

RENTON *Magazine*

Volume 5 / No 2 February 2010

**Sally Jewell keeps REI
paddling forward**

page 10

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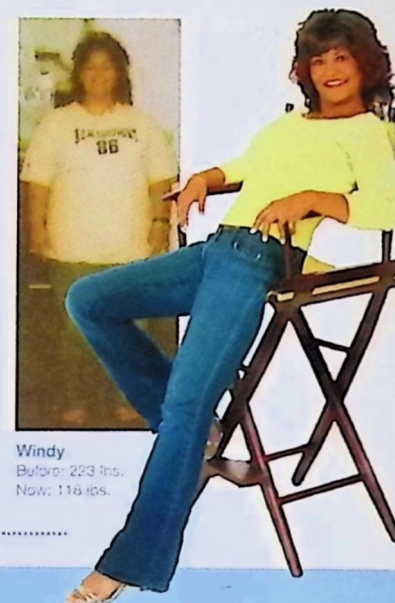
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Are we thinking about love this month?

Thanks to Hallmark and the other card companies, we've become programmed to think about significant relationships during certain months – love in February, motherhood in May, fatherhood in June...instead of all the time.

So be it. This is February, when cupid works overtime.

Most of us are infatuated with young love, the “I can't live without him (or her)” or “I'm only really living because she/he loves me.” And while young love is fun, most of us realize it isn't sustainable. We wish it were enough to bind us together and carry us over life's lumps and humps, but alas, it usually isn't. At some point people are faced with tough times and find that skin-deep glue doesn't hold very well.

Instead, we admire those couples who sustain marriages and relationships for decades. Many decades. Forty, fifty or more years of mutual respect and teamwork in building a life together despite differences of opinion about things big and little, sniffles and life-threatening diseases and conditions. Oh, sure they talk about disagreements and periods when they didn't like each other very much, but their view of the future always included their mate. An understanding that while they're each strong enough to live without the other, they're simply more whole – more complete with each other.

Some of the lucky ones found their mates in high



Diana Kramer
PUBLISHER

school and despite tremendous odds, are still together well into retirement.

Others of us kissed a few toads before we found the prince or princess. Or worse, married them. “Starter marriages,” they're called now, as if a convenient name made them any less painful.

One of the great lines from the hit movie “Avatar” is “I see you.” I interpret this to mean seeing a person for who he is, not some pretty picture I have in my head of how I'd like him to be. And of him seeing me as me, the real living, breathing and foible-filled person.

And loving each other despite weaknesses and imperfections. Or maybe because of them.

I hope you enjoy the story this month about the valentines. You'll find the story about the Bedfords and the Stragiers on page 13.

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contents

4 upcoming events

7 kirby unti

8 boy scouts

9 teacher academy

12 keep moving

13 love story

14 fresh tastes

16 pet care

17 renton history

18 senior workers

cover: Sally Jewell grew up in Renton. She loved camping and everything outdoors. Now, as president and CEO of REI, she works to reconnect Americans with nature. Jewell is in her second term as a University of Washington regent, and serves on many other boards. She still loves everything outdoors. Photo courtesy of REI.

important phone #'s

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425.226.4560

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425.430.7000

Library (Main)
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Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

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Renton Community Foundation
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Renton Magazine
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Renton Museum
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Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

Western Round-up

February 6

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

Saturday, 6 to 10 p.m.

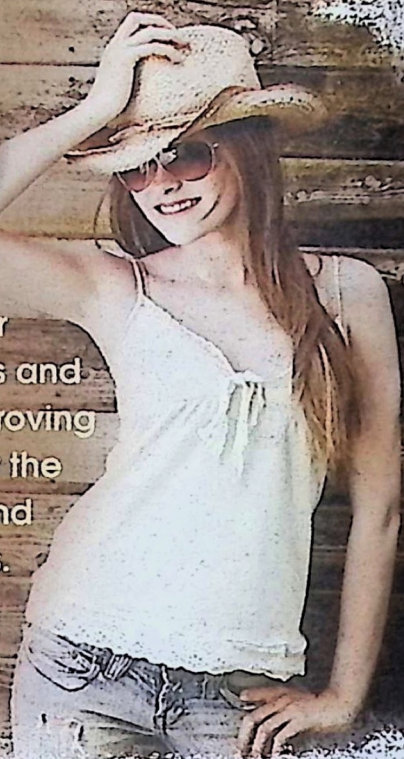
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Admission: \$45

Fairwood Golf and

Country Club

17070 140th Ave. S.E.



february 6 & 7

Peter and the Wolf

This is a special children's performance. With an unforgettable score by Prokofiev, this tale of Peter and his friends – the cat, the duck, and the bird – comes to life. With humor and wit, the young boy and his friends capture the wolf that has wandered from the forest. All ends happily in the delightful tale that introduces the art of dance and music to children of all ages.

Saturday, 1 p.m. and 4 p.m.; Sunday, 1 p.m.

Evergreen City Ballet
2230 Lind Ave. S.W.

425-228-6800

Admission: \$15/general; \$10/children (2-18)



february 9

Black History Month Celebration

Renton History Museum celebrates Black History Month with speaker Eva Abram who will bring to life Mrs. Nettie Asberry, the only free-born child in her family in the era of slavery.

Tuesday, 5 p.m.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: Free for RHM members



february 12

RTC Scholarship Dinner

Spend an exciting evening with Renton Technical College's talented culinary students as they prepare French cuisine inspired dishes. Observe the preparation of the food specialties and then enjoy the food with complementing fine wines. Net proceeds from the event will benefit the college foundation's culinary scholarships as well as providing general scholarship dollars.

Friday, 6:30-9 p.m.

Robert C. Roberts Campus Center
3000 N.E. 4th St.

425-235-5842

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

Purchase tickets online at www.rtc.edu

upcoming events

Life After Elvis

february 28, march 1, 7 & 8

Renton Civic Theater presents this bonus play that poses the question: What if Elvis is alive and living in middle America? This play answers the question in farcical fashion, suggesting that the rock legend has been placed by the witness protection program in the home of an average couple.

When their son returns unexpectedly from college and finds a stranger in his room, chaos and hilarity reign.

Sundays
and Mondays,
7:30 p.m.

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

Admission: \$15 per person
(includes dessert)

www.rentoncivictheater.org



now
playing

The Butler Did It

In this comedy thriller by Walter Marks and Peter Marks, writer and director Anthony J. Lefcourt is rehearsing his new play, a "classic whodunit" (in which all the characters are named

Butler). In an effort to entice his actors, he "stages" the murder of one of the actresses, after which the plot begins to twist and turn. Soon actors and audience alike have lost track of what is real and what is make-believe. A surprise ending sets matters straight in a bizarre and ironic way.

january 29 ~
february 14

Fridays and Saturdays, 8 p.m.;
Thursday, 7:30 p.m.;
Sunday, 2 p.m.

Carco Theatre
1717 SE Maple Valley Highway
425-226-5190

Admission: \$15/adults;
\$14/seniors and students
www.valleycommunityplayers.org



Emperor's new CLOTHES

february 27 & 28

Presented by Studio-East
StoryBook Theater

The Emperor is a vain and silly guy always looking for the most beautiful and expensive new clothing. Along come two tricksters who fool the emperor into believing that nothing is something.

Will the emperor wander the kingdom in his underwear, or will everyone, including the audience, tell him the honest truth? These 55-minute matinees are suitable for ages 3 to 10.

Saturday, 11 a.m. & 1 p.m.;
Sunday, 1 p.m. & 3 p.m.

Admission: \$9

Carco Theatre
1717 SE Maple Valley Hwy

425-827-3123



FEBRUARY 19 - MARCH 6

FOOTLIGHT frenzy

Renton Civic Theater presents this zany play about an inexperienced PTA that, in a desperate attempt to save its bankrupt "School for Unusual Children," valiantly mounts an ambitious benefit play, written by a has-been Broadway director. A lack of direction coupled with the PTA's questionable talent turns the production into shambles.

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

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

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

CLASSICAL CONCERT TWO

Saturday, February 20 7:30 pm

Rainier Symphony
performs Milhaud's
"Le Bouef sur Le
Toit," Debussy's "La
Mer," and Brahms'
Double Concerto.
Featuring violinist
Ilkka Talvi and cellist
Tom Walworth.

www.rainiersymphony.org

Renton IKEA PAC
400 S. 2nd St.
206-781-5618

Admission: \$15/adults;
\$10/students and
seniors; 12 and
under are free



calendar of events

WINTER RECREATION

Free Winter Courses at REI

Wednesday, Feb. 3, 7 p.m.

Snowshoeing 101 for Women: A course geared for women, teaching how to snowshoe safely and comfortably.

Wednesday, Feb. 10, 7 p.m.

Avalanche Awareness: Topics covered include avalanche safety, trip planning, terrain definitions, snow pack factors, basic avalanche risks and more.

REI (Southcenter)
240 Andover Park West

206-248-1938

www.rei.com/tukwila

Fee: Free

FITNESS COURSE

Beginning Weight Training

Monday, Feb. 22, 1-2 p.m.

Valley Medical's fitness center provides this weight training refresher course of basics for a well-rounded weight-training program. Class participation may require a medical clearance prior to using the facility, depending on medical history.

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

To register, call 425-656-4006

Fee: \$5

SAFETY PROGRAMS

Shelter Operations and Simulation

Saturday, Feb. 6, 9 a.m.-5 p.m.

This course for ages 18 and up teaches Red Cross policies and procedures for setting up, running and closing a shelter during a disaster. The course includes lecture, group exercises, and a simulation.

Renton Community Center (room A)
1715 Maple Valley Hwy.

425-430-6700

Fee: Free

Boating Safety

Saturday, Feb. 20, 9 a.m.-4:30 p.m.

This eight-hour U.S. Coast Guard Auxiliary-sanctioned basic boating class meets the requirements for the Washington State boater education card. All boat operators age 30 years and under are required by law to have a boater education card for the 2010 boating season.

The Landing
960 Park Ave. N. Ste. B

425-226-9228 (Bonnie and Keith)

Fee: \$25 per person (pre-registration suggested)

FREE ENTERTAINMENT

Teen Nights

Saturday, Feb. 6, 7-10 p.m.

City of Renton Parks and Recreation provides a safe place for youth ages 11 to 17 to hang out at the Highlands Neighborhood Center. The evening includes games, sports, and movies. Snacks pro-

vided.

Highlands Neighborhood Center
800 Edmonds Ave. N.E.

425-430-6700

Admission: Free

Renton History Museum Tours

Third Saturday, 11 a.m.

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

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: Free

Family Game Days

First Saturdays of each month, 2-3:30 p.m.

The entire family is invited to the Renton Library's main branch to enjoy PlayStation 2 and board games. Research shows that gaming can be a powerful tool for literacy and learning.

Renton Library (main branch)
100 Mill Ave. S.

425-430-6610

Admission: Free

Teen Tuesdays

Last Tuesday of the month, 3-4:30 p.m.

Drop in for games, snacks, free stuff, contests, and more. Check the teen blog for details at <http://rentonteens.blogspot.com>.

Highlands Library
2902 N.E. 12th St.

425-430-6790

Admission: Free

SENIOR EVENTS

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

Valentine's Day Luncheon

Friday, Feb. 12, 11:30 a.m. (lunch served)

Seniors are invited to wear red for this celebration luncheon and enjoy Valentine cupcakes for dessert. Those married over 50 years are asked to sign up at the reception desk to be honored at the luncheon and receive a gift.

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

Blueberry Pancake Brunch

Monday, Feb. 15, 10-11:30 a.m.

The Renton Senior Activity Center staff and Farrington Court will serve blueberry pancakes, sausage, and fruit. Tickets are required and available now.

Fee: Free

If you have an upcoming event you want others to know about, we want to hear from you. Please send information about your event to info@pugetsoundpublishing.com or call us at 425-271-9300.



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Looking at *Life* with smaller words

I have to tell you, as readers you have been very kind to me with comments about my monthly column. It is always a joy for me to hear that people are reading what I write. It humors me when I meet someone and they say, "Oh, I know you. You are the guy that writes for the *Renton Magazine*."

"Yep, that would be me."

What I find most fascinating about writing is, I know absolutely nothing about how to write. I kid you not. I grew up in an era when there was a declining emphasis upon writing, grammar and sentence structure. I struggled mightily in my high school English classes. I was big on speech and debate.

I had one English teacher who would pull her hair out, trying to impress upon me the importance of acquiring writing skills. She would say, "Kirby, you write like you speak. You need to learn how to write as a writer." I never did understand what she was trying to teach me and the truth is, to this day I don't know how to write any other way.

I thought when I took my last English class in college I would never again have to revisit the subject. Little did I know that all four of my daughters would ask me to help them when they had papers to write! Adding insult to injury, a couple of them took Honors English.

My standard line was, "You don't want me helping you. You need to ask your mother." All I was good for was using the flash cards to help them learn vocabulary words, even when I had no idea what they meant.

When I came to St. Matthew's I followed a pastor who had his doctorate in theology and had a command of the English language that wowed everyone. I never did under-

stand half of what he was saying, but I knew it had to be brilliant because Pastor Al was brilliant. These poor people have been stuck with me for 30 years. Only on the rarest of occasions do I use a big word, and usually it is when I am quoting somebody else.

The truth is, as readers you have no idea how bad I really am. Ask Mary Koch who is my editor. She is tasked monthly with trying to make this column presentable. I am sure she has said to herself on more than one occasion, "It would be a lot easier if I just wrote it myself."

Thank you, Mary, for trying to make me look good. You can only do so much with what you are given. You deserve combat pay for having to put up with a guy who has no business in this business. Blame former owner Denis Law. He is the one who convinced me I should write a column.

February is the month of love. One of the best expressions of love is discovering someone who is willing to put up with you. Thanks a million, dear Renton and the staff at the magazine, for putting up with me. I sincerely consider it a real privilege to offer up my monthly reflections on how I value life.

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



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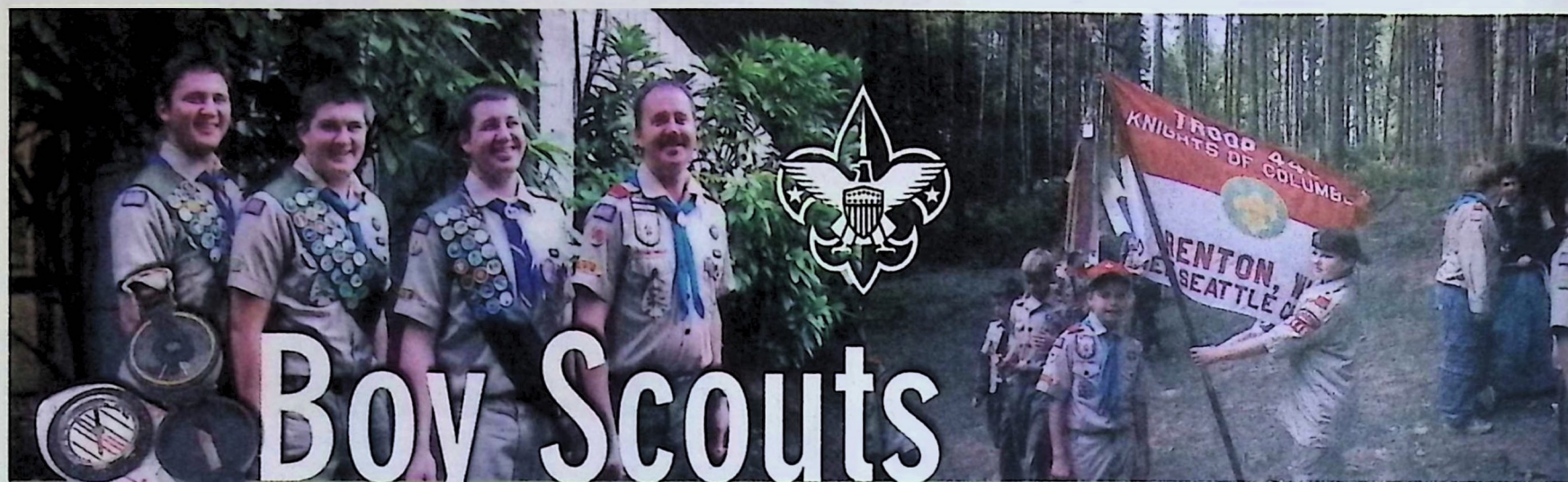
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Boy Scouts

set foundation that lasts a lifetime

Top left, Bob Fagerlie (far right) as an outdoor activities coordinator for Troop 448 is proud of his three sons—all Eagle Scouts—(left to right) R.J., Brandon, and Jordan.

Top right, Jordan Fagerlie (holding flag) with Troop 448 at Camp Pigott in Monroe, Wash. Photos courtesy of Bob Fagerlie.

Below, David Shure recently completed his Eagle Scout project, a staircase at a local church. The project took 197.5 man-hours and 22 volunteers. Photo courtesy of David Shure.

BY ANDREW FICKES

With Boy Scouts of America celebrating 100 years of service beginning this month, a number of men who grew up as scouts in Renton troops can reflect on the difference the program made for them.

Among them are the Shure brothers—Daniel and David—who both rose to scouting's highest status as Eagle Scouts. Daniel, a graduate of the U.S. Merchant Marine Naval Academy and now a nuclear engineer at the Naval Shipyards in Bremerton, completed 42 merit badges, well above and beyond the required 21 for the Eagle award.

"Scouts helped me get into the academy and helped me get the job in Bremerton," he said.

David said he was inspired by his brother to join scouts.

"The thing I enjoyed most about scouts is the character it teaches you through the scout law and oath and how that carries on with you through life," he says.

Brandon Fagerlie, a recent Eagle Scout recipient, attributes his love for the outdoors to scouting. It's inspiring him to attend Washington State University next fall with plans to get a degree in fish and game. He will list his Eagle Scout recognition on scholarship applications.

Brandon, like his two brothers, reached Eagle Scout status with the encouragement of their father.

"Whether they made Eagle Scout or not wasn't important," says Bob Fagerlie. "It was important that they were involved in a program and learning new skills."

The three boys belonged to Troop 448, affiliated with St. Anthony's Parish in downtown Renton. For 11 years, Bob served as a committee chair and outdoor activities coordinator for the troop.

Renton, home to many troops, is part of the Green River District, which serves approximately 2,800 youth and is supported by 900 registered adult volunteers.

According to the Chief Seattle Council, which oversees five counties (including King) in western Washington, boys who are in the scouting program for five or more years are more likely to graduate from high school and will be almost twice as likely to graduate from college and have a higher family income.

In the Green River District, more than 400 boys receive their Eagle Scout badge each year, having completed 21 merit badges in 11 categories and a community service project. There are approximately 20,000 Eagle Scout recipients in the greater Seattle area.

Some 30 scouts from the Renton and Kent area will join 43,000 attending the centennial celebration at the National Jamboree in July on the sprawling Fort A.P. Hill in Virginia. President Barack Obama will also make a visit.

Got a project?

The Chief Seattle Council of Boy Scouts of America plans to complete at least 100 service projects among all its districts this year. Community members are invited to nominate a project, which can be submitted on-line at www.seattlebsa.org/100years. To qualify, projects must be able to be completed within one or two Saturdays.



RENTON MAGAZINE / ANDREW FICKES

Alden Bovey works on his art project with Renton Teacher Academy senior Irina Tulfua in Becky Haven's classroom at Hillcrest Early Childhood Center.

BY ANDREW FICKES

Renton Teacher Academy Foundation

The Renton Teacher Academy Foundation is tentatively scheduled to hold its annual fundraising banquet May 24. Email Debbie.blocher@rentonschools.us for more information. Donations by check may be mailed to Renton Teacher Academy Foundation, c/o Debbie Blocher, 300 S.W. 7th St., Renton, WA 98057.

Academy gives students a taste for teaching

During his high school sophomore year, Alejandro Castro-Wilson thought teaching was the last thing he wanted to do. He figured teachers were boring and had no lives.

But when Renton High School career and education teacher Eric Hougan told his class about the new Renton Teacher Academy, Castro-Wilson, now a senior, changed his mind.

"Mr. Hougan opened my eyes that it is a challenge to be a teacher, but it is also very rewarding," says Castro-Wilson.

The academy was launched in the summer of 2008 to get students, especially students of color, interested in teaching as a career. It graduated 12 students its first year.

The academy is funded by a Recruiting Washington Teachers grant from the Office of Superintendent of Public Instruction. Renton School District chose Renton High School for the academy because of its diverse student body. More than 80 percent are classified as people of color, while the percentage of teachers of color at the school is well below that.

According to the U.S. Department of Commerce, 28 percent of teachers in the nation in 1982 were people of color. In 2008, that had dropped to 13 percent.

"In the last two years, applicants have been very reflective of the student body," says Hougan, who is looking forward to the prospect of teaching alongside his former students five years from now. The district has promised graduates a shot at returning to Renton.

"This program will put out excellent teachers," says Hougan. Students get 100 hours of classroom internship experience their junior and senior years. Academy classes are held during the school day and are part of the students' class schedule. They learn lesson planning, classroom discipline techniques, and different ways in which students learn.

Wednesdays and Thursdays are devoted to practicum experience. Students intern with a teacher of their choice in the winter and spring months. Fridays are devoted to planning for higher education — researching and applying to colleges.

A non-profit foundation has been established to help support the academy. Last year the foundation raised \$2,500, paying for Central Washington University (CWU) early childhood education credits for nine students. The foundation's goal is to raise \$10,000 this year.

The academy is a CWU Cornerstone project, enabling teachers like Hougan to be CWU professors and teach specific CWU courses, such as early childhood education. An academy student can receive five course credits that are transferable to CWU or other schools.

Vanessa O'Francia, a 2009 academy graduate, is a freshman at CWU.

"The teacher academy confirmed for me that I want to teach kids," she says. "It taught me different teaching techniques and that there are right brain and left brain learners."

O'Francia says she wouldn't mind returning to Renton schools to teach either third or fifth grade.

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heads a company with 9,000 employees, more than 80 stores in 27 states, and a billion and a half dollars in annual sales. Not bad for a kid who grew up in Renton.

Jewell is president and chief operating officer of REI, the outdoor recreation mega-co-op of 3.5 million members, with headquarters in Kent.

Fittingly, she doesn't look like the stereotypical corporate executive. She often dresses like she's about to go for a jog

or a hike in the woods, and she works from a small, no-frills office.

She talks less about sales and profit margins, and more about a commitment to help Americans get fit and reconnect with nature.

here to be

Jewell was born in English mother to Renton in

"My father when I was 1



girl OSE to the top of Kent's REI

"Our mission is to inspire and help people be involved with nature and the outdoors," Jewell said. "We're in the business of finding ways to reengage people, especially children, in nature, because so many have become disengaged. We're a source of joy."

Longland to a London physician and an only child was born in India. The family moved to Seattle when she was not yet 4 years old.

the Mountaineers in 1959 and I joined the club. I recall, "I've been an REI customer

into banking, hardly the career path one would expect could lead to an outdoor recreation company. The connection came when she was asked to join the REI board of directors, which led to her becoming an employee.

REI was founded in 1938 by 23 Pacific Northwest mountaineers who wanted to make sure they had access to quality gear at reasonable prices. Because it is a co-op, REI returns a major portion of its profits each year to members, typically a 10 percent rebate on what they've purchased at REI during the year. In 2008, that amounted to \$78 million.

The co-op sells clothing, footwear and gear for outdoor recreation, including hiking, climbing, camping, skiing, bicycling, paddling and water sports. It also rents such things as skis and kayaks and has an adventure travel

since I was a child."

It doesn't sell items for more urban sports like golf.

"Lots of places sell golf and soccer and other urban sports equipment. We're focused on getting people out into nature," Jewell said.

REI employs about a thousand people at its Kent headquarters, where trophy cases are stuffed with awards for the company's commitment to nature and the community.

REI has donated more than \$20 million since 1976 to outdoor recreation and conservation groups. Its employees spend thousands of hours volunteering on nature projects. The co-op has been on Fortune magazine's list of the 100 best places to work every year since 1998, including 2009.

"We're on the 'Best Places' list not because of the things we give to employees. We value balance, and our people feel that what we do as a co-op has a higher purpose than just selling stuff. Our advocacy for nature and community service is meaningful.

"Our employees feel they are part of something much

more important, helping people live healthier lives," Jewell said.

Jewell is leaving her mark on REI. She and her management team have made the co-op more diverse, courting more women customers with products designed specially for them, and minority groups which haven't traditionally been as outdoors oriented.

"We went on a retreat and made a conscious effort to look into the future," she says. "We realized that women, people of color and children were under-represented in our membership base. We try to make the outdoor inclusive of everybody."

A few years ago, 60 percent of REI's customers were men, 40 percent women. Today, 55 percent of the co-op's base is women, only 45 percent men.

"We're doing more to deepen our ties with black and Latino communities, learning how we can adapt ourselves to be more relevant to them. We have a growing female membership because we made a conscious effort to not just 'pink it and shrink it,' taking men's gear and just changing the color and size."

"We design our women's clothing and gear especially to fit women. We put extra insulation in our women's sleeping bags because we know women tend to get colder."

Health Topics

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- Install sturdy hand rails at steps.
- Avoid going out in the ice and snow.
- If you must go out, wait for the sun to thaw walkways.
- Bundle up and wear sturdy shoes with good traction.
- Slow down. Walk with your hands free, use your cane or walker, or ask for assistance.

If you are unsteady or have questions about your balance, consult your healthcare provider. You may want a referral to a physical therapist to assess your balance and create a fall prevention plan just for you.

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swimming



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Water aerobics is one of the core courses offered at Valley Medical Center's pool. The pool is kept at a warm 84 to 85 degrees, specifically designed for exercising.

Winter exercise: Try walking in water

BY ANDREW FICKES

Water is fluid, but try walking against it from heel to toe and it becomes a physical weight against the body. It's called "water walking," and is the simplest form of water exercise offered by Valley Medical Center's physical therapy program to recondition patients requiring a low-level pool workout. It can be done by anyone.

You'll be glad you did, promises physical therapy supervisor Barbara Aregger at Valley Medical Center.

"I've never met a patient of mine who didn't like water walking," she says.

During winter when outdoor exercise holds less appeal, several indoor pools in Renton give you the option of pulling out that summer swimsuit and trying some water aerobics.

Valley Medical Center's pool and fitness center has been open to the public for 19 years. The center is 1,600 members strong and "many use the pool regularly," says Kim Burton, manager.

"The pool is designed for exercising," she says. "We keep it at about 84 to 85 degrees."

Burton says when she first began to work at Valley Medical six

years ago she decided to take a water aerobics course at the pool during her lunch break. The results: weight loss, increased strength, and endurance.

"I felt more energized and better," she says. "I think one of the things I enjoyed about it is that it seems so effortless when you do it, but you experience such great results."

Burton says anything you can think of doing in the gym, you can do in the water.

"Water takes away the gravity effect and you're buoyant," she says. "It's a great place to get a resistance workout."

"Water walking is also great for severe arthritic patients," says Aregger. "It's a good way to strengthen your muscles around your joints before you get a knee replacement."

Burton says those interested in joining the fitness center are welcome to drop in on either the water aerobics or aquasize classes.

Another option for public indoor swimming is the Lindbergh High School swimming pool, located at 16740 128th Ave. S.E.

Lindbergh has a 40-yard pool with shallow and deep ends. Swimming lessons are held in the shallow end, with competitive swimming and deep-water exercise courses in the deep end.

Instructor Fran Lund says deep-water exercise (which requires a belt preserver) helps with stress and toning the body.

Kelley Duffy came with friend Rebecca Hancock one night to try it out.

"You feel like you can do a lot more in the water," she says. "It's a good workout."

A full schedule and fees are listed by following the "pool" links from <http://lindbergh.rentonschools.us/>.

Valley Medical Pool hours

Valley Medical Center swimming pool hours are 5:30 a.m. to 9 p.m., Monday through Friday and Saturdays, 7:30 a.m. to 3:30 p.m. The pool is located on the first floor of the Talbot Professional Center on the Valley Medical Center campus. Free parking is available.

To become a member, you must be 16 years of age or older. Now through Feb. 15 Valley Medical is offering a special \$25 enrollment fee. Monthly rate for the first household member is \$46.50 (\$41.50 for Golden Care members); each additional household member is \$31.50.

Family swim time is Saturdays from noon to 2 p.m. Members can bring two children for free and each additional child is \$2.

Pool information may be found at www.valleymed.org. Click on "Services" on the homepage then "health and wellness" in right column and then "fitness center."



RENTON MAGAZINE / ANDREW FICKES

Renee and Garth Bedford say raising kids made marriage fun.

BY ANDREW FICKES

On Valentine's Day, married couples everywhere have reason to celebrate a love that endures. Among them are Renee and Garth Bedford (married 57 years) and Ann and Don Stragier (married 53 years).

Both Renee and Garth grew up in Ontario, Canada, but despite similar backgrounds their marriage, they say, proves that opposites attract.

"I'm the people person, always wanting to be on the go," says Renee. "Garth is relaxed and easy going."

This is why they've never been in too many shouting matches.

"We've learned to agree to disagree," she says. "Neither of us holler or argue. We just let it lie."

Renee was introduced to Garth through a friend. Later, Garth traveled to Fort William at the head of Lake Superior. Much to Renee's surprise, he proposed to her via phone. They were married in the judge's office in Fort William on Oct. 9, 1953, three days before Renee's birthday.

The Bedfords raised five children and say they made marriage fun. After several years liv-

Love endures for two Renton couples

ing in Toronto, the family came to Renton where Garth found work at Boeing. Renee started her 17 years at Valley Medical Center. The couple took their children traveling, especially along the Oregon coast.

They enjoy attending concerts, favoring Celtic music, and they look forward each year to their anniversary, when they go out for dinner. They spend much of the week visiting the Renton Senior Activity Center and are members of Highlands Community Church.

When Ann and Don Stragier met, it wasn't love at first sight at first. The two were attending the same junior college in southern California. Ann needed a date for a toastmistress party. She would have to give a short speech and she didn't want to date someone she knew, so as not to embarrass herself. Ann was introduced to Don through a friend.

The Stragiers have confronted special challenges. Don grew up in Fairbanks, Alaska, where the polio epidemic hit in 1950. While on an extended stay in Caracas, Venezuela, with his family (his dad was a miner there), Don was stricken with polio at age 18. He still remembers the day vividly when he awoke, got out of bed and collapsed.

As Don tears up, telling the story, Ann comforts him with a left hand to his knee.

"Being with Don has taught me to be strong physically, because Don can't be," Ann says.

When Don and Ann married on June 14, 1957, he was on crutches. For the past 18 years, he has used a wheelchair.

The couple raised three boys and now have 10 grandchildren and four great-grandchildren. They have lived in Renton for 18 years. Active at the Renton Senior Activity Center, Ann teaches the center's ceramics class.

Ann and Don, 71 and 76, respectively, say they both still feel very young.

"What makes us feel so young is we've been happy all this time," Don says.

"Not only are we husband and wife, but we're really good friends and that's important," says Ann.

Throughout their marriage, Ann and Don say they've kept humor as an integral part of their relationship. They've always learned to respect each other.

"We settle our arguments before coming to bed," says Ann.

The only time this couple may fight is when they're rooting for opposing sports teams, and then it's only play.

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BY CHRISTIE KATONA

For years I have had a passion for guavas. One bite or sip of this tasty exotic fruit sends me quickly to a tropical paradise with warm sand and turquoise oceans. And isn't that what we all need about this time of year?

Guavas are related to the myrtle family of tropical shrubs and small trees and can be found growing in tropical and subtropical climates. Very seldom do you see them fresh in our markets, but they can be purchased in many forms in most grocery stores or those that specialize in Latin foods. Guavas are available in juice form, jams, jellies, preserves, frozen concentrate, guava paste and canned guava shells in syrup.

If you are lucky enough to find fresh guavas, which are available from June through August and November through March, simply cut in half and eat with a spoon. Pick fruits that are tender and give to gentle pressure. Do not choose those which are spotted or very green. Store at room temperature until the fruit is soft. Once ripe, store in the refrigerator in a paper or plastic bag and plan to use within a day or two.

The rind of the guava can be eaten and is a

great source of fiber. Guavas have a strong, sweet fragrance and a thin light yellow skin blushed with pink. There are several kinds of guavas grown with different colors, from white to red to salmon pink. Ruby guavas are the sweetest and have the least amount of edible seeds. Guavas have three times as much vitamin C as an orange and are rich in vitamins A and B. They also help to reduce LDL (bad cholesterol).

Guava juice or nectar is perfect to serve with Mexican or Caribbean

foods. One of my favorite brunch libations is simply guava juice mixed with champagne. Guavas are great in sauces, glazes, on cheesecakes or flans, or try some guava paste with cream cheese on a light cracker as an exotic snack. Here are some fun recipes to try for a tropical treat!



Serves 12

Guava Sangria

you will need

750 ml bottle rose wine
3 cups pineapple juice
3 cups guava nectar
2 cups chopped fresh pineapple
Juice of two fresh oranges

directions

Combine ingredients in a large pitcher and refrigerate for several hours before serving.



CHRISTIE KATONA

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

Hot and Sweet Baby Back Ribs

Serves 6

This method of rubbing the spices into the meat and then baking the ribs ahead simplifies last minute preparation on the grill or in the oven – an ideal main dish to make ahead. Simply begin the preparation the day before you wish to serve the ribs.

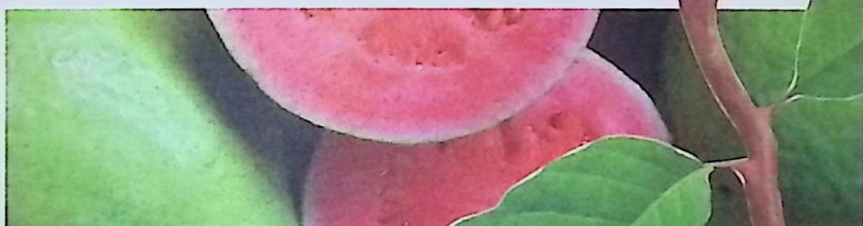
you will need

3 to 4 lbs. baby back ribs
1/4 cup brown sugar
2 cloves finely minced garlic
2 tsp. ground ginger
2 tsp. seasoning salt
1 tsp. crushed red pepper flakes
1/2 tsp. ground cinnamon
1/4 cup water
1 cup guava jelly

directions

In a small bowl combine the brown sugar, garlic and spices. Place ribs in a shallow, foil-lined baking pan. Remove 2 tbs. of the spice mixture and set aside. Rub remaining spice mixture into the ribs. Pour the water into the pan and cover tightly with foil. Bake at 375 for one hour or until meat begins to pull away from the bone.

Melt jelly in microwave until liquid and stir in reserved spice mixture. Brush ribs with sauce. May be covered and refrigerated at this point. To serve, barbecue or broil 5 minutes per side until heated through and nicely glazed.



Guava Mousse

Makes about 4 cups

With the popularity of cupcakes these days, this makes a delicious frosting for vanilla, almond or coconut cupcakes. Guava paste is available in Latin markets. Cut it into small cubes and soften briefly in the microwave. You will need an electric mixer to make this recipe. This is also good as a topping for a fresh tropical fruit salad or parfait.

you will need

1/2 cup guava paste
4 oz. cream cheese
1 tsp. fresh lime juice
1 1/2 cups heavy cream, whipped

directions

Using an electric mixer, combine guava paste and cream cheese until fluffy. Stir in lime juice and then fold in whipped cream.



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pet care

Traveling to Canada with your pets

BY DR. KATHLEEN CONNELL

If you intend to take your pets to Vancouver, B.C., for the 2010 Winter Olympic Games, make sure you have all the right documents to make your border crossing in both directions hassle-free.

The Canadian Food Inspection Agency (CFIA) sets the requirements for animals entering Canada. While CFIA requires only a valid rabies vaccination certificate for dogs and cats, customs agents from the Canada Border Services Agency may ask to see a valid Health Certificate. Furthermore, this change can occur at any time without notice. To avoid being refused entry at the border, you should have your veterinarian issue a Health Certificate, which also documents the rabies vaccination.

Any licensed, USDA-accredited veterinarian can issue a Health Certificate for international travel. The proper form for dogs and cats is the Washington State Small Animal Health Certificate or USDA's Small Animal Health Certificate VS-7001.

Dogs and cats need a current rabies vaccination if they are over 3 months old. The rabies certificate will clearly identify your pet, identifying the animal by breed, color, weight, etc., and detail the rabies vaccine used (date given, trade name, serial number and whether the vaccine used was valid for one or three years). If your pet is less than 3 months of age, you may be asked to provide a veterinarian's certificate stating that the animal is too young for rabies vaccination.

If you are traveling by air, only dogs eight weeks of age or older are



PHOTO COURTESY OF HENRY MOORE JR.,
BCU/WSU

Animals transported to Canada need to be health-checked.

allowed to fly, according to the International Transport Association. If you decide to ship your pet by air, contact your airline far in advance of your intended travel for additional information on their requirements.

Dogs and cats are not quarantined upon entry to Canada if they are accompanied by the proper documents. If your visit to Canada extends over 30 days and you and your pet return by air, you will need a valid Health Certificate to reenter the United States.

An export Health Certificate is required if you decide to ship your pet separately and it does not accompany you. Have your veterinarian verify all the current requirements prior to the shipment, allowing sufficient time for any additional paperwork.

Horses entering Canada must be accompanied by a valid Export Certificate, VS 17-145. Your veterinarian will examine your horse and complete this form. Then it must be endorsed at the Olympia USDA Area Office. For travel to Canada, your horse must have a negative Coggins or Equine Infectious Anemia test within the past six months. An additional statement is required regarding contagious equine metritis or CEM. For the proper procedures, your veterinarian can consult with the Olympia USDA Area Office or USDA's website, www.aphis.usda.gov/regulations/vs/iregs/animals/animal_canada2.shtml.

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Miniature weddings

BY ELIZABETH P. STEWART

Generations past had fads now all but lost to history, but occasionally an unusual photograph can provide a window into how we had fun in the past. At first glance this image appears to capture tiny boys and girls in fancy dress, perhaps for a party. But a little more research reveals the Renton version of a popular early 20th century Christmas and Valentine's Day entertainment called the "Tom Thumb Wedding."

In February 1863, Charles Sherwood Stratton, better known as "General Tom Thumb," married Lavinia Warren in New York's Grace Episcopal Church before a crowd of 2,000 guests. What was truly remarkable about this couple was that neither bride nor groom was taller than three feet; the groom had been a very popular performer for P. T. Barnum since the 1840s.

Their diminutive wedding photos were distributed nationwide and sparked a craze for ceremonies recreating the Stratton nuptials. Plays titled "The Marriage of the Midgets"

or "The Tom Thumb Wedding" were put on in community theaters to recreate the curiosity. Soon pageants featuring 5- and 6-year-olds dressed in tiny tuxedos and wedding gowns were all the rage in American towns.

Little Laurette Atkinson (later McKelvey) became the star of one such tiny wedding in 1924, when she "married" Leo O'Brien at the Henry Ford School with a full contingent of bridesmaids, groomsmen, ushers, and flower girls. Both were 6 years old, although the "minister," Rollo Gould, was a little older.

These shows were popular fundraisers in the 1920s (and surprisingly, again in the 1970s) and professional organizers traveled the country with trunks full of costumes and props to help put on an impressive ceremony. Organizers contacted schools, recruited the tiny actors, and made sure the performances went smoothly. Laurette McKelvey remembered later that her mother bribed her with a heart-shaped box of candy to participate; no one recalls how the solemn Leo O'Brien was drafted. After taking their vows, the little actors were rewarded with cake and ice cream.

Twenty-seven children played roles in this mini-wedding, and several actually developed a taste for performing. Bride Laurette Atkinson played roles in junior high school productions, including "The Day Before Yesterday" in 1932. As an adult, in his spare time, groom O'Brien was a Seattle musician. "Grandpa Midget," George Pasco, went on to



COURTESY OF RENTON HISTORY MUSEUM

Members of the "Tom Thumb" wedding party are (left to right): best man David Boisseau, groom Leo O'Brien, bride Laurette Atkinson, and maid of honor Thelma Dinning, 1924.

organize his own jazz band, and became a composer and arranger.

But the real pleasure on that day was their parents, as they watched their children rehearse for adulthood.

"It is always a pleasure to watch tiny tots," one reporter observed, "they either do their parts so perfectly, or they don't do them, and in either case, the audience gets their money's worth."

Elizabeth P. Stewart is the Director of the Renton History Museum and may be reached at info@rentonhistory.org or phone 425-255-2330.

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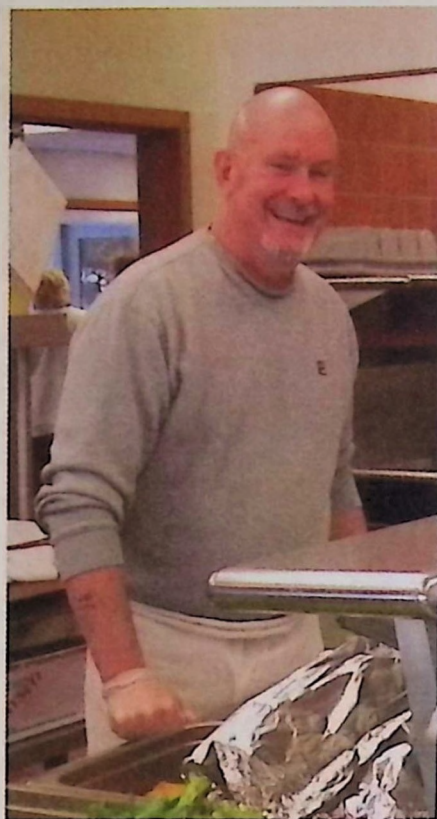
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RENTON MAGAZINE / LISA BOWERSOCK

Always a customer favorite, Mickey Breznikar (right) has been packing up groceries at Renton's Marketplace for more than 15 years. Renton resident Tony Banks smiles as he talks about leaving the lonely road of long-haul trucking for a new career in sales.

Seniors at work and loving it

BY LISA BOWERSOCK

"I tried retiring and it just doesn't work," says 89-year-old Mickey Breznikar as she folds a plastic sack tightly around a pound of ground round. "I can't hardly wait for mornings when the sun comes up and I can come to work."

Mickey is part of a growing trend of employees working past what is considered traditional retirement age. Born in Wenatchee, she began working in the apple orchards when she was 11 and never stopped. She held jobs in the post office, a dime store, spent 14 years at Boeing and celebrated 15 years as a courtesy clerk at Renton's Marketplace in December.

"I've always found work or maybe work always found me," Mickey says. "After driving a school bus for 19 years, I officially retired."

She pauses as more items tumble down the conveyor belt and slowly smiles.

"I lasted a year. I just can't sit home. I miss being with people too much."

As baby-boomers move into their later years, they're re-shaping the image of retired workers just as they reshaped many other areas of life and work throughout the decades.

I have a lot left to do. As long as the
good Lord gives me legs, I'll never retire.

— Wanda Jackson

"While 65 usually meant a gold watch, a recliner and a pair of slippers," says Jason Erskine, a representative of the local chapter of AARP, "our members now view it as just another birthday in a long career."

Or many careers if you're Wanda Jackson, who returned to school in her mid-50s and made the honor roll while earning a degree in medical billing at Everett College.

"I was so worried because I was the oldest student in class," Wanda says while working a noon shift at the Renton Senior Center. "But when all was said and done, guess who got the best grades?"

Wanda spent seven years as a customer representative at Public Storage. After a night-shift robbery, her family decided it was time for a career change.

"I want to be with people," Wanda says. "I'm healthy, energetic, have a lot to give, and love being part of a team."

The solitary nature of long-haul trucking prompted Renton's Tony Banks to make a career change from a Group Health general administrative position in his 60s, and now he's ready to change again.

"After seven years at Group Health I was ready for something different," he says. "Trucking sure was different, but it's time to get off the road."

Tony says he's interested in appliances and boats and is now training to sell both.

Why do they do it? All agree they're blessed with good health and feel they have much to offer. And they're not alone. The U.S. Census Bureau reports that between 1998 and 2000, the number of workers between 65 and 75 increased 14 percent. According to AARP, older workers provide many benefits, including experience, loyalty, job satisfaction, and patience.

"I have a lot left to do," Wanda says. "As long as the good Lord gives me legs, I'll never retire."

Mickey agrees.

"Retire?" she asks as she quickly bags another load of groceries. "If I'm as healthy at 95 as I am today, I'll be right here."

dance comes alive

for PE students

STORY BY DANA E. NEUTS
PHOTOS BY JAMES BAVENDAM

Plié, pirouette, arabesque, ballet positions, ballerina shoes, physiology and history.

Those are just a few of the things Renton's Bryn Mawr Elementary School students learned about the art of ballet during physical education class this fall. In addition to the vocabulary lesson, students also learned about stretching, leaping, turning, bending and balance and had the opportunity to try different ballet positions.

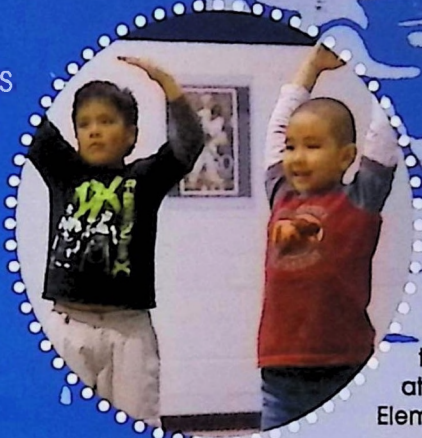
Devin Daniels, 9 years old and a fourth grader, says he enjoyed the unit, but it was different than he expected.

"Balance comes from your stomach. I thought it came from your legs," he explains. "It was good. It was fun."

The three-day ballet program, called Dance Alive, was brought to the school free of charge by ballet mistress Andi Bryndza of the Evergreen City Ballet to expose local students to fine arts. Now in its second year, the program has served more than 1,200 students in the South King County area. The program is expected to double its reach this year.

"We want kids to get really excited about the art form," Bryndza says.

PE and reading teacher Nina Williams heard about Dance Alive from a teacher at Benson Hill



Dance Alive enriched more than 500 students at Bryn Mawr Elementary last fall.



You can find more information about Dance Alive or Evergreen City Ballet online at www.evergreencityballet.org, call 425-228-6800, or visit their new studios and black box theater at 2230 Lind Ave. SW, Renton.

Elementary. She invited Evergreen City Ballet to put the program on at Bryn Mawr this fall, reaching more than 500 students in three days.

"This is great for our kids. We have such a diverse population, and a lot of these kids live in poverty," Williams says. "We are exposing them to something new that they would never have experienced otherwise."

Williams says her students were attentive and receptive during the ballet unit. The kids enjoyed learning from Bryndza, who described ballet in terms the students could relate to, as in Spiderman, basketball and video games. The students' enjoyment was easy to see as they leapt, twirled and danced across the gym floor, giggling, laughing and smiling.

Fourth grader Reanna Wong, 9, says she really liked the unit and admitted she hadn't known anything about ballet prior to the PE class. Her favorite part was leaping.

"It was really awesome!" Wong says.

At the end of the PE unit, students were given

information about the ballet company to take home along with a coupon for a free lesson. They were also invited to Evergreen City Ballet to see upcoming performances such as "The Nutcracker" (December), "Peter and the Wolf" (February 2010) and "Sleeping Beauty" (March 2010), which feature children their own age.

Artistic director Kevin Kaiser of Evergreen City Ballet was instrumental in the creation of Dance Alive in the fall of 2008.

"After a long career in the arts, I wanted to give back to children," he explains.

He selected Bryndza for the instructor's role because she works well with children.

"Andi is an amazing teacher with little kids," he says.

Kaiser and Bryndza say they hope the program continues to grow, so local children can learn more about ballet and other fine arts.

"Now that word is getting out, more schools are receptive to the program," Bryndza says. "The potential for this project is huge!"

"VALLEY SAVED MY LIFE."

Today, Vance is living his second chance

"I thought it was heartburn," says Vance, 53, of the chest pain he experienced one afternoon. But within minutes Vance knew—he was having a heart attack.

Fortunately, medics brought Vance to Valley Medical Center (VMC) and the blockage in the largest artery of his heart was removed just 39 minutes later—beating the national benchmark for "door-to-balloon time" by more than half an hour. Today, Vance has a second chance and is living life to its fullest.

From testing and diagnosis to state-of-the-art treatments for heart attacks, heart disease, irregular heart rhythms, vein disorders and other conditions, VMC offers a full continuum of heart and vascular care services. Our minimally invasive treatments for patients with diseased arteries of the heart, known as PCI or percutaneous coronary intervention, was five-star rated by Healthgrades in 2008.

See Vance's story and learn more about our comprehensive cardiovascular services at valleymed.org/vance.



Valley
Medical
Center

Heart & Vascular Services

