budget of about \$225 million, I'll also have upwards of 80,000 bosses – all Renton citizens who have challenged me to protect and improve the quality of life in our city. This will be a wonderful opportunity as well as a formidable task.

I look forward to working with a very talented and dedicated group of city administrators and employees as we continue to move this city forward. Providing quality services to our citizens and businesses, while managing within tight budgets, is the reality facing every city. Renton has a solid foundation that



**Denis Law**  
PUBLISHER

positions us well in meeting these challenges.

Meanwhile, there will be a new publisher of this magazine beginning next month. My colleague, Diana Kramer, is a top-notch journalist and business leader with many years of experience in the newspaper industry.

In addition to publishing family-owned newspapers in Arizona, Diana served as the executive director of Washington Newspaper Publishers Association for 12 years, serving more than 100 local daily and weekly newspapers throughout the state. She joined our company in 2004 to help us launch *The Business Report*, a monthly business newspaper that she has been overseeing. Besides her business and editorial talents, Diana and I share the value of providing quality, positive news to our readers.

I look forward to seeing you at City Hall!

## RENTON Magazine

**VOL. 2 | ISSUE 12**

**425.271.9300**

**Publisher |** Denis W. Law  
denislaw@rentonmagazine.com

**Associate Publisher |** Diana Kramer  
dianakramer@rentonmagazine.com

**Executive Editor |** David Suffia  
daviduffia@rentonmagazine.com

**Reporter |** Andrew Fickes  
news@rentonmagazine.com

**Advertising |** Marie Shaw  
marie@rentonmagazine.com

**Graphic Artist |** Kerri Ladines

**Photographer |** Dena Rosko

**Columnists |** Kirby Unti  
| Elaine Anderson  
| Dr. Bob Thompson

*Renton Magazine* is mailed each month to homes in Renton, East Plateau and Fairwood. Total circulation is 18,000. Publisher retains the right to reject any advertising. Copyright 2007 Puget Sound Publishing Co. All rights reserved. Use or reproduction, in part or full, without written permission is prohibited. Back issues and single copies are \$3.00. Subscriptions are available for \$25 per year.

Puget Sound Publishing Co.  
15 South Grady Way, Suite 514  
Renton, WA 98057

## contents

4 **upcoming events**

6 **calendar of events**

9 **kirby unti**

11 **david suffia**

12 **moms club**

16 **pet care**

18 **spirit of giving**

23 **school news**

24 **library news**

25 **around the garden**

26 **healthy advice**

27 **recipe of the month**

**cover:** Larysa Gavrilenko wears traditional Ukrainian holiday costume. See cover story page 14. Photos by Andrew Fickes. Cover design by Kerri Ladines.

## 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

**Maplewood Golf Course**  
425.430.6800

**Police Dept**  
(non emergency)  
425.430.7500

**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





## 2007 Renton Chamber Holiday Auction

The annual gala event includes an elegant dinner, live and silent auctions, raffles and special auctioneer—John Curley of King TV's Evening Magazine. More than 250 items will be auctioned off, with proceeds going to support the Renton Chamber of Commerce.



**december 4**

Tuesday from 5-9 p.m.

425-226-4560

Spirit of Washington Event Center

Burnett and Third Street

Admission: \$60 for members and non-members

## Breakfast with Santa



Children ages 2-12, along with parents and grandparents, are invited to enjoy breakfast, entertainment and a visit and photo with Santa Claus. Children 12 and under must be accompanied by an adult. Tickets are required and are available now. Tickets will not be available at the door.

Saturday, Dec. 8, with two seatings at 9 a.m. and noon

425-430-6633

Renton Senior

Activity Center  
211 Burnett Ave. N.

Admission: \$6

<http://www.renton-wa.gov/living/default.aspx?id=40>



**december 7 -  
december 23**

**Renton Civic Theater—  
"The Lion in Winter"**

Saturdays at 8 p.m.;  
Sundays at 2 p.m.

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

Admission: \$20/adults;  
\$15/seniors and students



**december 8**

**Rainier Symphony—  
"Holiday Concert"**

Saturday at 7:30 p.m.

206-781-5618

IKEA Performing Arts Center  
400 S. Second St.

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



**december  
13, 14 & 15**

**"The Sound of Music"**

Thursday and Friday at 7  
p.m.; Saturday at 2 p.m.

425-255-0059

Carco Theater  
1717 Maple Valley Highway

Admission: \$8



**december 21**

**Ho-Ho-Ho Hoe Down**

Friday from 8 p.m. to 11:30  
p.m.

424-255-9211

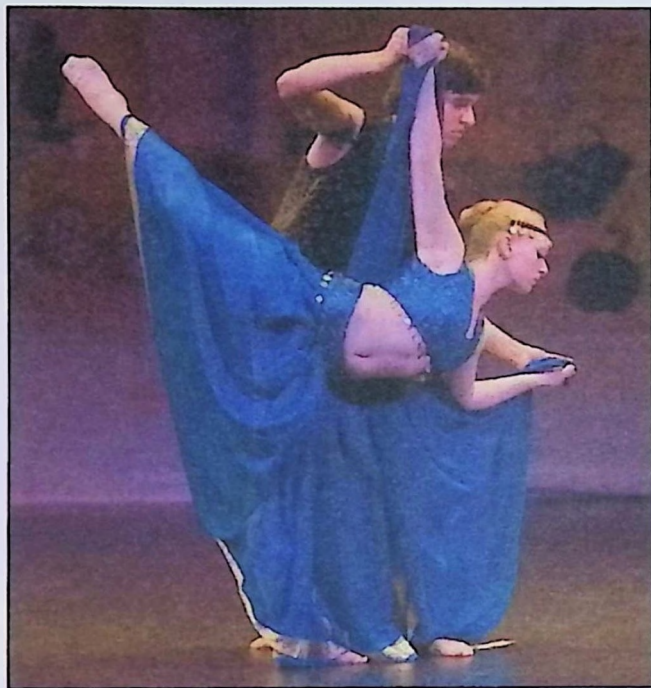
The Rockin' Horse Dance  
Barn

11820 150th Ave. SE

Admission: \$12 per person



## upcoming nutcrackers



### Ensemble Ballet Theatre

#### "The Nutcracker"

Ensemble Ballet Theatre, a youth non-profit organization in Maple Valley, showcases its annual Nutcracker performance at the Renton IKEA Performing Arts Theater. Artistic Director, Kimberly Wooten, infuses her creative choreography into each production. Adults and children continue to enjoy this event, which sells out every year.

**December 15 & 16**

Saturday at 2:30 p.m.  
and 7:30 p.m.; Sunday  
at 2:30 p.m.

1-877-EBT-8771

Renton IKEA Performing  
Arts Center  
400 S. Second St.

Admission: \$12/adults;  
\$8/seniors and students

### Evergreen City Ballet

#### "The Nutcracker"

Christmas and dance complete with snowflakes, a magical Christmas tree, and visions of sugarplums. Be entranced yet again with the sweet dreams and warmth of this seasonal tradition and a timeless favorite of the Evergreen City Ballet.

Friday at 7:30 p.m.; Saturday at  
1:30 p.m. and 7:30 p.m.; Sunday at  
1:30 p.m.

IKEA Performing Arts Center  
400 S. Second St.

**December 21- December 23**

Admission: Advanced tickets are  
\$38/adult; \$34/senior; \$20/child  
and student / 425-228-6800



Love is a  
**Journey**  
that knows  
no end



## now playing



Valley Community Players presents:

### The Second Time Around

**November 16 - December 2**

Senior citizens Samuel Jonas and Laura Curtis, a widower and a widow, strike up a love affair. When they announce plans to live together without marrying, their children hit the roof even though they were never close to their deceased parents and their own marriages leave a lot to be desired. Is love lovelier the second time around? A charming comedy!

Carco Theatre  
1717 Maple Valley Hwy.

[www.valleycommunity  
players.org](http://www.valleycommunityplayers.org) / 425-226-5190

Admission: \$15/adults;  
\$14/seniors & students

**Garland** SINCE 1993  
*Jewelers, Inc.*

814 S. 3rd St., Renton

425.255.5101

Open Monday through  
Saturday

Open Sundays on  
December 9, 16 & 23

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



Gentle



**Family**  
DENTISTRY

From children to grandparents, we take pride in our patients' smiles. Call today to experience outstanding dental care.

J. MICHAEL HARDY, DDS  
Family and Cosmetic Dentistry

425.255.2904  
10700 S.E. 174th St., Renton  
(next to Golds Gym)

J. MICHAEL HARDY, DDS

SPECIALIZING IN PREMIUM WASHINGTON WINES

**THE MET**  
COFFEE & WINE BAR

Thursday wine tastings 5-7pm.  
Available for private parties.

DECEMBER WINE TASTINGS

6<sup>th</sup> Russell Creek Winery  
13<sup>th</sup> Erin Glenn Winery

425-687-7989 | 232 C Burnett Ave. S.

## Chiropractor

A Premier  
Doctor of Chiropractic  
in The Pacific Northwest



34 Years of Service

Office located:  
620 SW Sunset Blvd  
Renton, WA 98057

Call: 425-255-6202

**Dr. Rodney Handly D.C.**

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

## calendar of events

### HOLIDAY ENTERTAINMENT



#### Clam Lights and Holiday Tree Lighting

Friday, Nov. 30, (Clam Lights) at 7:15 p.m.

Saturday, Dec. 1, (Holiday Tree Lighting) from 5 p.m. to 7 p.m.

Renton's tradition of entertainment, holiday spirit, and stunning visual effects begins on Nov. 30 with the 14th annual Clam Lights event at Gene Coulon Beach Park at 7:15 p.m., followed by the Parade of Boats at 7:30 p.m. Then, brighten up your season with the Holiday Tree Lighting at the Piazza Dec. 1

#### Clam Lights

Coulon Park

#### Holiday Tree Lighting

Piazza Park (downtown Renton)

425-430-6700

Admission: Free



#### Argosy Christmas Ship

Monday, Dec. 3, from 6 p.m. to 6:20 p.m.

Featuring entertainment by a local Northwest choir, the Christmas ship will be just off the shores of Gene Coulon Memorial Beach Park. The ship's annual visit draws an audience of thousands and is sure to put you in the holiday spirit.

Gene Coulon Beach Memorial Park  
1201 Lake Washington Blvd. N.

425-430-6700 / [www.rentonwa.gov](http://www.rentonwa.gov)

Admission: Free



#### Holiday Paddle 2007

Monday, Dec. 3 from 5 p.m. to 7:30 p.m.

Meet at the Cedar River Boathouse and paddle to Gene Coulon Beach Memorial Park to see holiday lights and meet the Christmas ship as it arrives from Seattle. Bring your own canoe or kayak and join us at no charge.

Cedar River Boathouse  
1060 Nishiwaki Lane (Cedar River Trail)

425-430-0111

Admission: Cascade boat for \$29 plus tax; dry suit rental for \$15

[www.canoe-kayak.com](http://www.canoe-kayak.com)

#### Renton City Concert Band- "Holiday Music Concert"

Thursday, Dec. 6, at 7:30 p.m.

Come enjoy the annual Holiday Music Concert by Renton's very own Concert Band. Directed by Michael Simpson.

Renton IKEA Performing Arts Center  
400 S. Second St.

425-430-6700 or 425-430-6707

Admission: \$7/adults; \$5/seniors and students

[www.renton.wednet.edu/ipac/default.html](http://www.renton.wednet.edu/ipac/default.html)



#### Salon on 4th & Boutique: 3rd annual Holiday Open House

Wednesday, Dec. 5 from 1 p.m. to 9 p.m.

This year's Holiday Open House will feature the 2008 Calendar Firemen, signing calendars

Personalized  
customer  
service



Fresh,  
natural  
meats

## See us for all your holiday meats!

We offer Rib Roasts,  
fresh Turkeys, and smoked  
boneless Hams. Call us today  
to order yours!

Our pepperoni and beef jerkey are great stocking stuffers.  
Gift Certificates available.

Open Tuesday thru Saturday, 9am - 6pm

5325 NE 4th, Renton | 425.226.2422



between 5 p.m. and 8 p.m. Enter to win prizes.

Salon on 4th  
5335 N.E. 4th St.

425-255-7000

Admission: Free



### **American Legends in Story and Songs**

Saturday, Dec. 8 at 11 a.m.

Deeply rooted in oral tradition, Allan Hirsch has collected and mastered many songs and stories based in American history and folklore. The singer and balladeer offers the tales of Washington Irving and Nathaniel Hawthorne, as well as unknown sources of folktales and folklore.

425-255-2330

Renton History Museum  
235 Mill Ave. S.

Admission: RHS members admitted free



### **Eastside Dance Theatre- "The Nutcracker"**

Sunday, Dec. 9, at 1:30 p.m. and 5:30 p.m.

Eastside Dance Theatre's charming version of the classic holiday story has entertained audiences for the past six years. Email [nutcrackertickets@earthlink.net](mailto:nutcrackertickets@earthlink.net) for tickets.

Renton IKEA Performing Arts Center

400 S. Second St.

425-401-5291

Admission: \$15 (reserved)

[www.eastsidedancetheatre.org](http://www.eastsidedancetheatre.org)

### **Evergreen Place Holiday Open House**

Saturday, Dec. 15, from 2 p.m. to 4 p.m.

The public is welcome to Evergreen Place's annual open house. Feast your eyes on dazzling holiday decorations and enjoy the Charles Dickens Carolers with lots of scrumptious desserts and refreshments. Family friendly.

Evergreen Place  
1414 Monroe Ave. N.E.

425-226-3312

Admission: Free



### **Renton Youth Symphony Orchestra**

Sunday, Dec. 16, at 3 p.m.

Enjoy this talented group of young musicians as they perform unabridged classical compositions reminiscent of the season.

Carco Theatre  
1717 Maple Valley Highway

425-430-6706

Admission: \$7/adults; \$5/seniors and students

[www.rentonwa.gov/living/default.aspx?id=156](http://www.rentonwa.gov/living/default.aspx?id=156)

### **TEEN ENTERTAINMENT**

#### **Club Thursday**

Thursday, Dec. 6, Holiday Card Making

Thursday, Dec. 13, Holiday Party and Dance

7 p.m. to 8:30 p.m.

Club Thursday is offered by the city as part of its specialized recreation program for individuals with special needs. Club Thursday is for ages 16 and up.

Renton Senior Activity Center  
211 Burnett Ave. N.

425-430-6748

### **World Class Education | High Student Achievement**

#### **PREPARING A DIVERSE COMMUNITY OF LEARNERS FOR GLOBAL SUCCESS**



RENTON  
LIVING THE FUTURE

Renton School District | [www.renton.wednet.edu](http://www.renton.wednet.edu) | 425.204.2345



### **Aces Tennis**

GREAT GIFT IDEAS

- ACES Club Card
- Youth Training Camp
- Gift Certificates

For more info email:  
[info@acestennis.net](mailto:info@acestennis.net)

401 Olympia Ave NE, Renton 98056  
Just east of Renton Technical College

[www.AcesTennis.net](http://www.AcesTennis.net)  
425.235.9495

Experience the difference  
**Salon on 4th**  
Full Service Hair Salon,  
Boutique & More  
5335 NE 4th St • 425-255-7000

### **GREENWOOD MEMORIAL PARK & FUNERAL HOME**

Proudly serving the community since 1910,  
Greenwood Memorial Park and Funeral  
home is changing to better accommodate  
your family's needs.

We are always striving to serve you better. We have  
added the Garden of Harmony, the extension of our  
peaceful Southlawn Garden and the beautiful  
second phase of our Garden of Eternal Peace.

We offer a serene ambience  
where families come  
to pay their  
respects.



350 MONROE AVE. NE, RENTON WA 98056 | 425.255.1511  
[WWW.GREENWOODMEMPARK.COM](http://WWW.GREENWOODMEMPARK.COM)



# calendar of events

## CALENDAR from page 7

Admission: \$25 for residents; \$30 for non-residents. Pre-registration required.

[www.rentonwa.gov](http://www.rentonwa.gov)



### Teen Nights

Saturday, Dec. 8, from 8 p.m. to 11 p.m.

This program is designed just for teens, ages 11 to 17. Activities include a 3-on-3 basketball tournament, game room tournament, movies, snacks and prizes.

Highlands Neighborhood Center  
800 Edmonds Ave. N.E.

425-430-6700

Admission: Free

[www.rentonwa.gov](http://www.rentonwa.gov)

## SENIOR EVENTS

RENTON SENIOR CENTER

211 Burnett Ave. N./ 425-430-6633

[www.rentonwa.gov/living/default.aspx?id=40](http://www.rentonwa.gov/living/default.aspx?id=40)

### Holiday Luncheon

Friday, Dec. 21 at 11:30 a.m.

Put on your festive holiday attire for the annual holiday luncheon. Listen to festive music as you dine with friends. Tickets are required and are available now in the recreation office.

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

## Jingle Bell Romp

Friday, Dec. 21, from 4 p.m. to 7 p.m.

Wear your holiday attire (and maybe a bell or two). We'll have strawberry waffles and sausage, then enjoy the music of Bill Bennett. Supper will be served from 4 p.m. to 5 p.m. Tickets must be purchased by Dec. 19.

Admission: \$6

## EVENTS AT THE LAKESHORE

THE LAKESHORE

11448 Rainier Ave. S./ 206-772-1200

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

### Holiday Craft Bazaar

Saturday, Dec. 1, from 11 a.m. to 3 p.m.

The Lakeshore's annual craft bazaar will feature local vendors selling homemade crafts. Desserts

and beverage are available.

Admission: Free



### The Lakeshore presents Erwilian

Tuesday, Dec. 18, at 7:30 p.m.

Erwilian is a one-of-a-kind band performing on unconventional instruments. The Lakeshore welcomes the public, but seating is limited, so RSVP by no later than Dec. 10.

Admission: Free

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

We've got a  
better place  
to save...



Where your  
money will  
grow!

At First Savings Bank, you'll find a wide variety of accounts with some of the best interest rates... whether you're just starting to save, or looking to reinvest.

*We have the right account for you, call our office today!*

Member of the First Financial Northwest  
Family of Companies

**FIRST SAVINGS BANK**   
INVEST IN POSSIBILITIES

201 Wells Ave S. | PO Box 360 | Renton, WA 98057 | 425.255.4400 | 866.372.1200 | [www.fsbrenton.com](http://www.fsbrenton.com)



# After elections, it's time for healing



KIRBY UNTI

*T*he citizens of Renton let out a sigh of relief when this year's elections came to a close. It was a very hard year on the candidates and those who were close to them. People who run for public office put their hearts and souls on the line. Let's face it. Nobody likes to lose and the reality is, unless you are running unopposed there is going to be a winner and a loser. I have nothing but the highest respect for people who are willing to run for public office. It takes a person with thick skin to be able to stand up to the heat that gets generated in the world of politics.

Now that the elections are behind us, it is a time for healing. Healing takes place when we remember that there is something far more important than campaigns, politics and elections. What matters far more is learning again what it means to work together for the betterment of the whole community.

I have long been a fan of Habitat for Humanity. I have had the privilege on more than one occasion of being present with the founder Millard Fuller. Millard Fuller made it a practice of having people of opposing and often contentious political persuasions work together on the same housing project. He has many stories to tell of people who didn't even come close to seeing eye to eye on partisan matters becoming great friends when swinging a hammer together.

I want to thank our outgoing Mayor Kathy for her years of service to our community. I first became aware of Kathy shortly after my arrival in Renton. I remember reading in the paper and seeing on the news this neighborhood mom who had the guts to stand up for what she believed to be right.

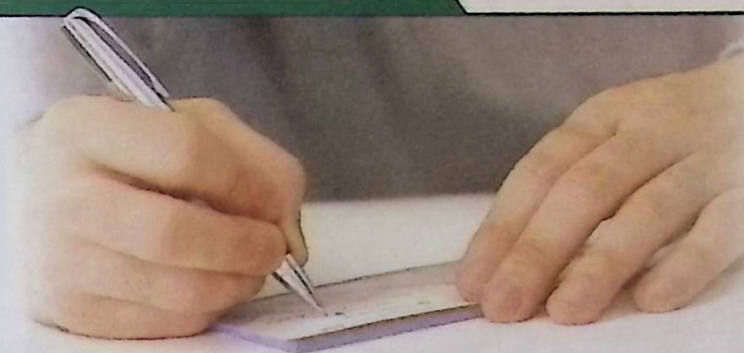
Kathy took her grassroots knowledge one step further and was elected to the Renton City Council. Kathy worked hard, did her homework and served us well during her years on City Council.

Kathy is an example of the American dream, starting out as a neighborhood leader and one day finding herself serving as our mayor. I have known four mayors in my time in Renton. Every one of them made solid contributions to our community, and every one of them took plenty of flak in the process. Kathy, thank you for your many contributions.

A new chapter is now under way in Renton. It is a very promising time for our community. Get out your hammer and join in making Renton the kind of city where we are big enough to put our differences aside in order to build a strong community.

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

## 50 Plus Checking



If you are 50, or beyond, Frontier Bank offers a very special personal account for you, and it comes with plenty of benefits!

Open Frontier Bank's "50 Plus Checking" and receive:

- Interest on your checking account
- No monthly service charge
- No minimum balance
- No per item charges
- Free initial order of personalized checks (1 Box/Image style only)
- Free Check Safekeeping
- Free online images of checks
- Free Personal Online Banking
- Free Personal Bill Pay
- Free VISA Check Card
- Direct Deposit
- Discounted Safe Deposit Box with automatic payment (Based on availability)
- No annual fee for VISA Platinum Credit Card (Upon qualification)
- No service charge for single signer travelers checks
- Free notary service



*Where People Really Make  
The Difference*

For the Frontier Bank office nearest you call: 888-779-4801  
or visit us online at: [www.frontierbank.com](http://www.frontierbank.com)  
Member FDIC



# Garland Jewelers is a gem from Renton's past



RENTON MAGAZINE / Dena Rosko

Gary Slotnik bought Garland Jewelers from his father in 1985.

BY DAVID SUFFIA

A half century ago, downtown Renton had a JC Penney store, a bakery, shoe stores, a hardware store, three movie theaters, cloth-

ing stores, and seven or eight jewelry stores, including Garland Jewelers.

They're all long gone, moved to shopping malls or out of business; all except Garland Jewelers. Garland's is a holdout from downtown Renton's past, a small store on South Third Street in the heart of downtown that relies on personal service, providing designs the chain stores don't, and the patronage of long-time repeat customers.

"We're part of a dying breed, the mom and pop kind of store," says Gary Slotnik, the owner.

Slotnik's father, Jack, bought Garland's in 1953 from a previous owner and operated it until 1985, when he sold it to his son. Taking over a jewelry store in a small town was something of a shock for a young man who grew up in Bellevue, earned a degree in architecture from the University of Washington, and previously worked for Nordstrom as a project manager on the construction of new stores around the country.

"I had worked for my dad during Christmas seasons and on summer vacations when I was young, and I liked the idea of

being my own boss in a small-town atmosphere," recalls Slotnik, who is 58. "I still do. I like having loyal customers who have been with us for years, going with them through their happy times and not-so-happy times.

"Two-thirds of our customers are repeat customers. Some of them have been coming in for decades."

Almost on cue, John Iwasaki, a retired Renton police officer, walks through the front door of Garland's to have his watchband adjusted and a new battery installed.

"I knew Gary's dad," Iwasaki says. "I've been coming in here since before I can remember," adds Iwasaki, who is 80 and grew up in Renton's Bryn Mawr neighborhood. "When I was on the force, I even worked on a burglary case at the store."

"We get along because we carry things you don't see in the mall stores, Slotnik says. "I go to major jewelry shows in Las Vegas and New York every year where there are 5,000 vendors, looking for the kinds of things our customers probably won't find somewhere else.

GARLAND ~ next page



## St. Anthony Parish

406 S. 4th St.  
Renton, WA 98057  
(425) 255-3132

### Christmas Eve

Monday, December 24th  
4:15 pm Stations of the Crib,  
5:00 p.m. Mass; 7:00 p.m. Mass  
9:00 p.m. Mass (en Espanol)  
12:00 a.m. Midnight Mass

### Christmas Day

Tuesday, December 25th  
7:30 a.m. Mass  
9:00 a.m. Mass  
10:45 a.m. Mass

### New Year's Eve/Day

Monday, December 31st: 5:30 p.m. Mass  
Tuesday, January 1st: 9:15 a.m. Morning Prayer  
10:00 a.m. Mass  
(A Holy Day of Obligation)

## give sparkle.

### Teleflora's Snowflake Ornament Bouquet

Decorate their spirits with ravishing roses in a big, bright ceramic ornament jar. Sprinkled with sparkling snowflakes, it's a gift of lasting joy that's perfect for friends, teachers, neighbors, just about anyone. For nationwide same-day delivery, call or visit our shop.

Christmas is  
Tuesday, December 25

**\$42<sup>95</sup>**

**Cugini**  
Florists

(425) 255-3900 (800) 733-3901  
413 S. 3rd St., Renton 98057  
Order online: [www.cugini.com](http://www.cugini.com)



**teleflora.**

Dena Rosko Photography

### Holiday Party?



Let Dena Rosko Photography  
cover your special event:

Specializing in  
event coverage for  
~ parties ~ conferences  
~ business engagements

BOOK YOUR SPECIAL MOMENT  
TODAY!

*Dena Rosko*

[www.denaphoto.com](http://www.denaphoto.com)  
[denarosko@gmail.com](mailto:denarosko@gmail.com)  
206.963.9508



"We carry a lot of colored gems and we do a lot of jewelry remounts. We carry gems with unusual cuts. And we stand behind what we sell."

Owning a small jewelry shop isn't easy. Slotnik employs three people but still works six days a week, although he's trying to cut back to five. Except during the year-end holidays. Then it's six or seven days a week.

"We do 30 percent of our annual business in December, 15 percent from December 16 to 24, when lots of men look for last-minute gifts."

"Most of our customers are from within a 10-mile radius, but we get people from Everett to Oregon who have shopped with us in the past and still come back."

Downtown Renton used to be a lot more vibrant, Slotnik recalls, but he is upbeat about the future.

"Southcenter drew some shops away and some just went out of business. Now things are looking up again and more upscale businesses are moving back into the downtown."

# Civic Theatre preserved some local history

*M*y wife and I saw a play, "Death Trap," at the Renton Civic Theatre recently. Two of my wife's co-workers were the stars. It was a thoroughly enjoyable evening, and provided a sense of déjà vu for me.

The professional theater group presents its plays in the old Renton Theater, which once upon a time was one of three movie houses a block apart on South Third Street in downtown Renton. There was the Roxy, the Renton and the Rainier.

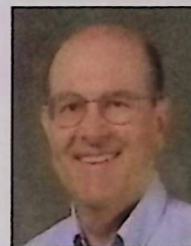
The Rainier, where we watched Saturday matinees for a dime when we were kids, is long gone, the building torn down. The Roxy, which had a cool balcony section, now houses a church.

When I was in high school, I worked part-time at the theaters, changing the marquees each week when the new

movies came in, and ushering people to their seats. Yes, back then, the movies actually had ushers with flashlights who would escort moviegoers to their seats.

I especially liked the Renton, because its rows of seats were all marked alphabetically. In fact, I discovered at the play that they still are. One section of seats back then was cordoned off with velvet ropes for the loge section. The seats were a little wider and plusher, and patrons paid extra to sit there.

The Renton's old seats are a little narrow by today's standards. Either people



David Suffia  
EXECUTIVE EDITOR

didn't mind sitting closer together a half-century ago or they were skinnier.

Renton will soon get new movie theaters at The Landing shopping center near Lake Washington, no doubt with wider seats to accommodate a generation of wider Americans.

But I think it's great that the old Renton Theater has been preserved, with its art deco lobby and spiral staircases leading to the rest rooms upstairs. The Renton is a throwback to the more gracious movie houses of the 1920s.

Renton Civic Theatre, which took over in 1987, deserves kudos for preserving it, with financial help along the way from the City of Renton, Renton Rotary, the King County Arts Commission, and local Renton businesses. And they stage some darn fine live theater.



**MELROSE GRILL**  
Est. 1901

Open daily from 5pm • [www.melrosegill.com](http://www.melrosegill.com)  
819 Houser Way S. • Downtown Renton  
**425.254.0759**

**A GREAT NEIGHBORHOOD STEAKHOUSE**



**ARMONDO'S**  
*café italiano*

"A Renton Family Tradition for Twenty Years"

**425.228.0759**  
[www.armondos.com](http://www.armondos.com)

310 Wells Avenue South  
Corner of Wells & Houser, Downtown Renton





★

# *Come, Lord Jesus*

You're invited to celebrate  
the birth of Jesus Christ  
at Bethlehem Lutheran Church

## ADVENT SERVICES

Theme: "Flames for the Faithful"

Wednesday evenings

December 5th, 12th, & 19th

Soup suppers at 6:00pm

Services at 7:00 pm

## WOMEN'S CHRISTMAS SERVICE & PARTY

Thursday, December 6th at 7:00pm

Please bring donations for the Food Bank

## SENIOR CITIZEN'S CHRISTMAS POTLUCK

Entertainment by: Kent Songsters

Thursday, December 13th at 11:30

## CHRISTMAS EVE CANDLELIGHT SERVICE

Monday, December 24th at 9:00pm

Brass & Christmas Carols

## CHRISTMAS DAY SERVICE

Tuesday, December 25th, 10:00am

Pre-School      8:45-11:45  
Monday - Friday      (ages 3-5)

Sunday School      9:00am  
Sunday Service      10:00am

*Welcome All!*

Pastor Eugene Baade  
Bethlehem Lutheran Church  
1024 Monroe Ave NE, Renton 98056  
(North of Renton Voc Tech)

425.255.9772

[www.BethlehemLutheranRenton.org](http://www.BethlehemLutheranRenton.org)

# MOMS Club helps



RENTON MAGAZINE / Dena Rosko

Some of the mothers and their youngsters from the MOMS Club get together during one of their daytime activities.

Story by Andrew Fickes / Photos by Dena Rosko



efore Jennifer Knickerbocker, 36, decided to make the switch to full-time mother, her full-time job was working 60-hour weeks as a Seattle-based headhunter. Dress suits were her regular attire.

## NO MORE.

Today, Knickerbocker is a proud stay-at-home-mom of three boys: Bradford, 4; Theodore, 2, and Edward, eight months.

And thanks to the MOMS (Moms Offering Moms Support) Club of Renton, a chapter of MOMS Club International, Knickerbocker doesn't have to go it alone.

"There are a lot of moms out there who stay at home and get claustrophobic," says Krista Holmes, Renton club president. "The whole goal of MOMS Club of Renton is to help stay-at-home moms connect with other stay-at-home moms who are dealing with the same issues."

Holmes, 33, who worked for 10 years in Boeing's Information

Technology Department, had her son, Parker, two years ago.

"When mothers choose to stay at home, they do it for their children and their family," says Holmes. "It's a big struggle for moms who don't have a choice to stay home with their kids."

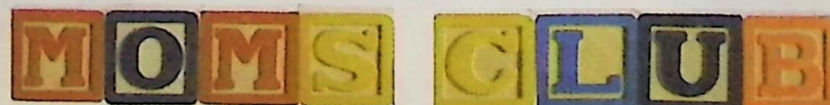
MOMS Club of Renton pulls from a large pool of stay-at-home moms in Renton, Newcastle, Burien, SeaTac, Tukwila, and Normandy Park. Membership varies and some of the currently 72 active members are still working part-time.

The non-profit club has a board of directors, holds business meetings to share and discuss ideas among members, and publishes a monthly newsletter.

Many members are able to use their career skills in the group. For example, Holmes says a mother with an accounting background is the club's treasurer. Other members are from the fields of health care, pharmaceuticals, retail, education, and creative writing.

The club provides at least one social event each day for its members. These include coffee socials, craft days, and once a month there is an evening family event for husbands to attend.

"Our philosophy is not to take time





# stay-at-home mothers stay connected

away from family," says Holmes.

On top of social activities, the MOMS Club of Renton provides opportunities for outreach in the community.

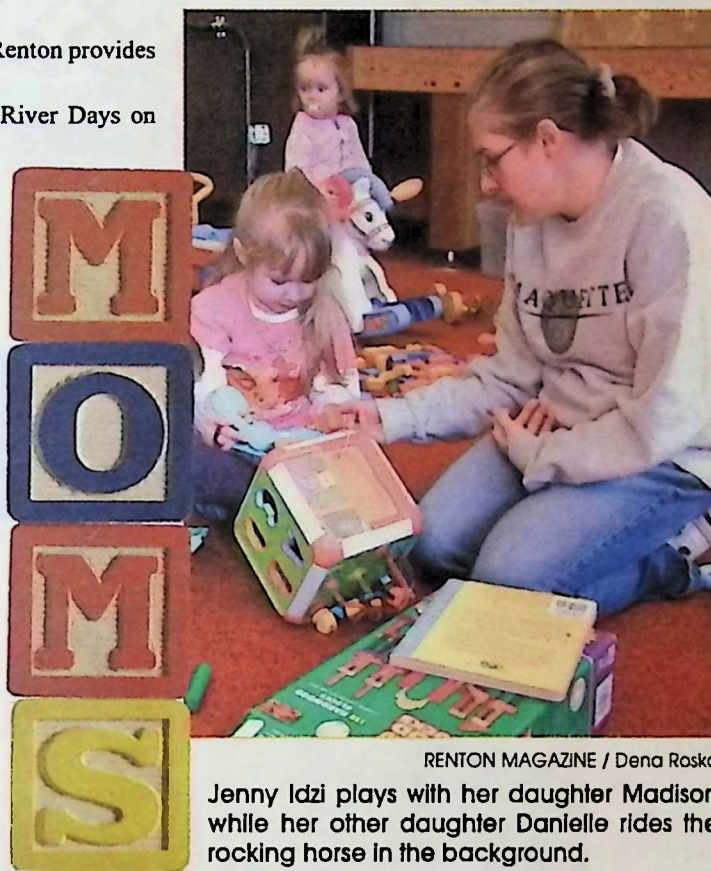
In July, the club sponsors a booth at Renton River Days on Kid's Day. The booth provides a diaper changing station with free wipes and sanitizers. Rocking chairs are provided for mothers who want to relax and nurse.

Members donate goods for an annual garage sale, which raised \$700 last September. The group donated \$100 of that to the Meals for Moms program, which provides meals for mothers who have just given birth or are mourning the loss of a family member.

Other outreach programs include donating to the Mother to Mother Fund, a program supported by MOMS International, helping mothers in crisis. The group also donates clothes to the Dress for Success program and provides activity packs to Valley Medical Center for children coming to the ER.

In January, Holmes says, the group will divide into two branches. A second group will form to support mothers in Burien, SeaTac, Tukwila, and Normandy Park.

"It's important for us to provide that personal touch to our members," she says.



RENTON MAGAZINE / Dena Rosko

Jenny Idzi plays with her daughter Madison while her other daughter Danielle rides the rocking horse in the background.

## If you want to join the MOMS club . .

The MOMS Club of Renton welcomes new members. If you're a stay-at-home mom or a mom who's working part-time, the MOMS Club of Renton wants to hear from you.

Membership dues are \$25 per year. Those interested are welcome to attend up to two events before joining. The group meets every Friday at 10:30 a.m. for open playtime for all ages. More information is available at [www.momscclubofrenton.org](http://www.momscclubofrenton.org) or e-mail [info@momscclubofrenton.org](mailto:info@momscclubofrenton.org).

## WATERFRONT APARTMENTS AVAILABLE NOW!



### RESORT LIVING ON LAKE WASHINGTON



**UP TO \$2400 OFF!**

BRING IN THIS COUPON AND RECEIVE AN  
ADDITIONAL \$200 TOWARD MOVE-IN COSTS!

**REFER A FRIEND AND RECEIVE \$200**

### BRAND NEW VIBRANT COMMUNITY

- 10 minutes to Bellevue, Seattle & SeaTac Airport
- Granite, marble, stainless & hardwood-style floors
- Next door to shopping & restaurants
- Fireplaces & soaker bathtubs

**877.604.8058**

Call to reserve your home today  
Rent starting at \$940

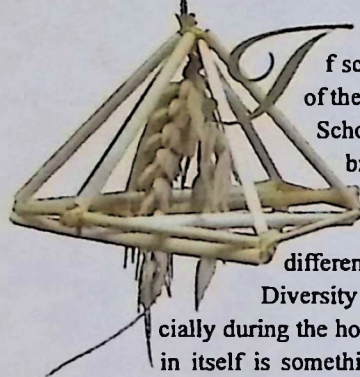


[www.thebristol.net](http://www.thebristol.net) | 1131 Lake Washington Blvd N, Renton, WA 98056



# Holiday spirit lives in

BY ANDREW FICKES



f schools are a reflection of their community, Renton School District reflects a broadly diverse community, with students speaking 81 different languages.

Diversity is noticeable especially during the holiday season, and that in itself is something to celebrate, suggests Tiffany Park Elementary principal Irene Olson.

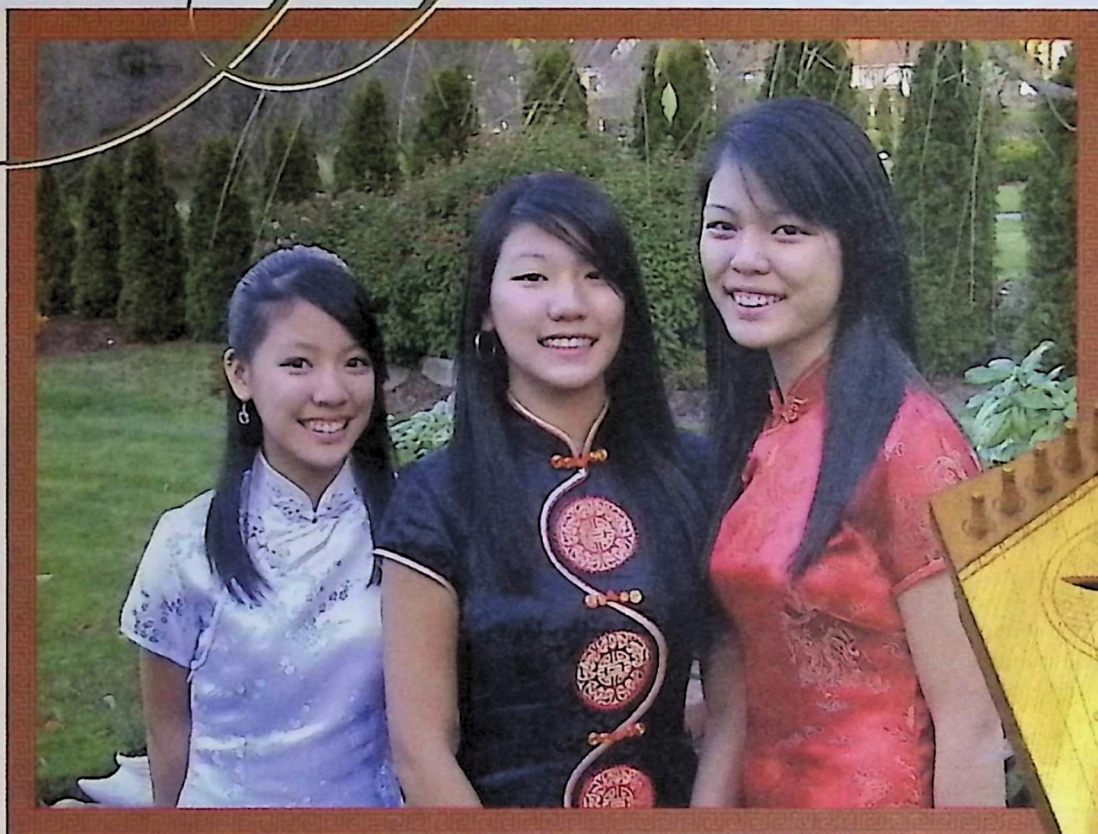
"Where else but in this nation can you practice your culture and not feel like you'll be persecuted?" she asks.

Tiffany Park Elementary students speak 19 languages other than English, and a third of them are in the English Language Learners (ELL) program.

"Children growing up with more than one culture and who learn more than one language are fortunate. Every language learned offers a different way of looking at the world," says Olson.

Olson herself emigrated from Latvia at the age of six months with her mother and two brothers during World War II. The family brought Latvian holiday traditions with them.

"A large part of our Christmas Eve cele-



RENTON MAGAZINE / Andrew Fickes

Sisters Elaine, Emma and Eva Chow are in their traditional Chinese holiday garb.

brations was singing beautiful Christmas folk songs," she says. "Latvians preserve their uniqueness through song. There are more than one-and-a-half million Latvian folk songs called Dainas. These reflect the cycle of life for man and also nature."

The first historical documentation of a Christmas tree was in Latvia in the 1500s. Olson said the Christmas tree is central to Christmas Eve for Latvians.

"We weren't so excited about gifts as we were about the tree," she says. "It was a family adventure to find the tree."

The Christmas Eve menu included goose, sauerkraut, roasted potatoes, cranberries, and beet salad. The "ultimate Latvian food," Olson says, is piragi—rolls with bacon and onion inside. And for dessert, Latvians eat klingers—sweet yellow bread—with a glass of wine.

Larysa Gavrilenko, who teaches in Tiffany Park's ELL program, emigrated from Ukraine almost 10 years ago with her husband. She says about 13 percent of the school's population is Eastern European.

Growing up in the Ukraine under Soviet rule,

Smile Dentistry | **RENTON**



**JEFF S. KEH, D.M.D.**

4300 Talbot Rd. S. Ste 100,  
Renton, WA 98055

**425.687.8860**

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

- \* Welcome New and Emergency Patients
- \* Accept Most Insurances
- \* Certified Invisalign, Waterlase and Lumineer Provider

Receive free Teeth Whitening or Oral-B Triumph toothbrush or a \$50 gift certificate from Fred Meyer with comprehensive new patient exam, necessary x-rays and cleaning.  
Offer Expires 01/01/08.





# many cultures in Renton

Gavrilenko's family did not observe the Christian holiday of Christmas but celebrated New Year's Eve on Dec. 31.

Then, once the Iron Curtain fell, the family celebrated Christmas on Jan. 7, following Eastern Russian Orthodox tradition. For six weeks leading up to Christmas Eve, her family fasted—no meat was served.

"The best memory from that time is gathering with family and talking about the good things that happened that past year and what our plans were for the New Year," she says.

Today, Gavrilenko says her family embraces American culture while retaining their heritage.

For some, celebrations will continue far into 2008. At Hazen High

School, a significant number of students are of Chinese heritage. Yolanda Chow, mother of senior Eva Chow, says celebrating the Chinese New Year is important for her family.

Fish, which translates in Chinese as having more than enough, is a good luck symbol. It's the main dish for a large family gathering during the Chinese New Year, which runs from late January through early February. Chow says a traditional dessert is sweet rice cake, which symbolizes prosperity in the New Year.

"We've enjoyed learning from friends and other families we know on how things are celebrated in America," she says. "It's good for my kids, because they're benefiting from both American and Chinese cultures."



RENTON MAGAZINE / Andrew Fickes

Left is a close up of the Kokle, a traditional Latvian stringed instrument. At right is Irene Olson in Latvian holiday dress with some baked goods.

Visit Us Today & Receive a Complimentary TULLY's Gift Card!\*

## THE POINTE

# Quality AND Convenience

IN RENTON

- Exquisite Buchan Quality & Design
- Great Rooms, Media Rooms, Elegant Master Suites & 3-Car Garages
- 2,700 sq. ft. to over 3,400 sq. ft.
- Priced from the \$600s

Model Home Open Daily | 425.226.6983

[buchan.com](http://buchan.com)

DISCOVER *The* POINTE OF DISTINCTION

RENTON From Highway 167 southbound... Take the S. 43rd Street exit and turn left onto 43rd Street, which becomes Carr Rd. Turn left on Mill Ave S. and follow to the entrance of The Pointe. From Highway 167 northbound... Take the S. 43rd Street exit and turn right onto 43rd Street, which becomes Carr Rd. Turn left on Mill Ave S. and follow to the entrance of The Pointe.

JOHN F. BUCHAN  
H O M E S

\*One per registered group





## A cancer primer for pet owners

BY CHARLIE POWELL

When a pet is diagnosed with cancer, the owner often is unsure what to do. Understanding the basics of cancer can go a long way toward helping owners and their veterinarians make the best decisions about care.

Cell division and growth are normal biological processes in animals and humans. Cancer is essentially uncontrolled and abnormal cell division and growth. It's this uncontrolled cell growth that makes a tumor and allows the

cancer to spread.

Not all uncontrolled cell growth is cancerous. There are non-cancerous tumors, called lipomas, commonly seen in dogs and humans. The only way to definitively diagnose cancer is by looking at it microscopically after taking a sample of cells from the tumor.

Once cancer has been identified, it's categorized with a grade and a stage. The grade is based on how aggressive the cancer is. Generally, the higher the grade, the worse the prognosis because a high grade cancer is often a very aggressive cancer that will spread or already has.

Stage refers to the spread of the cancer. Has it infected other parts of the body, or is it contained at one site? This is important to know because it helps determine the prognosis or probable outcome as well as treatment options.

Cancer spreads through metastasis, sending small "satellites" of cancer cells through the blood stream or lymph system to other parts of the body. Common sites of metastasis are the lymph nodes, liver, spleen, and lungs, because these are organs that either filter the blood or have a very high volume blood supply.

A low stage cancer means it hasn't spread

and therefore carries a better prognosis. A high stage cancer means it has spread and infected other organs.

Once cancer has been identified, graded and staged, treatment options can be explored. A cancer diagnosis in a pet is not a sentence of immediate euthanasia. There are three common treatment options for pets with cancer: surgery, radiation therapy, or chemotherapy.

Finally, if all treatment options are exhausted or deemed ineffective, euthanasia is the ultimate kindness available to veterinary patients. When everything that can be done has been done, and the animal is suffering, euthanasia can end the misery.

A caring owner should never feel they've made a mistake choosing euthanasia. In this last humane act for a faithful companion's life, there are no wrong decisions among caring owners.

*This article is taken from a larger, previously published article originally written by Dr. Sarah Hogan and edited by Charlie Powell. Powell is public information director for the College of Veterinary Medicine at Washington State University.*

**Looking a Little Rrrrrrrrruff?**  
See us for a great haircut.

**FUZZY FRIENDS**

Dog Grooming & Doggie Daycare  
**425-430-9599**  
[www.myfuzzyfriends.net](http://www.myfuzzyfriends.net)  
203 SW Sunset Blvd  
Renton, WA 98057

**Animal HEALTH CARE CENTER**

**Now Open To Serve You**

- Complimentary exam for new patients\*
- All Vaccines at NO COST when you sign up for the "Twice a Year for Life" Program\*
- New 4,000 square foot full service facility
- Small animal internal medicine & surgery, from the basics to complex
- Financing available for large/complex medical issues
- Open late for your convenience - M-F 8-8; Sat 8-2.

\* Some restrictions apply; call for details

8-8 Monday – Friday | 8-2 Saturday  
**425-255-3371 | [www.AHCCmed.com](http://www.AHCCmed.com)**  
504 Renton Center Way SW, Suite 3, Renton  
(Corner of Rainier Avenue & 4<sup>th</sup> Place, across from McLendon Hardware)

**In Plain View: Seattle**  
Photography by Kathy Smith  
ISBN 1-59849-020-6 \$19.95  
Available at Borders, Barnes & Noble  
[amazon.com / photoeye.com](http://amazon.com/photoeye.com)  
[kathysmithphotos.com](http://kathysmithphotos.com)

"... I wish I could send Kathy Smith and her camera... into Seattle's past (to) bring back more of these lively, lovely, hauntingly mnemonic images... from the point of view of the time-traveler."  
—Howard Giske, Curator of Photography Museum of History and Industry Seattle, WA

Limited Edition 8X8 Gelatin Silver Prints  
Available online [www.kathysmithphotos.com](http://www.kathysmithphotos.com)



# Carl Carulli comes home to Renton

BY DAVID SUFFIA

If Carl Carulli had on a pink rabbit suit, you might mistake him for the Energizer Bunny®. He just keeps going, and going and going.

Carulli, celebrated his 92nd birthday last month. Born in Renton, he has been a semi-pro baseball player, an umpire, a prize fighter, a fireman, a tavern owner, a trolley driver, a Realtor, sold life insurance, met Babe Ruth and Lou Gehrig, and almost became a politician.

"I was born in Renton, spent most of my life in Seattle and moved back here two-and-a-half years ago, so I'll probably die in Renton," he says with an impish smile.

The children of Italian immigrants, Carulli and his wife Jo live in the Evergreen Place Retirement residence in the Renton Highlands.

"I still carry my wife's wedding picture in my wallet," he says, pulling out a black-and-white photo of Jo in her wedding dress on the steps of Seattle's St. James Cathedral 69 years ago. "She's just as beautiful now as she was then."

Maybe it was fate that Carl and Jo should wed and spend their lives together. Their parents lived in northern Italian towns about 45 miles apart, and their mothers worked in the same factory.

Carl's father was a carabinieri, an Italian policeman. His mother, he recalls, was "like Clara Bow. She was an 'IT' girl. She was only five feet tall but she was full of energy. She taught herself to read and write English after she came here by looking through the newspapers."

"I remember Jo's father visiting our family when I was only 7 and I bought Jo an ice cream cone," Carl says.



RENTON MAGAZINE / Dena Rosko

Jo and Carl Carulli have lived their lives to the fullest.

"I don't remember him doing that, but I do remember the ice cream cone," Jo replies with a little smile.

Jo is a year younger than Carl and after raising two daughters, went to work for the King County assessor's office for 24 years.

"I was old fashioned," Carl says. "I thought a man should work so his wife wouldn't have to, but she wanted a career of her own, so that was OK."

While Jo stuck with one post-parenting career, Carl moved around. He drove a trolley in downtown Seattle. He became a Seattle fire fighter for six years. He resigned after buying the original Red Robin in Seattle and realized he couldn't be a fireman and operate a tavern at the same time.

After selling the Red Robin in 1947, he owned three other Seattle taverns. He sold those and became a life insurance salesman. Then he got a license and sold real estate until he retired.

"In 1948 I ran for the state Legislature, but I lost by 367 votes. Some people asked me to run for something else but that was enough for me."

And then there was baseball. A star at Seattle's Queen Anne High School, he played semi-pro ball for a Seattle Transit team and a Teamsters Union team.

"I pitched and played third base. They paid me \$50 a game to play, which was a lot back then. When I quit playing, I umpired semi-pro games and was paid \$32 a game."

Somewhere along the way, he also fought four professional boxing matches.

"I won the first three but I quit after I got beat up pretty bad in my fourth bout.

CARULLI - page 27

rediscover  
*Burnett Ave.*

To:  
*Downtown*

Burnett Avenue is  
bustling. Have a  
gelato, get a  
massage, pick up  
tonight's dinner,  
shop for the latest  
fashions and gifts,  
furnish your home  
or just relax over  
lunch or dinner  
with your friends.

**Lidia's**  
Gelato • Espresso • Dolci  
425.221.1332

**Holiday Hall**  
An All Occasions Greeting  
Card and Gift Boutique  
115 Burnett Ave S, Suite B  
425.226.5122

**The Massage &  
Body Care**  
Co-op at Burnett  
By Appt. Only  
425-793-7505 / Suite 310

**Sweetgrass**  
Home & Garden  
For your home, garden & you  
sweetgrasshome.com  
425.226.7280

**BJ's Boutique**  
Women's fashion  
& accessories  
206.679.3864

**Ten Minute Dish**  
Make it, Take it or  
Grab&Go entrées  
tenminutedish.com  
425.226.9339

**Red House**  
Beer & Wine Shoppe  
Tapas Bar  
425.226.2666

**Burnett Avenue. New Again.**





# Spirit of giving IS VIBRANT THIS SEASON

BY ANDREW FICKES

*I*n a city the size of Renton, many people— young and old—are in need, a need that is heightened during the holiday season. Fortunately, countless people and organizations are pitch in to help.

Service organizations, including the Salvation Army, Kiwanis, Rotary, Lions, Soroptimists and high school Key Clubs, take part in various projects throughout December. But for Capt. Terry Masango of the Renton Salvation Army, this need is apparent no matter the time of year.

"Need knows no season," he says. "Most of the families we serve are already struggling to make ends meet. When it comes to holiday times, they are still relying on us to get a toy for their child or food that they can't afford."

The Salvation Army provides many opportunities

during the holidays for businesses, service organizations, or individuals to give time and/or money: the Adopt-A-Family program, the Giving Tree and Toy 'n' Joy distribution.

"I'm very grateful to our financial donors and our in-kind donors for past years' support, and we hope their support continues into the new year," Masango says.

Families are adopted by businesses or organizations and given toys during the Adopt-A-Family program from 9 a.m. until noon, Dec. 19, at the Evergreen City Ballet building. Then from 1 to 4 p.m., food is distributed. Volunteers are needed to sort canned goods and help with transporting them to vehicles for pick-up.

Last year, the Salvation Army distributed food to more than 850 families from the Renton and Skyway neighborhoods.

On Dec. 20, also at Evergreen City Ballet, from 9 a.m. to 4 p.m., the Salvation Army presents its Toy 'n' Joy distribution. Children who are recommended,

PHOTO COURTESY OF FIRST SAVINGS BANK

First Savings Bank's Knitted Mitten Tree draws hundreds of gift donations each holiday season.



**nelson**  
general & family  
dentistry

jacy c. nelson, dds, ps  
19221 108th ave SE #2, Renton  
(corner of Benson and 192nd  
on Renton's east hill)

253 • 852 • 0206  
www.jacynelsondds.com

**holiday makeover special!**  
\$100 off any crown or veneer\*

~ full-service dentistry with a sensitive touch  
~ most insurance plans accepted  
~ new patients always welcome!



\*Up to six units of crown/bridge/veneer.  
New patients only. Must complete  
new patient exam, cleaning and  
necessary x-rays. Must mention  
this ad when calling. Offer  
expires 1/31/08.

## HOLIDAY SPECIALS

**Fat Tuesdays ~ Everything 5% off 2 or more bottles**  
**Friday night informal tasting 5:30pm and later**  
**Now open Mondays (thru the holidays)**

*Free Wine Tasting Every Saturday from 11am - 6:30pm*

### DECEMBER EVENTS

|                                               |                                         |
|-----------------------------------------------|-----------------------------------------|
| 12/01 ~ Larry from Sleeping Dogs              | 12/15 ~ Massett Winery with Mike Libbee |
| 12/08 ~ OS Winery                             | 12/22 ~ Sparkling and Champagne Tasting |
| 12/13 ~ A special food and wine pairing night |                                         |

**4605 NE 4th St, Suite #4, Renton WA 98059 | 425.254.8400**

**Touch of Excellence**  
Body • Hair • Skin

**We care for  
what you care about**

**Full-Service Salon & Day Spa**  
**On-line Appointments**

**Linda, Melissa & Emily Cowin**  
Family-owned and operated

**255 SW 41st St., Renton**  
(IKEA Commercial District)  
**425.251.6620**

www.touchofexcellence.com

**BLACK BELT ACADEMY**

**Tae Kwon Do Offers:**

|                   |                     |
|-------------------|---------------------|
| • Self Confidence | • Tournaments       |
| • Self Defense    | • Summer Camp       |
| • Self Discipline | • After School Care |
| • Respect         | • Demo Team         |

**Master James Angelos**  
10710 SE Carr Rd. Suite A, Renton  
425.430.0354 cell 206.854.4451  
usbbacademy@aol.com  
www.usblackbeltacademy.net





PHOTOS COURTESY OF SALVATION ARMY AND FIRST SAVINGS BANK

Many volunteers gather gifts and necessities for distribution to those in need during the holiday season.

**We're out slinging trees to cars, and it's cold, windy, and rainy, but we know we're doing good things.**

~ Phil Johnson, president, Fairwood Lions Club

based on family income and need, receive gifts through the Giving Tree program, sponsored by local businesses and organizations. Masango said 40 businesses and organizations sponsored a Giving Tree last year. More than 3,000 children received gifts.

The Salvation Army conducts its bell-ringing campaign through Dec. 24. Volunteers stand outside storefronts and ring a bell to collect money for needy families. Last year, the local campaign raised \$110,000. This year the target is \$130,000.

The \$110,000 was achieved despite a decrease in volunteer numbers, some businesses' unwillingness to participate, and inclement weather. Even so, members of Rotary, Kiwanis, and Key Club are volunteering this year.

"More and more we are facing opposition from busi-

ness, and volunteer numbers are dwindling," says Masango. "At the same time, we're serving twice as many people as we were three years ago."

In addition to volunteering for bell ringing, the Greater Renton Kiwanis (the morning group), will help serve a Christmas dinner for Houser Terrace, a senior residency in Renton managed by the Renton Housing Authority. The Hazen High School Key Club will join them.

The club will also support Renton Kiwanis (the noon club) in a Children's Christmas Luncheon for 75 elementary students in the Renton School District on Dec. 18. Renton Soroptimists will also support.

"We each sponsor a child or two and get something on their wish list," says President Pat Auten. "Our focus is on

children and seniors during the holiday season, as it is during the rest of the year."

The Fairwood Lions Club will hold its annual Christmas tree sale with all profits going directly back to the community. Fifty of the trees are donated to needy families along with food baskets distributed by Fire District 40.

"We're out slinging trees to cars, and it's cold, windy, and rainy," says President Phil Johnson. "But we know we're doing good things."

The club also donates \$1,000 to the Rotary-Salvation Army Food Bank in November-December, representing 20 percent of its annual contributions to needy families.

"We're all doing this to do something positive," Johnson says.

# CALICO

CHEESECAKE CO.

HAND  
CRAFTED  
*One at a time*

We didn't invent cheesecake we just perfected it.

*Now serving* Mukilteo Espresso & French Press Coffee.

Also we've added more seating and we are now taking reservations up to 18.

#### RETAIL HOURS

Tue, Wed, Thur  
11am - 6 pm

Friday  
11am - 9 pm

Saturday  
4 pm - 9 pm

#### CONTACT INFO

206.851.2571

908 Houser Way South  
Renton, WA 98057

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



Yarns • DMC Products  
Accessories & Books  
Classes • Crochet Threads  
Domestic & Imported  
Needlepoint

601 S. Grady Way  
425-228-4694  
[www.theknittery.com](http://www.theknittery.com)

Store Hours  
Monday Saturday 10-6  
Closed Sunday



John  
Galluzzo,  
Agent

Auto • Home • Life • Business  
Call: (425) 226-9239



**FARMERS**

Gets you back where you belong.®

433 Park Ave. N., Renton WA 98055

[jgalluzzo@farmersagent.com](mailto:jgalluzzo@farmersagent.com)



**For your fleet and  
personal auto needs**

Serving Renton at Bob Bridge  
Toyota for more than 20 years.

Denny Hamilton,  
Fleet Manager  
[dennyfleet@aol.com](mailto:dennyfleet@aol.com)

Please call for appointment  
425-830-8411

150 SW 7th St.

Bob Bridge  
TOYOTA • SCION







RENTON MAGAZINE / Andrew Fickes

Graceful arches welcome the faithful to St. Anthony's.

### BY ANDREW FICKES

When Sister Linda Riggers followed her faith to St. Anthony School to become its new principal in fall of 2006, the word "joyous" in the school's mission statement caught her eye.

The mission statement reads: "To educate students to be joyous, loving and Christ-centered people, capable of serving others and bettering the world."

"The word joyous is rather singular," she says. "Not many

## St. Anthony serves the area through education and faith

Having different cultures among our congregation is a great gift. ~ Father Gary Zender

school mission statements would have that as a goal. But in my experience, kids at St. Anthony School enjoy being here."

St. Anthony School, 336 Shattuck Ave. S., is part of St. Anthony Parish and this year celebrated 80 years of educating children from the Renton and Skyway neighborhoods.

"I was attracted to this school by its diversity and its well grounded and well rounded education. It has a positive staff who are really upbeat," says Sister Riggers. "A number of teachers have been around a long, long time and that has given us a lot of strength to our programs."

Diversity is a cornerstone of both the school and parish, agree Sister Riggers and Father Gary Zender, parish pastor since 1999.

"Having different cultures among our congregation is a great gift," says Father Zender. "When people are asked what they like about the parish,

they say it's the diversity."

Italian, German, and Irish communities were the backbone of the parish when it began as a mission of the White River Valley parish in 1901—just as Renton was incorporating. The few Catholics in Renton traveled a fair distance to Gilman (today's Issaquah) to worship.

The mission became a parish in December of 1905. Construction of the first church began on a Sunday in 1906. It stood facing Morris Avenue until 1954, when a new church building—facing south on Fourth Street—was dedicated.

Through the years, 14 pastors have guided the parish. Growth in church membership and expansion of its services have mirrored the evolution of the city of Renton.

"Just as Renton had significant growth during World War II with the job creations of Boeing, so there was also significant growth with the

# Thank You

Dear Renton Residents,

I want to thank you for electing me to serve as your mayor for the next four years. I am humbled by the tremendous level of support I received from community leaders and residents during this past year. I promise to work hard with the City Council and our dedicated staff to make sure that we continue Renton's positive growth while also improving the quality of life in our community.

Sincerely,

*Denis Law*

**Denis  
LAW**  
for Mayor



Paid for by Committee to Elect Denis Law for Mayor - Joann Lee, Treasurer / PO Box 30, Renton, WA 98057-0030



*handcrafted treasures*

**crafters, jewelers, designers  
& artists wanted!**

**now open**

**happy  
delusions**

**New December Hours:**  
11am - 7pm / Mon - Sat  
11am - 5pm / Sunday

**924 S. 3rd Ave S.  
425.255.6078**



**Specializing in Kenndale  
& the Greater Renton Area**

- Locally Owned
- Over 20 Years Experience
- For All Your Real Estate Needs



**If you're considering Selling or Buying, Call us today...**

*Kenndale  
Realty*

1302 North 30th Street  
www.kenndalerealty.com  
**425.277.1717**





RENTON MAGAZINE / Center photo by Dena Rosko  
All other photos by Andrew Fickes

Left is a statue of the Virgin Mary at St. Anthony school. Center are Father Gary Zender and Sister Linda Riggers with some of the school students. At right is the entrance to St. Anthony Parish, built in 1954.



church," says Father Zender.

In 1927 the parish built St. Anthony School, led by Father William Carey. A convent for the Sisters of Charity of Halifax was also built. The sisters would teach the students.

Today, the school has 521 students, representing 325 families, from kindergarten through eighth grade. School ethnicity is 26 percent Asian American, 56 percent European-American, and 17.5 percent other students of color.

When Father Zender arrived in 1999, he wanted to use his Spanish-

speaking skills. He has helped develop a significant Hispanic church community and has also seen Philipino, Vietnamese, East Indians, native Africans, and other Asian cultures come to the church.

Father Zender says the parish's diverse membership is involved in all forms of ministry. The church is home to more than 100 ministries.

St. Anthony's is part of the ARISE ministry, involving churches of all denominations that open their doors to homeless men, providing food and shelter for one evening. The parish serves

the men twice a month.

"We seem to be an important player within the community in terms of poverty and housing issues," says Father Zender. "We're all about giving back to the community."

In 2004, the church opened a new gym facility and additional parking spaces. Future construction phases will include additions to the church, parish ministry center, school, and a new rectory, social hall and meeting rooms.



# RENTON VILLAGE

|                                   |              |
|-----------------------------------|--------------|
| Advance America.....              | 425.277.0498 |
| Applebee's Restaurant.....        | 425.687.1200 |
| Avenue.....                       | 425.228.7827 |
| BECU - ATM Available              |              |
| Ed Wyse Beauty Supply.....        | 425.277.9973 |
| Fish Gallery.....                 | 425.226.3215 |
| Georgio's Subs.....               | 425.227.8279 |
| Knittery.....                     | 425.228.4694 |
| Major League Barber & Beauty..... | 425.277.0104 |
| McDonalds.....                    | 425.271.3031 |



|                                      |              |
|--------------------------------------|--------------|
| Optics One.....                      | 425.227.8888 |
| Pan Asian Buffet & Grill.....        | 425.227.8898 |
| Renton Village Cinema.....           | 425.228.7241 |
| Renton Village Cleaners.....         | 425.226.8830 |
| Rite Aid.....                        | 425.226.3461 |
| Shane's Big League Sports Cards..... | 425.277.3717 |
| Starbucks Coffee.....                | 425.227.9262 |
| Thriftway.....                       | 425.226.2830 |
| Tobacco City.....                    | 425.226.7040 |
| Wells Fargo Bank.....                | 425.228-0101 |

RENTON VILLAGE • 601 SOUTH GRADY WAY, RENTON 98057



**Marcie  
MAXWELL**

MAXimum Real Estate Service

Associate Broker, Realtor, CRS

Windermere



### Why Marcie...

- Experience, Service, Results!
- Seller & Buyer Representation
- Over 2,400 Homes Sold
- 18 Years of Experience
- Top 1% Ranking Nationally
- Residential Homes, Condos, Acreage, New Construction, Relocation, Estates, Views
- Serving you in Renton, East & South King County
- Windermere - Advanced in Sales & Technology
- Active Renton community and education leader

2004, 2005, 2006  
Five Star Agent

Best In Client  
Satisfaction winner!

*Marcie Maxwell*

Associate Broker, Realtor, CRS  
206.949.1696 / 425.466.8000  
marcie@marciemaxwell.com  
www.marcimaxwell.com

## Renton High, Nelsen Middle schools offer outstanding holiday concerts

BY ANDREW FICKES

*A* Renton High School decades-old tradition will be combined with music reflecting today's diverse student population when the school's three choral groups perform at 7:30 p.m. Wednesday, Dec. 5, at the Renton IKEA Performing Arts Center.

It will be the first of a half-dozen holiday concerts to be presented by Renton High School and Nelsen Middle School choral, band and orchestra students.

The Dec. 5 concert will open with a candlelight processional by the combined a cappella, mixed and concert choirs, a school tradition dating back 60 years, says Lizabeth Diaz, director. Diaz has directed the high school's choral groups for 13 years.

"One thing I'm proud of is, my choirs represent the diverse demographics of the high school," she says. "We do a diverse mix of music. We're not as traditional as other high school choirs."

"We live in a very multicultural society, so I try to be very inclusive in what music I select," says Diaz. "Our selection of music for the holiday concert will come from all different cultures."

Music selections will include African folk songs, representing the Kwanzaa holiday, and a gospel version of the Hallelujah Chorus. One choir may also perform music in the tradition of Hanukah.

"And this music will be true to the holiday, not commercialized," Diaz says.

"The music chosen for the choir groups this year is inspired by the question: 'How is renaissance relevant?'" says Diaz.

The Renton High School Orchestra will



RENTON MAGAZINE / Dena Rosko

Lizabeth Diaz, Renton High School choir instructor, practices with students for the upcoming holiday concert on December 5.

### Renton High School/Nelsen Middle School *Holiday Concerts*

High school choral concert, 7:30 p.m., Dec. 5, IKEA  
Sixth grade band, orchestra, chorus, 7 p.m., Dec. 6, Nelsen  
High school orchestra, 7:30 p.m., Dec. 10, IKEA  
Seventh grade band, orchestra, chorus, 7 p.m., Dec. 11, Nelsen  
Eighth grade band, orchestra, chorus, 7 p.m. Dec. 13, Nelsen

Our selection of music for the holiday  
concert will come from all different cultures.

~ Lizabeth Diaz

perform at 7:30 p.m. Dec. 10 at IKEA, directed by Nancy Dosch and the band, directed by Tom Baugh, will perform at 7:30 p.m. Dec. 13 at IPAC.

Fifty percent of Nelsen Middle School's student body participate in the school's music programs. For the holidays, the choirs, orchestras and bands perform by grade level: sixth grade on Dec. 6, seventh grade on Dec. 11, and eighth grade on Dec. 13. All three concerts will be at 7 p.m. at the school.

Musical sections will be a mix of sacred and secular, say choir director Brian Hoskins, band director Joey Roberts, and orchestra director Lauren Daugherty.

Music will include an orchestral performance of "Santa's Classical Christmas" and a band performance of "Christmas Time This Year," plus the theme song from "A Charlie Brown Christmas." Hoskins said his seventh and eighth grade concert choir will perform "The Virgin Mary Had a Baby Boy," an Afro-Cuban style song arranged by the choir's featured composer, Stephen Hatfield.

"I have some very strong and dedicated students in the choir program this year," says Hoskins.

His combined choirs will also perform on Dec. 10 at the elementary schools.

Roberts, the band director at Nelsen for the past three years, said he is very impressed by the band.

"I'm really enjoying the playability of the kids," he says. "They're practicing consistently and performing more difficult music."



# Renton School District good news announcements

## Hazen students honored

Two Hazen High School students have been named Commended Students in the 2008 National Merit Program. Colleen Johns and Brian Koolman won the recognition based on their scores on the Preliminary SAT/National Merit Scholarship (PSAT) qualifying test. The students scored in the top 5 percent of the more than 1.4 million students who took the test.

## Former principal honored

Dr. Susan Mather, executive director for elementary education, has won the 2007 Individual Award for Pursuing Continual Lifelong Learning from the Washington State Association for Supervision and Curriculum Development for her significant contribution to education in Washington state. Mather was recognized for her work as a principal at Bryn Mawr Elementary School, where she led teachers in assisting students in notable gains for four consecutive years on state reading, writing and mathematics tests. Bryn Mawr student reading scores on the Washington Assessment of Student Learning (WASL) outpaced district and state gains, as well as state requirements under the No Child Left Behind Act, from 2004 through 2007. Mather's leadership, commitment and team approach to educating all of Bryn Mawr's 466 students helped the school realize the gains.

## Teacher publishes book

Sierra Heights Elementary School fourth-grade teacher Brian Teppner recently published the Science Assessment Preparation and Vocabulary Building student workbook for third, fourth, seventh and eighth graders. Teppner, a National Board Certified Teacher, published the fifth and sixth grade versions of the workbook last year for markets throughout the United States. Teppner and three of his colleagues from the Science

Assessment Leadership Team worked on the books. The team also works for the state's education office to develop the science WASL.

## Music program enhanced

Christl Florance and Sharon Olsen, orchestra teachers at Hazen High School, McKnight Middle School and elementary schools that feed into those schools, have implemented a new program to enrich orchestra students' playing abilities. East Hill String Lessons is a program designed to strengthen the musical foundation and abilities of younger string students while deepening the knowledge of older string students. The older music tutors are volunteers in eighth through 12th grades. The program, which has about 60 students, is held after school at Hazen and provides individualized instruction focused on ear training, matching pitch, and soloing.

## Counselor receives award

Peter Schoonmaker, counselor at Sartori Education Center, was honored at a recent state conference as the Outstanding Career Guidance Professional by the Washington Association of Career and Technical Education. Schoonmaker has been a member of the organization for many years and was president in the mid-1990s. The award cited his years of committed service to students as a career guidance counselor.

*These Good News Announcements are prepared by the Renton School District Community Relations department. Contributions may be offered by contacting Randy Matheson at 425-204-2345 or at [randy.matheson@renton.wednet.edu](mailto:randy.matheson@renton.wednet.edu).*

# RENTON Magazine

*Our readers are your potential customers!*

Let us help design an ad campaign that will increase business this year. Our magazine is mailed to 15,000 single-family households in Renton & Fairwood and distributed at local restaurants, coffee shops, retail stores, libraries & other locations.

Call Marie Shaw to assist you with your advertising needs.

Marie@RentonMagazine.com | 425.271.9300

*Just Your Type*  
**PRINTING**  
Graphic Design & Print Services



**Happy Christmas!! & Merry New Year!**

**206.390.8414**  
[www.JustYourTypePrinting.com](http://www.JustYourTypePrinting.com)



**HANIS  
GREANEY  
PROTHERO  
PLLC**

**ATTORNEYS AT LAW**

A full service law firm serving South King County and North Pierce County with roots in Renton (Renton High Grads and Residents). Please contact us regarding assistance with:

- |                         |                                 |                   |
|-------------------------|---------------------------------|-------------------|
| -Landlord-Tenant        | -Real Estate Transactions       | -Criminal Defense |
| -Wills/Estate/Probate   | -Land Use/Zoning/Eminent Domain | -Construction     |
| -Personal Injury        | -Family Law/Adoption            | -Immigration      |
| -Business/Formation/Tax | -Creditor/Debtor - Bankruptcy   | -Employment       |

Call Brian J. Hanis

253-520-5000 - 6703 South 234<sup>th</sup> Street, Suite 300, Kent, WA 98032

# Pickled Onion

**Football is here! Come in and enjoy the games on our 5 big screen TV's!**

**Go Hawks!!! Go Huskies!!!**

**Happy Hour 4:00pm - 6:00pm**  
**\$2.50 Wells and Domestic Pints**  
**Daily Specials**

**Quiz Night - Tuesday's 7:30pm - 9:00pm**  
**Live Music Friday's & Saturday's - No Cover!**  
**Beer Bingo every Thursday 4:30pm - 6:30pm - Free to play**  
**Check our website for Special events and Music schedules**

1314 Union Avenue NE  
Renton, WA 98059  
(425) 271-3629  
[www.pickledonionpub.com](http://www.pickledonionpub.com)

Open 10:00am-2:00am Daily  
Open early for live games,  
and ppv



## The journey to college begins at the public library



BY LAURIE FINLAYSON

**T**his is the season when high school seniors look toward their future. Choices for higher education abound, even for those who feel limited by

finances. The Renton Public Library has great resources to help you explore your options no matter what your situation, and the librarians are eager to help find the information you need to make a choice.

To help take the edge off college costs, students will find books on scholarships and how to get them, with special volumes for minorities, athletes, B-students, adults, learning disabled, and everyone in between. Though these books can seem intimidating, most can be checked out so you can peruse them at your leisure. A few hours of hard work can net thousands of dollars in scholarship money.

The library has copies of the FAFSA (Free Application for Federal Student Aid) worksheets, forms and tip sheets, as well as information on how to pay off student loans. Most of these materials are also available in Spanish.

Do you need to take a college admission test, such as the SAT, ACT or GRE? We have study books for these tests and many others. Anyone with a Renton Library Card can also go to the library's web site at <http://library.rentonwa.gov>, click on "Online Databases and Research Tools" and then go to Learning Express Library. This resource has online study

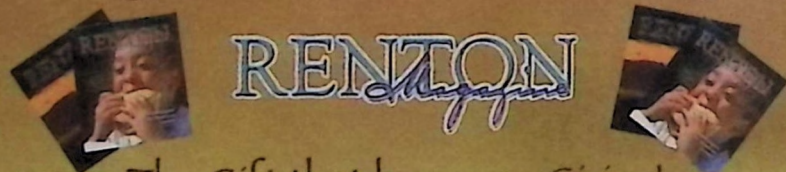
materials and sample tests for all levels of math, reading and writing, as well as Advanced Placement, law enforcement, citizenship, cosmetology, real estate, job search skills, TOEFL and much more. It's fun to dabble in these educational tools even if you're not going back to school!

If you need help choosing a college, the library has catalogs from most of our local and state schools, as well as handbooks that describe colleges and universities across the country. Other books offer tips on the admission process, such as how to write the dreaded college essay or what to ask on a campus tour. Directories show which schools offer which majors and other books describe the kinds of jobs found in various career fields.

When you want to find the answers to your college questions, now you know where the best resources are collected. Just look for the "Career" sign in the library or ask at the Information Desk, and you'll be on your way to a brighter future.

Laurie Finlayson is reference librarian  
for the Renton Public Library.

Send Renton's Holiday Cheer  
to your friends and family!



Subscribe to Renton Magazine between now and Dec. 14 for your friends  
and family, and we'll send a Holiday card announcing your gift.

One full year, only \$25.

Gift subscriptions to:

NAME:

ADDRESS:

NAME:

ADDRESS:

Your name:

Phone number:

Any special greeting?

Otherwise, we'll add: Happy Holidays and your name. Please send a  
check to us for the full amount (Number of gift subscriptions X  
\$25) to Renton Magazine, 15 S. Grady Way, Suite 514, Renton  
WA, 98057. Offer limited to  
US addresses only.

### PLUM DELICIOUS FAMILY RESTAURANT



NEW DINNER & WINE  
SPECIALS FOR WINTER

Homestyle & Priced  
to fit your holiday budget!

Every Saturday from 3 - 5  
Seniors Buy 1, Get 1 FREE

We're giving away FREE meals! Ask for our Royalty Reward Card

AMERICAN  
HOMESTYLE COOKING

PRIME RIB,  
STEAKS, SALMON

FULL SERVICE  
BAR MENU

10 OZ HAND-PRESSED  
BURGERS

Renton Highlands \* 3212 NE Sunset Blvd

425.255.8510 Open 7 Days

[www.plumdelicious.net](http://www.plumdelicious.net)



# Are trees friends or foes in global warming debate?



For the last year or so, I've been thinking about global warming (hasn't everyone?). It frightens and saddens me to think of its impact on so many of the earth's creatures. And, I've been wondering what effect these climate changes will have on gardening here in the Northwest.

One encouraging thought has been that trees will now be more important than ever. Trees absorb carbon dioxide (CO<sub>2</sub>) through

their leaves as part of their natural respiratory process. Rising levels of carbon dioxide are the main culprit in the global warming story. Therefore, trees will play an important role in mitigating the effects of this warming, because more trees will equal less CO<sub>2</sub> in the atmosphere. We'll stop cutting them down and, one hopes, cease the mutilation of the ones that grace our landscapes. Many, many more trees will be planted.

Scientists are now questioning the wisdom of this course of action. In fact, several studies have indicated that planting large numbers of trees will exacerbate the effects of global warming. There are a number reasons for this. Plants absorb, but they also give off CO<sub>2</sub> as part of the process of pho-

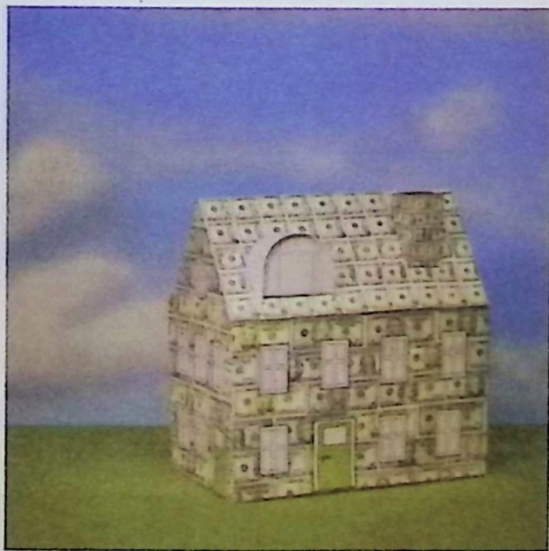
tosynthesis. The amount of carbon dioxide given off increases as temperatures rise. And, temperatures will continue to rise due to the burning of fossil fuels. In time, the balance will shift, and trees will add more CO<sub>2</sub> to the atmosphere than they are removing. (This is a somewhat simplified explanation, I admit.)

Carbon dioxide is the most serious of the greenhouse gases, but, molecule for molecule, methane is worse. One of the ways methane is released into the atmosphere is through living plants, dried leaves, and grass. Between 10 and 30 per cent of all methane finds its way into the atmosphere in this way. Add tens of thousands of trees to the ecosystem, and we'll be increasing the amount of methane in the atmosphere.

Still, trees can play an important role in the slowing of global warming. But, they are not the answer. Will Steffen of Sweden's Royal Academy of Sciences says, "New forests are temporary reservoirs that can buy valuable time to reduce industrial emissions, not permanent offsets to these emissions."

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

## They say it's a buyer's market... and we have money to lend!



- Flexible Loan Terms
- Credit Restrictions Unchanged
- In-house Underwriting
- We work with a variety of Lenders
- Multiple Loan Options
- We can find a loan to accommodate You!

**Call and find out how easy it is for you to own a home!**

**FIRST FINANCIAL MORTGAGE  
AND ESCROW**



Member of the First Financial Northwest Family of Companies

**208 Williams Ave S. | PO Box 358 | Renton, WA 98057 | 425.255.4466**





# healthy advice

by dr. bob thompson

## Dreading the holidays?

### Tips for a healthy and serene season

Welcome to the holiday season, that whirlwind of crowded shopping malls, marketing blitzes, family parties and holiday festivities that begins right after Halloween, builds to Thanksgiving, and ushers us through to the end of another busy year.

While we anticipate a time of giving and receiving and holiday cheer, all too often we find ourselves in the midst of a very stressful, exhausting and anxiety filled time. What leads us into this disarray and emotional turmoil can be categorized into three areas:

**1. Relationships:** The holidays are a time that extended families tend to gather and spend

time together, which can also bring out the worst in people. Longstanding family grievances and differences can surface and intensify. Competitiveness, comparisons and unmet expectations can spur hostility between siblings and parents. On the other hand, if you are facing the holidays without family or loved ones near by, you can find yourself feeling lonely, isolated and sad.

**2. Physical demands:** Simply doing too much while taking on the physical demands of shopping, decorating, meal preparation and partying can leave us feeling frazzled rather than fulfilled. To "eat, drink and be merry" can lead to extra pounds.

**3. Financial stress:** Overspending during the holidays, on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy.

Here are some tips to help manage the demands of a busy holiday season:

**Set priorities and plan accordingly:** Before you get overwhelmed by too many activities, it's important to decide what



Dr. Bob Thompson

traditions offer the most positive impact, and eliminate superfluous activities. Learn to say no.

**Cut corners:** If you can't fathom the idea of not sending cards, not baking, not seeing people and not doing all the stuff that usually runs you ragged, you may do well to include all these activities, but on a lesser scale.

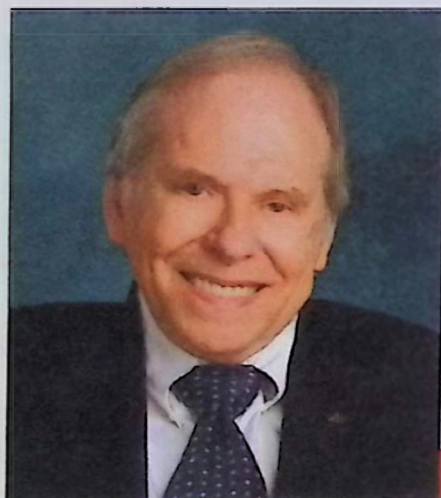
**Change your expectations for togetherness:** With family and friends, it is important to be aware of your limitations for how much togetherness you and your family can take. Try to accept others as they are even if they don't live up to your expectations. Set grievances and differences aside.

**Volunteer:** For those who experience loneliness during the holidays, consider volunteering to help those less fortunate.

**Budget:** Determine a reasonable spending budget and stick to it. As the Beatles said, "Money can't buy you love". A photo and heartfelt note may be more warmly received than another Christmas sweater or oven mitt.

**Breathe!** Make some time for yourself. Steal away to a quiet place. Slow your breathing and take a few deep, cleansing breaths to reduce your level of negative stress.

*Dr. Bob Thompson is a family practice physician with 25 years of experience in Renton, and is Valley Medical Center's Director of Recruitment and New Program Development.*



# Thank You

I APPRECIATE ALL THE SUPPORT FROM RENTON CITIZENS AND AM HONORED TO SERVE YOU ON THE CITY COUNCIL FOR THE NEXT FOUR YEARS.

PAID FOR BY THE COMMITTEE TO ELECT KING PARKER FOR COUNCIL

WWW.KINGPARKERFORCOUNCIL.COM • 425.430.0124

**888.99.VOICE**  
sexual assault resource line



It's never too late.  
**Call.**

**Real Estate Professional**  
**KAMAL TUMBER**  
www.johnlscott.com/kamaltumber

Thinking of Selling?  
Call Kamal to find out the  
value of your home.  
Best Advice for  
Buying & Selling

**Kamal Tumber**  
Residential Realtor



kamaltumber@johnlscott.com 206.715.2471

**WELLS FARGO HOME MORTGAGE**

**Financing Provided By**



**Brenda Rogers**  
Home Mortgage Consultant  
16400 Southcenter Pkwy, Suite 410  
Tukwila, WA 98188  
425-221-0833 Phone  
brenda.rogers2@wellsfargo.com  
www.wfhm.com/brenda-rogers

Wells Fargo Home Mortgage is a  
division of Wells Fargo Bank, N.A.  
© 2007 Wells Fargo Bank, N.A. All  
rights reserved. #53208 11/07-2/08





# recipe of the month



**CHEF KIMBERLY SMITH**

My love of chocolate and fine desserts began when I was a child. My Mother and Grandmothers all had their specialties that they would create and share with our family and friends. It takes time to work with fine chocolate, when I am manipulating the chocolate I feel at times it is taking me on a journey, because you cannot rush chocolate. It is always in command as it should be, having been the food of the gods and all.

## Chocolate Refrigerator Cookies

### you will need

|            |                              |          |                     |
|------------|------------------------------|----------|---------------------|
| 18 oz.     | Semi-sweet Chocolate         | 4.5 tsp. | Vanilla             |
| 18 oz.     | Bitter Sweet Chocolate       | 9 each   | Eggs                |
| 1.5 sticks | Butter (unsalted, room temp) | 4.5 cups | Flour (all purpose) |
| 2.25 cup   | Brown Sugar, packed          | 1 cup    | Cocoa Powder        |
| 2.5 cup    | Granulated Sugar             | 4.5 tsp. | Baking Powder       |
| 1.5 sticks | Butter (unsalted)            | 1 tsp.   | Salt                |

### directions

Melt Chocolate over a warm water bath, re-move from heat & stir in room temp butter. Set aside.

Cream sugars & butter, add eggs one at a time mix thoroughly after each. Scrape sides of bowl half way through, add vanilla, continue adding eggs and scrape.

Sift dry Ingredients together.

Add chocolate/butter mixture to the sugar/butter/egg mixture and blend.

Add Flour mixture and stir only until flour is incorporated.

Refrigerate for 30 minutes. Scoop & Bake.

300 F (yes it is a cool oven) for approx. 12 minutes just until cookies have puffed.

Over baking will result in a crisp cookie, these are meant to be a tender, decadent cookie.

## CARULLI from page 17

"I loved baseball. Back in 1934, there were two all-star teams from the American and National Leagues playing exhibition games across the country. I was in high school when they played in Seattle and I waited in line to get autographs from 15 of the players," Carl remembers.

"I walked up to Babe Ruth with a piece of paper and a pencil and called him Mr. Ruth, not Babe, and asked him for his autograph. He growled at me, 'Go get a ball, kid.' I found out he wouldn't sign

unless I bought a baseball for \$1.50.

"The next all-star in line was Lou Gehrig and I asked him for his autograph and he said, 'Sure, kid.' I gave the notebook with all the autographs to my grandson."

So after all that, here's Carl back in Renton, where he was delivered 92 years ago by Dr. Adolph Bronson, who built the city's first hospital.

"There are Ten Commandments but I've pared it down to three in my life, integrity, honor and kindness. If you have those three things, that's all you need to lead a good life."

## Shaping the future of the Renton Community

Through a legacy of Philanthropy

901 South Third Street  
425.687.4622

RENTON  
**COMMUNITY**  
Foundation

## Car + Home = BIG SAVINGS

See me for Car and  
Home Insurance and save.



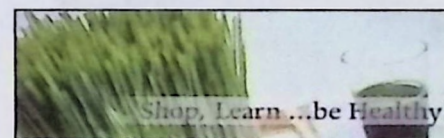
**Jim Sullivan, Agent**  
1520 Duvall Avenue NE  
Renton, WA 98056-0259  
Bus: 425-226-3322  
jim.sullivan.bwrk@statefarm.com



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.<sup>®</sup>  
Providing Insurance and Financial Services

State Farm • Home Offices: Bloomington, IL

POS0006 03/05



**greenfresh**  
market

**EAT HEALTHIER.  
FEEL BETTER.**

Greenfresh Market is Renton's full service grocery store featuring local and organic produce, meats grown without hormones or antibiotics, deli products made from scratch, and Artisan breads baked fresh daily. With a full selection of organic, wheat and gluten free items, many Kosher foods, and a full beer and wine selection, we have what you're looking for!

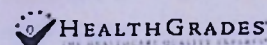
Greenfresh Market  
575 Rainier Ave. N.  
(across from Renton Airport)  
206.772.6560  
www.greenfreshmarket.com



# She changed her clothes. For life.

**I**ntroducing Michaela. And a picture of her former life. By going to the Washington Bariatric and Weight Loss Center, she changed her size, her health, her whole life. And you can, too. Obesity is a disease with many issues. And we can help you achieve long-term success through a comprehensive program that includes

diet, exercise, education, and life-long support groups. That's why HealthGrades ranked us **#1 in Washington for bariatric surgery** for 2007 & 2008.



Find out more by calling **425.251.5111**, or by visiting us at [www.valleymed.org/services/bariatric](http://www.valleymed.org/services/bariatric).

## FREE INFORMATIONAL SEMINAR

Meet Dr. Alperovich or Dr. Hanafy, our experienced bariatric surgeons who specialize in gastric bypass and LAP-BAND® surgery.

**Wednesday, December 12 | 11:30 am–1 pm**

**Location:** Bank of America 5th Ave Plaza  
800 5th Ave, Suite 4100  
Downtown Seattle

Brown bag lunch, 3 short presentations: 11:30, 12, 12:30.

**Please call to register or learn about our weekly seminars at Valley Medical Center.**



**WASHINGTON BARIATRIC  
& WEIGHT LOSS CENTER**



[www.valleymed.org](http://www.valleymed.org)



**Valley Medical Center**

*Remarkable things happen here.*

**Don't miss a single issue! Only \$25 a year – send a check to Renton Magazine, 15 S. Grady Way, Suite 514, Renton, WA 98057.**