

RENTON *Magazine*

Volume 4 / No 8 August 2009



**All aboard!
Model train garden
opens to fans**

page 12

We're the Savings Experts!

Let us help you save time, save money, and more.



If you're looking for a home loan, a free checking account, or a business account, you'll find it with the **Savings Experts** at FIRST SAVINGS BANK NORTHWEST.

FIRST SAVINGS BANK
N O R T H W E S T



201 Wells Ave S. | PO Box 360 | Renton, WA 98057
425.255.4400 | 866.372.1200 | www.fsbnw.com

Member of the First Financial Northwest Family of Companies



Renton Village welcomes

You!

Advance America	425.277.0498	Pan Asian Buffet & Grill	425.227.8898
Applebee's Restaurant	425.687.1200	Renton Village Cinema	425.228.7242
Avenue	425.228.7827	Renton Village Cleaners	425.226.8830
BECU - ATM Available		Rite Aid	425.226.3461
Discount Tire Co., Inc.	425.228.1173	Shane's Big League Sports Cards	425.277.3717
Ed Wyse Beauty Supply	425.277.9973	Smart Talent	425.271.4225
Georgio's Subs	425.227.8279	Starbucks Coffee	425.227.9262
Knittery	425.228.4694	Tobacco City	425.226.7040
Major League Barber & Beauty	425.277.0104	Uwajimaya	425.277.1635
McDonalds	425.271.3031	Wells Fargo Bank	425.228-0101
Optics One	425.227.8888		

RENTON VILLAGE • 601 SOUTH GRADY WAY, RENTON 98057



National Night Out is Tuesday, Aug. 4. It's a time to greet our neighbors, and learn a bit more about each other. Sure, knowing who "belongs" in a neighborhood helps fight crime, but it also makes us feel more connected to those around us.

It's too late to register a new event, but not too late to plug into your own neighborhood. People will use potlucks, block parties or other events to mingle and get to know one another.

Last year I heard a National Public Radio interview, during which the host invited people to call in and talk about their neighborhood's event. Several called to say what a great time they had, the people they met, how many years they've attended, how much they look forward to it.

Until the one brave woman who called to say she had attended in the past, but no longer made the effort. Although English was not her first lan-

guage, she was easily understood. She described herself as an observant Muslim, and a vegetarian. She was not familiar with many of the foods offered, and many of them seemed to include meat. No one sampled the dish she brought. She said she felt set apart from her neighbors, not closer, after the evenings' events.

How sad to have reached out, and not found a hand reaching back.

The host encouraged her to try again, and she said she would think about it.

I hope she does, and finds a hand stretched out to hers.



Diana Kramer
PUBLISHER

Also, the Morford Family Carousel is up and running at Town Square Plaza, located on the corner of 2nd Avenue and Harrison Street in downtown Kent. Public hours through Aug. 30 are Wednesdays, Saturdays and Sundays, 10:00 a.m. – 9:00 p.m., Thursdays and Fridays 4:00 p.m. – 9:00 p.m. It's closed on Mondays and Tuesdays. It will run over Labor Day, too.

For its debut summer season, the City of Kent is partnering with two local non-profits, DOS FC Premier Soccer Club and Kentwood & South Elite Cheer Boosters. Proceeds raised from the \$1 donation per ride will help the organizations serve youth.

This is a beautiful Venetian-style carousel that usually comes out of storage in December. It's worth the drive.

RENTON Magazine

VOL. 4 | ISSUE 8

425.271.9300

President & Publisher | Diana Kramer
diana@pugetsoundpublishing.com

VP & GM | James Bavendam
james@pugetsoundpublishing.com

Executive Editor | David Suffia
david@pugetsoundpublishing.com

Reporter | Andrew Fickes
andrew@pugetsoundpublishing.com

Advertising | Clyde McDade
clyde@pugetsoundpublishing.com

Graphic Designer | Kerri Ladines

Columnists | Elaine Anderson
| Charlie Powell
| Elizabeth Stewart
| Kirby Unti

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 2009 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

8 kirby unti

9 art walk

10 trails

14 get out there

15 k9 buddies

16 fresh tastes

18 renton history

20 around the garden

22 rosarian

cover:

Jim and Sandy Arlint, for six years, have created a destination spot in their backyard – an authentic G-scale model train garden. The Renton Highlands couple invite the public to see their modern marvel a few times each summer.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events



Crème Tangerine creates a dynamic Beatles music experience filled with energy, tone, humor, and the spontaneity reminiscent of the Beatles.

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

Wednesday at 7 p.m.
425-430-6700
Admission: Free

Jalisco Week



Club Jalisco presents this celebration of Jalisco culture, recognizing Washington state's sister partnership with the Mexican state of Jalisco and Renton's sister partnership with Cuautla, a city in Jalisco. The program will include information on traveling and tourism to Jalisco as well as Mariachi music, Mexican folk dancers, and addresses by dignitaries representing Washington and Jalisco.

Sunday, 12:30-2 p.m.
(Information booth);
2-4 p.m. (cultural music)
IKEA Performing Arts Center
400 S. 2nd St.
425-681-6197
Admission: Free
(donations accepted)

A
U
G
U
S
T
9



august 4

National Night Out

The 26th annual National Night Out comes to Renton, hosted by the police department and city. Neighborhoods are welcome to come together to strengthen neighborhood spirit and police-community partnerships. The evening will include education on crime and drug prevention awareness. Hot dogs, hamburgers, and beverages are provided free of charge.

Tuesday, 4-7:30 p.m.

Highlands Community Center
800 Edmonds Ave. N.E.

425-430-7521 / Admission: Free



august 12

Tennis Carnival

For ages 5 and up. The afternoon will be filled with tennis drills and instruction followed by contests and games.

Additional information regarding fall programs will be available.

Wednesday, 4-5:30 p.m.

McKnight Middle School
1200 Edmonds Ave. N.E.

425-235-9495

Admission: Free



august 7

'Harry Potter and the Sorcerer's Stone'

The City of Renton closes its summer outdoor cinema with a movie about Harry Potter, the fictional boy wizard, who travels to Hogwarts School of Witchcraft and Wizardry after being raised by Muggles. The movie is based on the first book in the Harry Potter series, written by best selling author J.K. Rowling.

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

Liberty Park
Bronson Way N. and Houser Way N.

425-430-6700

Admission: Free

upcoming events



Classic Ford Show & Mustang Roundup

AUGUST 15

The Pacific Cascade Mustang Club presents this annual event where spectators can mingle with other Mustang fans and enjoy good food and a good time. Ford Magazine will be represented along with items from the Museum of Mechanical Art. Registration info is available at www.bowenscarff.com.

Saturday, 9 a.m.-3 p.m.

253-852-1480

Bowen Scarff Ford
Lincoln Mercury
1157 Central Ave.
N. (Kent)

Admission: Free to
spectators.



AUGUST 22

DOWNTOWN RENTON ART & ANTIQUUE WALK

The 4th annual art and antique walk will liven up Renton's downtown streets with paintings, pottery, sculpture, and photography displays from more than 75 artists.

Saturday
11 a.m. to
5 p.m.

425-430-6589

Third Street in
Downtown
Renton

Admission:
Free



Wearable Art

New Arrival!

Collectible Artisan Crafted
Murano Glass.
Matching earrings
available.

Imported from Italy

Voted Renton's Best Jeweler

Garland SINCE 1953
Jewelers, Inc.

814 S. 3rd St., Renton

425.255.5101

Open Monday through Saturday

www.GarlandJewelers.com

now playing

Footloose

July 24 -Aug. 9

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

When Ren, a city boy, moves with his mother to a small farming town, he is not prepared for the inevitable adjustment period at his new high school. He isn't prepared for the rigorous local edicts, including a ban on dancing instituted by the town preacher. Ren rebels, and "Footloose" celebrates the wisdom of listening to young people.

Carco Theatre
1717 S.E. Maple Valley
Highway
425-430-6751

Follow the links from "Living In Renton" to "Arts
and Entertainment" to "Carco Theatre" at
www.rentonwa.gov.
Admission: \$15/adults; \$10/students and seniors





Maple Valley MARKET
Fast • Friendly • Fresh

Our food is all about you
Your time, your health, your delight

Our new full-service deli offers fresh breakfast, lunch and dinner. Grab a breakfast sandwich, a superb salad or pick up salads or sides to take home for dinner. Whether you need a specialty diet or good home cooking, Eric Elmer brings his 23 years of professional experience to the task, and shares his joy of food with you.

Eric, Steve, Kalisha and Carol had quite a following at green-fresh market. Come and meet them, and find out why.

And then browse the rest of our locally owned and managed market. You'll find nice wines, exceptional baked goods, quality produce and hot prices. We want to serve you and your family.

21655 Maple Valley Highway • Maple Valley, WA 98038
Open Everyday 6am - 11pm • 425.432.0252



TORERO'S
Taste the freshness of our delicious food

Orders To-Go
Enjoy your favorite margarita or cerveza

Thursdays: DJ Music (In English)
9pm to 1:30am

Fridays, Saturdays & Sundays:
Karaoke with DJ Gordo Mix (In Spanish)
North Benson Torero's

Buffet each Sunday
Kent & Highlands Torero's only

Karaoke Fridays & Saturdays
Rainier Ave. Torero's

WWW.TOREROS-MEXICANRESTAURANTS.COM

RENTON SHOPPING CENTER 431-B Rainier Ave. S., Renton 425.228.6180	NORTH BENSON CENTER 10707 SE Carr Rd., Renton 425.227.9104
RENTON HIGHLANDS 3901 NE 4th St., Renton 425.271.5400	KENT 1225 N Central Ave., Kent 253.850.9015

calendar of events



COMMUNITY EVENTS

2009 Renton Farmers Market

Tuesdays through Sept. 15, 3-7 p.m.

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

The Piazza
South Third Street

425-430-7214

Admission: Free

www.rentonfarmersmarket.com

CHILDREN ACTIVITIES



Play Day in the Park

Wednesday, Aug. 5, 11 a.m.-1 p.m.

Co-sponsored by the Renton Police Department, this program provides children ages 2 to 12 a place to play with games, inflatable toys, and crafts. Children must be accompanied by an adult.

Teasdale Park, 601 S. 23rd St.

425-430-6700

Admission: Free



Summer Fest 2009

Through Aug. 14

Monday-Friday, 10 a.m.-6 p.m.

This program is for ages 6 to 12. The City of Renton offers games, crafts, contests and more at playgrounds and parks. The events are free with no sign-up required. Youngsters may come and go.

425-430-6700

Kennydale Park, 2428 Aberdeen Ave. N.E.

Kiwanis Park, 815 Union Ave. N.E.

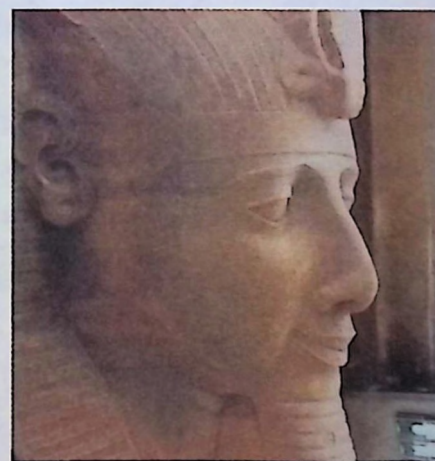
Philip Arnold Park, 720 Jones Ave. S.

Teasdale Park, 601 S. 23rd St.

Tiffany Park, 1902 Lake Youngs Way S.E.

Admission: Free

FREE PROGRAMMING



Free Tours at Renton History Museum

Third Saturday of the month, 11 a.m.

Museum tours are appropriate for elementary students through adults. No reservation is necessary, unless there are more than five people in the group.

Cost: Free

LIBRARY ACTIVITIES

Renton Public Library
100 Mill Ave. S.
425-430-6610



Family Drop-In Craft Day

Tuesday, Aug. 18, 2-3:30 p.m.

For ages 6 and up. Parents and children are invited to the library for an afternoon of crafts and snacks. This is a chance to create original works of art.

Cost: Free



Teen Game Days

Thursday, Aug. 27, 3-4:30 p.m.

Teens are invited to play Dance Dance Revolution, Guitar Hero 2, board games, bingo, sing karaoke, eat snacks, and have fun.

Admission: Free

Altered Book Craft for Teens

Thursday, Aug. 6, 2-3:30 p.m.

Using recycled library books, teens will get a chance to make original works of art or create a "new" book for a journal or sketchbook. All craft materials and tools will be provided. Call 425-430-6825 to register.

Admission: Free

SENIOR EVENTS

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

Annie Oakley Luncheon

Thursday, Aug. 13, 11 a.m. (contest), 11:30 a.m. (lunch)

The Renton Senior Center celebrates the birthday of the sharpshooting legend. Attendees are welcome to dress in their Western best. A cow chip cookie for dessert is included in the meal. Attendees can participate in a sharp shooting contest with a certified Annie Oakley plastic dart gun.

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



Twirls and Swirls Dance

Friday, Aug. 21, 2:45-4:30 p.m.

Dancing with appetizers and dinner, accompanied by the music of Randy Litch.

Fee: \$4



Banana Split Luncheon

Tuesday, Aug. 25, 11 a.m. (contest), 11:30 a.m. (lunch)

The Renton Senior Center celebrates National Banana Split Day with lunch and banana splits. Included in the event will be a contest to find the most bananas. The winner will receive a gift certificate.

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

Rhythm & BREWS

Live music on our patio

Friday and Saturday now through Sept. 12

Starts at 6 p.m.

Come early, enjoy dinner and stay for the music!

Friday | August 7 ~ Tommy Wall

Saturday | August 8 ~ Lewis Lane

Friday | August 14 ~ Spidernoon

Saturday | August 15 ~ Streamliner

Friday | August 21 ~ Collaborative

Works Jazz Trio

Saturday | August 22 ~ Buckshot Jazz

Friday | August 28 ~ Sue Bell

Saturday | August 29 ~ Lewis Lane

RiverRock Grill & Ale House
On the Maplewood Golf Course
4050 Maple Valley Highway
Renton, WA 98058

425.430.0311

www.riverrockgrill.com



For weddings, anniversaries, parties and corporate events.

We have a full-service banquet facility,
Maplewood Greens.

For information, please call 425.235.5044 or
www.maplewoodgreens.com

Personalize it!
Engraving for your child's bracelet or iPod.



We offer engraving services for all types of iPods, ID and Medical Bracelets. Choose from a variety of fonts and logos.

Satisfaction guaranteed. Work done onsite. Our technicians are fully trained.

Across from Auntie Ann's Pretzel & Starbucks, by JCFenney

1129 Southcenter Mall • Tukwila, WA. 98188
T: 206-439-3999 • F: 206-988-0805 • seattlefastfixjewelry.com

FAST-FIX
JEWELRY AND
WATCH REPAIRS



**THE RIGHT INVESTMENTS IN YOUR IRA CAN
MAKE ALL THE
DIFFERENCE.**

To learn about the benefits of an Edward Jones IRA, call or visit us today.

Eugene Heuschel II, AAMS
Financial Advisor

15 S. Grady Way, Suite 534, Renton 98057
425.227.3294
www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

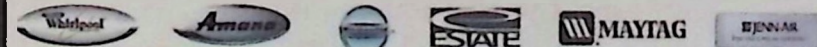
KING and BUNNYS
APPLIANCES

Whammer DEALS



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 • 425.277.0600
Monday - Friday - 9am - 7pm | Saturday - 9am - 6pm | Sunday - Noon - 5pm



kirby unti

Dinner with 'Mr. D'

We spent weeks trying to find a time on our calendars when all three families could gather at the D'Ettore home for dinner. The timing was urgent because our old neighbor and dear friend, "Mr. D," is facing an uphill battle against cancer. "Mrs. D" (Mary) provides him with a high level of care, and hospice has been called for their expertise.

Finally our calendars aligned and we made the trip only a mile or two from our home to their new residence, where they have become fast friends with our mutual friends, the Miners. Kim and I truly did not know what to expect because it had been several months since we saw "Mr. D."

Back in the good old days we saw each other almost daily. It began when "Mr. D" decided to build a new home on the property behind our home. This is when I discovered one of the hardest working men I have ever met. He was retired and yet was building his fifth family home. He was there every morning at the crack of dawn and worked until it got dark.

"Mr. D" barely tops five feet in height, but he hadn't forgotten his first employment, ditch digging. When he came over from Italy as a teenager he set out on his own and supported himself by digging ditches. He could dig a ditch with shovel and pry bar that is so straight you would think it was laid out with a modern-day laser. He knows every part of construction from dirt work to roofing and takes great pride in quality workmanship.

"Mr. D's" hard work didn't end when he finished the place. He planted every square inch of the property with grass, shrubs, plants and trees and loved tending to them. My kids were little at the time and they would come running into the house to announce that "Mr. D" was outside, which meant it was time for me to have a chitchat



over the fence line. Our conversations were filled with the same themes – the importance of honesty, hard work, doing things right, being a good neighbor and our mutual exchange, "Your place sure looks nice." Talk about pressure to keep our yard up.

When we arrived for dinner I wasn't sure if "Mr. D" would make it to the table. I expected to see an utterly frail man, but much to our surprise and delight he was there to welcome us. The wonderful twinkle in his eye and the beautiful smile that we had come to love were fully present. We enjoyed a glass of wine together before sitting down to one of Mary's famous Italian dinners, complete with homemade gnocchi, meatballs and sauce.

I feasted upon the meal only to be undone by "Mr. D" himself. Mary couldn't believe her eyes: "He hasn't eaten like this in weeks."

We continued to break bread and enjoy dessert and coffee. The whole time "Mr. D" was telling us stories about his childhood, courtship with Mary, a humorous run-in with the priest, and how he got started in the building trades. "Mr. D" never fatigued that night, and when it was time to go he walked us to the front door.

It was hard to say goodbye because one never knows when one has had the last visit. What I do know is this. We were blessed by being neighbors of the D'Ettors and I look forward to when we feast again. Thanks for everything, "Mr. and Mrs. D!"



Kirby Unti
COLUMNIST

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

ART WALK PROMISES A 'NICE VIBE'

BY ANDREW FICKES

Businesses along Third Street in downtown Renton will transform their storefronts into a one-day gallery when Arts Unlimited presents its fourth annual Downtown Art and Antique Walk.

Upwards of 50 Northwest artists will showcase their works from 11 a.m. to 5 p.m., Saturday, Aug. 22, giving art enthusiasts a chance to interact with artists and their work.

"It creates a nice vibe down here," says Mary Clymer, owner of Happy Delusions. "It reminds people that things are going on in the downtown. Everyone has arts on the mind and people are thinking about supporting local."

This year, in contrast to previous years, the art walk will be located primarily along Third Street, says Ryan Runge, co-founder of Arts Unlimited.

"This allows us to put more focus towards getting our visitors to seeing all the artists," he says.

Bob McCorkle, a public accountant across from Harambe on Third Street, will turn his office space into a one-day gallery of Northwest artists including Doug Kyes, Ned Mueller, and Dan "the Monster Man" Reeder.

McCorkle and neighboring businesses are sponsoring a block party that will extend into the parking lot area. Included will be music entertainment by Kimball and the Fugitives with Stickshift Annie and alpacas for kids to pet.

Runge says the art walk will feature a number of returning artists including Richard Jahn, who paints Renton scenes, and



PHOTO COURTESY OF RYAN RUNGE

Wil Kerner's paper cut out art will join upwards of 50 other art exhibitors at the Renton Downtown Art and Antique Walk.

Orenda Ayashe, a two-dimensional acrylic artist.

"She puts a lot of story behind her work; it's very whimsical and dreamy," he says.

Arts Unlimited, a non-profit organization, has always focused not only on artists and their work but also on businesses and their interaction with the artists, says Runge.

"Businesses notice they're getting a different demographic than normal," he says. "Many businesses and artists hit it off and those businesses often will ask those artists to return for a separate show apart from the art walk."

Runge says the event gives artists a chance to interact with prospective buyers and network with other artists.

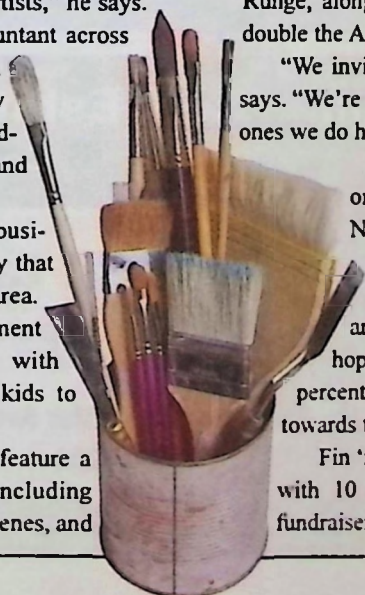
"This type of event gives emerging artists a chance to show their work for the first time and build their confidence to show at other places," he says.

Runge, along with co-founder Jennifer Davis Hayes, is hoping to double the Arts Unlimited volunteer base in the coming year.

"We invite people to come on board and bring new ideas," he says. "We're not looking to grow the number of shows but perfect the ones we do have, making them larger events."

Allied Arts will also have a booth providing information on its fundraising efforts to purchase significant works by Northwest artists for public display in Renton. The first commissioned purchase will be a vitreous enamel rendering of a Renton Cedar River scene by Maple Valley artist Kathleen Fruge-Brown. McCorkle and Allied Arts hope to raise \$6,000 this summer towards the purchase. Ten percent of art sale proceeds from the block party will go towards the fundraiser.

Fin 'n' Bone will also feature oil paintings by Don Haggerty with 10 percent of sale proceeds going to the Allied Arts fundraiser.



Retirement Living at its Best!



Merrill Gardens is a family owned company recognized as one of the top owners of independent and assisted living retirement communities in the country. Our commitment of serving seniors in retirement living continues to grow. You will love living at Merrill Gardens at Renton Centre.

We Offer:

- Anytime DiningSM
- Individualized Assisted Living Service Plans
- 60-Day Money Back Guarantee*
- Month to Month Rental
- 24-Hour Staff

Call Today for a Tour!



MERRILL GARDENS

AT RENTON CENTRE

A one of a kind retirement community

(425) 235-6400

104 Burnett Avenue South
Renton, WA 98057

www.merrillgardens.com

*Call for details. Lic #BH 1953



RETIREMENT & ASSISTED

The High Point Trailhead

Close places to hike in the Cascades

BY CELESTE GRACEY

With a variety of different paths, the High Point Trailhead near Issaquah is a great starting point for families wanting to enjoy the Cascades.

"I see so many parents go to PlayLand at McDonalds, but look how close this is," said Danielle Schiller of Lake Sammamish, who often takes her 3- and 5-year-olds hiking. "It's great exercise."

Though it's known for the West Tiger No. 3 Trail, which summits the mountain, for a moderate hike take children to see the bat caves at Talus Rocks, or let little ones explore the Around the Lake Trail.

It's a great way to teach kids about nature.

"There is a lot of wildlife out here," said Melinda Gage, who has taken her 2-year-old on several of the trails. "They can get out into nature and discover hiking."

Picking at a hole with a stick, 5-year-old Joshua Schiller resounded with a "yes," when asked if he liked hiking.

"You can entertain them with sticks and rocks and pine cones," Gage said, recommending both the Bus Trail and Talus Rocks for families.

To get to the trailhead, take I-405 North to I-90 East. Just outside Issaquah, take a right off Exit 20 titled "High Point," and then take another right.



RENTON
MAGAZINE /
CELESTE GRACEY

Isabelle Schiller (left), age 3, and her brother Joshua Schiller (right), age 5, explore the forest floor with sticks and rocks at the High Point Trailhead.

The road ends a mile later at the parking lot.

Parking is free. To get a spot on a weekend, arrive before 9 a.m. or come in the afternoon, when the first wave of hikers is leaving. Otherwise, there is plenty of parking on the road.

To get to Talus Rocks, take No. 3 about 500 feet before turning right on Bus Trail. Then walk about 1,000 feet before turning left onto Nook Trail for a long mile. The trail starts off easy until you get to the first stream, where the path gradually steepens.

Just before you get to Talus Rocks, the path splits. Follow the trail to the left a few hundred more feet, where you'll find ample seating. Kids will be intrigued by the bat caves, which are blocked off by short fences. Don't worry about the bats;

they're seldom seen during the day.

To get back, go the way you came or continue on to the No. 3 Trail. This path isn't ideal for toddlers, as it's steep and slippery in some parts, but it continues to offer beautiful trees and wildflowers. Take a left at No. 3 to loop back to the trailhead.

For an easier hike without elevation gain, take Bus Trail (named for an abandoned bus along its path) to the Around the Lake Trail. Take the right path, which follows along the lake and offers plenty of resting spots. It ends by looping back to the trailhead.

The Around the Lake Trail is wheelchair accessible and ideal for families with toddlers.

Toilets are available at the trailhead, but bring your own drinking water.

Make sure kids drink plenty of water and pack several snacks. Continually offer food and drink; youngsters often get too distracted to think about eating.

Holman Real Estate Services, Inc. Commercial Real Estate



Steve Holman
Broker &
Certified Property Manager

We'll take care of it...

Sales, Leasing & Asset Management

901 Rainier Ave N,
Suite B203
Renton, WA 98057

(206) 772-1997 or
(206) 948-4077

www.HolmanRE.com

Serving Washington Investors and Building Owners, Since 1973

PACIFIC DENTAL CARE

CREATING BEAUTIFUL SMILES

Do you need
Total Dental Health
for your family?

New Patient Special!

No Insurance? \$99 for new patient exam, x-rays, and cleaning. Not valid with insurance. Offer expires, 8/31/09.*

OR

FREE Whitening for life after new patient exam, x-rays, and cleaning. Offer expires, 8/31/09.*

***NOT VALID WITH OTHER OFFERS.**

- * Virtually Pain-Free Dentistry
- * Needle-Free Sedation
- * Rapid Response Emergency Care
- * Invisalign (teeth straightening without braces)
- * Morning, Evening, and Saturday appointments

Most insurance accepted.
Not accepting DSHS or medical coupons.

Visit us at
www.MyRentonDentist.com

Schedule an appointment today at
425-998-0182.

We look forward
to giving you
total dental
health.

Jessica Chen, DDS
is patient and attentive.
As a specialist in general,
cosmetic and implant
dentistry, she's WELL
QUALIFIED TO CARE FOR
YOU AND YOUR FAMILY.



1500 Benson Rd. S., Renton 98055 | 425.998.0182

Creating Beautiful Smiles.

~~Small~~ Business

To us, no business is small.

At Columbia Bank, we feel that every business deserves the same personal attention, no matter what size they are. Which is why when you open your business account here, you'll get all the services of a big bank, without the big bank attitude. What's more, for a limited time we'll give you a \$75, \$50 or \$25 credit toward our Business Starter Pack, which includes business deposit slips, business checks and check binder, even an endorsement stamp.* So make the switch, to a bank that understands how you do business.

Renton Branch Now Open
333 SW 7th St.
425-228-1800
www.columbiabank.com

*Only available at the new Renton branch. Business Starter Pack credits are \$25 with one business checking account, \$50 with one business checking account and online banking or \$75 with one business checking account, online banking and bill pay. Limit of one credit per business and offer applies to new business account only. Promotion ends August 28, 2009.

MEMBER
FDIC

 **Columbia Bank**

You'll notice the difference.



Jim Arlint's electric trains are highlighted by detailed landscapes that range from small towns, to flowing rivers and country roads. There are as many landscapes as there are in the trains themselves.

Renton Highlands couple turn MODEL TRAIN

Arlint Model Train Garden Public Show

Labor Day Weekend

Saturday, Sept. 5, and

Sunday, Sept. 6

Noon to 4 p.m.

Contact Sandy Arlint
at 425-255-9575 for
details and address

Some couples may devote their front and backyard to gardening, but Jim and Sandy Arlint have devoted six years to maintaining a backyard garden that is a miniature, idyllic 1950s landscape with model scale trains.

The Arlints' 67-foot long model train set is a depiction of the couple's 1950s Montana, called the Big Sky country of Montana, complete with dwarf pine trees and shrubbery, miniature town characters, classic hand-crafted buildings, an underground water system, and an electric grid to power the trains.

"We can just sit here, listen to the trains, and watch the trains and daydream about the good old days," says Sandy. "There's something so soothing about the sound of the trains."

The couple are more than happy to share their spectacle to the public a few times a year.

"We open it to the neighborhood as a nice neighborhood activity," says



much drama and interest in the detailed and carefully created

Turn back time with

MAIN GARDEN

STORY BY ANDREW FICKES / PHOTOS BY JAMES BAVENDAM

their time
ing, but Jim
ed the past
l, miniatu-
electric G-

ni garden is
childhood in
mplete with
undreds of
950s cars,
und water-
the trains.
water trick-
about the
something

to show the
each sum-

because it's
Sandy. She

got a charge out of hearing a 6-year-old remark:
"Mom, they've shrunk the whole town!"

Each fall the trains, people, and cars are packed up to protect them from the elements. In June, the couple put everything back again, creating the towns of No Name and Silverstar. Items are moved around, says Sandy, so people returning each year see something different.

Jim and Sandy moved to the Renton Highlands in 1958 after marrying in 1957 in Butte, Mont. Their three-year courtship had spanned the seas via love letters while Jim served in the Korean War. Once in Renton, Jim settled into a job at Boeing, while Sandy worked for 34 years in nursing at Valley Medical Center. She was with the hospital when it moved from Rainier Avenue to its present location.

After years of traveling to far-off, foreign locales, Jim and Sandy decided in 2003 to invest in something closer to home. A trip to a train show at the Puyallup Fairgrounds got Jim interested in model trains, and it was decided to build

a model train garden in the backyard.

Jim and Sandy are members of the Puget Sound Garden Railway Society. In 2010, the society will host a national convention in Tacoma. From Tacoma, people will tour approximately 40 western Washington gardens, including the Arlints'.

"Each garden is a reflection of its owner," says Jim.

Jim is hard at work in winter building or repairing structures for his garden. It's a labor of love for him and his wife. Those who look closely at this marvel will notice minute details, down to the names of different sites: Sandy's Cafe, the S and J Sawmill, Jim's Bar, and St. Ann's Catholic Church (the church Jim and Sandy were married in), to name a few.

Like any true train track, there's always a chance for derailment. And like any zealous railroad conductor, Jim is out there to fix the problems. It's just part of the fun of maintaining your very own model train garden.



Health Topics

Dry Eye Management

**Q What are Dry Eyes?
How do I treat them?**

A: Dry Eyes can present as a gritty, burning, or foreign body sensation sometimes due to environmental or behavioral factors. Sitting in front of a fan, near a circulating air conditioner or heat vent can aggravate dry eye. Working on a computer can dry out eyes, too. Simple steps like increasing room humidity, reducing circulating air, or repositioning the computer monitor can help. Computer users can reduce dry eye further by frequently looking away from the monitor or voluntarily blinking. Artificial tears, a primary treatment that is widely available, can prolong tear stability, protect the ocular surface, and enhance natural tear layers.

For more information or to make an appointment, please call The Eye Center at Valley Medical Center: 425-656-5345



Michael S. Solomon, DO

Valley Medical Center
Remarkable things happen here.

3915 Talbot Road South
Renton, WA 98055
425.656.5345
www.valleymed.org



swimming



RENTON MAGAZINE / SARAH ZUGSCHWERDT
The Gamble kids and friends make a splash in the water of Gene Coulon Memorial Beach Park.

Whether beach or pool, it's the place to be this month

BY SARAH ZUGSCHWERDT

On swelteringly hot August days, "beach" and "pool" are the coolest words around. In Renton, where water seems to surround us, it's easy to find just such a place. For those craving sand in their toes, Gene Coulon Memorial Beach Park and Kennydale Beach Park (1201 and 3601 Lake Washington Blvd. N.) are the first stops. The swimming holes on Lake Washington are lifeguarded seven days a week from noon to 8 p.m. through Sept. 7.

Both sites offer play equipment for kids, restrooms, and picnic tables. Coulon Park also includes a snack bar, boardwalk, nature path, grassy area for games, and two restaurants if the picnic basket runs dry.

Longtime Renton resident Alisha Gamble takes her children to Coulon Beach regularly.

"I grew up in Renton. So this is just kind of home. I come here to the little sitting area to clear my mind, and I bring the kids here to play," she says.

Further down the road, the Henry Moses Aquatic Center buzzes with activity. The recently refurbished water park at 1719 S.E. Maple Valley Highway is a pay-per-use venue, and contains two pools, one with a wave machine, and two 26-foot-high water slides.

There's also a "lazy river" inner tube float, water spray stations and toddler fun area, among other features. Ten-year-old Brittne Salm of Kent enjoys it all: "All the things you can do

there are fun—especially the big slides. They twist and curve."

The park also offers locker rental for a quarter, restrooms, and the Shark Bites Café, though entrants are allowed to bring in a small cooler (no glass is allowed). Daily leisure sessions are from noon to 3:30 p.m. and from 4 to 7:30 p.m. During twilight sessions, Monday and Wednesday evenings from 8 to 10 p.m., one pool is reserved for lap swimmers. Full information and admission rates are available online at <http://renton-wa.gov/living> under the recreation tab, or by calling 425-430-6700.

Further south, it's Lake Meridian that gets attention when temperatures soar. Pull up to 14800 S.E. 272nd Street and find a generous swimming hole with lifeguards on duty daily from 11 a.m.

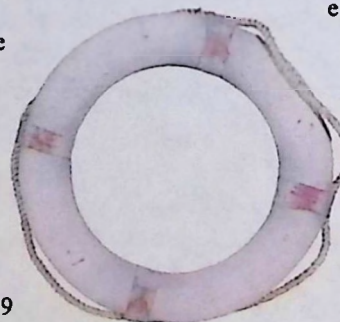
to 7 p.m. through Labor Day.

The lake also boasts an ample grassy area, restrooms, showers and changing area, play equipment and snack bar. Limited grills are also available for summertime lakeside barbecues.

Lake Fenwick Park at 25828

Lake Fenwick Road also offers swimming, though no life guards.

One thing's for certain, for those who find their favorite swimming hole, they won't soon be leaving it.





K9 POLICE TEAMS: Buddies at work, buddies at play

RENTON MAGAZINE / ANDREW FICKES

Officer Peter Jason Trader (left) and Officer Peter Kordel say both their dogs get along great together.

BY ANDREW FICKES

Shep, a German shepherd/retriever mix, looks neither haggard nor tired. Eyes alert, he never wavers as his handler, Officer Peter Kordel of the Renton Police Department, flashes a worn neon green tennis ball.

"Drugs are a portal to the ball," says Kordel. "He's a work horse. His drive for the work is as strong as it was since day one; he hasn't shown any slow-down."

Since 1999, when they were assigned as the department's second narcotics team, Kordel and Shep have been together 24 hours a day, seven days a week, at home and on the job. Shep is 11-and-a-half years old, the oldest K9 in the south King County valley.

Shep is one of four dogs in the department. Officer Tom Smith and Rocky, a golden retriever, are the other K9 narcotics team. Two tracking dogs, Kobi — a long-haired German shepherd, and Boss — a German shepherd, are teamed with officers Jeff Hardin and Jason Trader, respectively.

These four officers share a special relationship with their dogs. Everywhere they go, the dogs follow, even becoming companions for the officers' children at home.

"It's hard to explain the bond with my dog," says Trader. "It's the best job I've had since I've been here at the department and the best in my career."

"He's the best dog I've ever had, spending 24/7 with," says Smith. "He's so loyal to me because of the amount of

time we spend together."

Although the K9s are owned by the Renton PD and handlers must be protective of their dogs' health, there's still opportunity for fun. Smith enjoys taking Rocky to the lake to watch him jump off the dock.

"Between the two of us, we have found things that a normal person would not have been able to find," says Smith.

Rocky, like all other narcotics dogs, is trained to sniff out marijuana, cocaine, crack cocaine, heroin, and methamphetamines. In one drug search, he recovered \$50,000 in cash with a kilo of cocaine behind a back seat panel.

A typical night for Hardin and Kobi will involve 911 calls of domestic violence and any calls where there could be a potential "runner," someone trying to elude the police.

"Kobi is my best friend. There's nowhere he wouldn't go with me," Hardin says. "We've been through swamps, rivers, and stick bushes looking for armed robbers and burglary suspects."

Kobi's most successful track to date was more than 3.5 miles long. He tracked down an auto theft suspect after the man crashed a Range Rover and fled the scene.

When Kobi and the other three dogs aren't chasing down bad guys or sniffing out drugs, they're providing public relations for the department: playing with kids and families at community events and gatherings, such as the Safety Camp at Valley Medical Center in August.

Even though Shep is the veteran of the four, he's putty in children's hands, says Kordel.

"He has a great demeanor and is very friendly," he says. "It's good that kids get to see police in a good light."

Uwajimaya is Growing Welcome!

Shop Our Grand Opening Specials thru August 11, 2009

UWAJIMAYA
ASIAN FOOD & GIFT MARKET

— UWAJIMAYA RENTON —
Renton Village Shopping Center • 501 S. Grady Way, Renton, WA 98057
STORE HOURS: Monday-Saturday 7 am - 10 pm • Sunday 9 am - 6 pm

In celebration of our newest location in Renton, WA - Uwajimaya will be featuring four weeks of GRAND OPENING SALES in each of our stores, Renton, Seattle, Bellevue, WA, and Beaverton, OR!

Our new store signals our growing commitment to our community to provide quality Asian foods and gifts. We hope you will make us one of your favorite neighborhood stores.

Watch for our Hawaiian Week Specials, August 12-25, 2009!

OPEN DAILY

SEATTLE: 206.424.4240 BELLEVUE: 425.747.9012 RENTON: 425.277.1635 BEAVERTON: 503.643.4512 www.uwajimaya.com



BY CHRISTIE KATONA

We have been enjoying such a beautiful summer, and the produce is ripe and ready for us to enjoy. It's such a delight to visit the various farmers' markets which abound in our vicinity. Chatting with the vendors gives us a chance to connect with the people who grow and harvest our food.

Here are some ideas to use fresh produce in new and tasty ways.



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.

Set your patio table with Summer's bounty

Mediterranean Tomato Gratin

Serves 6 to 8

you will need

8 fresh, ripe tomatoes
1/4 cup fruity olive oil
1/2 cup chopped fresh basil
3 cloves garlic, minced
Salt and freshly ground pepper to taste
1 cup coarse sourdough bread crumbs
1 cup shredded Parmesan cheese

directions

Core tomatoes and thickly slice. Brush a shallow baking dish with olive oil and layer tomatoes in a single layer on the bottom. Brush with any remaining olive oil. Top with the basil, garlic, salt and pepper and sprinkle with the crumbs and cheese. Bake at 450 for 15 minutes or until tomatoes are bubbly and cheese is melted.

The following casserole is delicious with barbecued meats or fish.

Green Tomato Casserole

Serves 6 to 8

you will need

1/4 cup butter
8 large green tomatoes, sliced 1/2 inch thick
1 tsp. each curry powder, paprika, salt and sugar
3 large onions, thinly sliced
1 pint sour cream
1/2 cup milk
1/4 cup bread crumbs
1/2 cup Parmesan

directions

Preheat oven to 350. Melt butter in a large skillet and sauté tomatoes for 10 minutes, turning once, or until they are limp. Transfer tomatoes to an oven-proof serving dish. Sprinkle evenly with seasonings. Mix sour cream and milk and pour over tomatoes. Top with crumbs and cheese. Bake approximately 20 minutes or until sour cream begins to bubble.





Carrots with Ginger & Leeks Serves 6

The leeks and ginger in this recipe give a new taste twist to fresh carrots. Use the side of a teaspoon to easily peel the brown skin off fresh ginger.

you will need

8 carrots, peeled and sliced	2 tbs. minced fresh ginger
2 leeks, white part only, cut into match stick strips	1 tsp. sugar
	1 tsp. salt
	1/2 tsp. white pepper
1/3 cup butter	

directions

Melt butter and sauté carrots until beginning to soften. Add leeks, ginger and seasonings. Cook until just tender crisp and leeks are beginning to brown a bit.

Oven Roasted Onions Serves 6

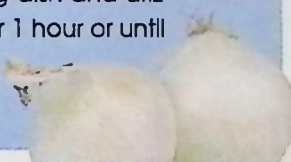
These are excellent served with steak, roasts or chicken. They taste rich, yet are low in calories. Puree any leftovers with butter and a tablespoon each of red wine and balsamic vinegar. Then serve the puree with French bread as an appetizer.

you will need

12 small onions, about 2 inches in diameter	2 tbs. balsamic vinegar
2 tbs. fruity olive oil	Salt and freshly ground pepper

directions

Heat oven to 400. Place onions in a baking dish and drizzle with olive oil and butter. Bake onions for 1 hour or until richly browned. Turn them over occasionally.



Sweet Corn Relish Serves 4

This relish is great on grilled chicken or fish, you can also serve it as a salad or add fresh chopped tomatoes or red peppers for more color.

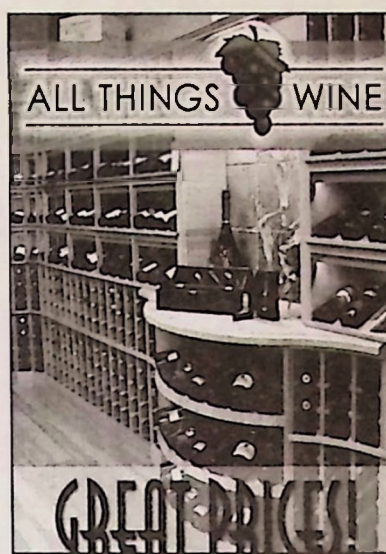
you will need

3 large ears fresh corn
1/2 cup chopped red onion
1/2 fresh jalapeno chile, cored, seeded and minced
3 tbs. fresh lime juice
1 tsp. white wine vinegar
1 tsp. salt
1 ripe avocado
1/3 cup chopped cilantro
3 tbs. olive oil

directions

Scrape the kernels off the corn into a bowl. Bring a pot of water to a boil and blanch the corn for 1 minute. Drain and set aside.

Combine the onion, jalapeno, lime juice, vinegar and salt, in a medium bowl. Add the corn, diced avocado, cilantro and olive oil. Taste and add more seasoning if desired. Use immediately or may be covered and refrigerated.



ALL THINGS WINE

GREAT PRICES!

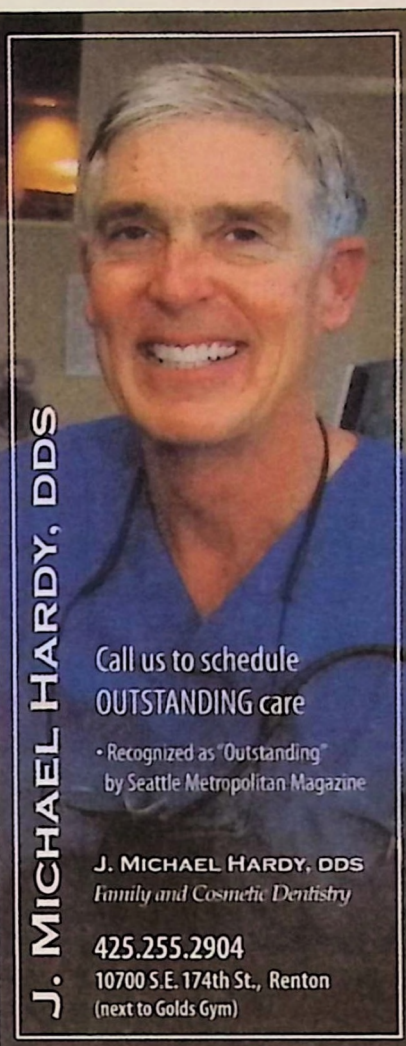
We have the best
boutique wine prices in Renton

Wines priced from \$5.99 a bottle.
Choose from over 700 wines and 70 beers.

FREE WINE TASTING

Wednesdays - 5:00-7:30pm
Fridays - Beer and Wine Night
5:00-7:30pm
Saturdays - Flagship Wine Tasting
All Day - 12:00-7:00pm
See website for details on all events

425.254.8400
AllThingsWineOnline.com
4605 NE 4th St, Suite #4, Renton



J. MICHAEL HARDY, DDS

Call us to schedule
OUTSTANDING care

• Recognized as "Outstanding"
by Seattle Metropolitan Magazine

J. MICHAEL HARDY, DDS
Family and Cosmetic Dentistry

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

Fire it up for Summer

Grillin' Time!

Steaks, Chops,
Burgers, Beef,
Pork, Buffalo

Our BBQ favorite
Smoked baby
back ribs.
Order them now
for your next event!

Natural meats -
Never Ever any hormones, antibiotics or steroids.

Open Tuesday thru Saturday, 9 - 6 | Personalized Customer Service

5325 NE 4th, Renton | 425.226.2422
www.ShawnAndTeds.com

And to think that I saw it on Wells Avenue

BY ELIZABETH P. STEWART

For most urban dwellers, part of the fascination with living in a city is how often and how quickly things change. This is particularly true for Renton, with its constantly evolving streetscape. Changes to the historic buildings on Wells Avenue South are the most recent example; in this case, some older structures are being returned to their former selves and the fate of others remains to be determined.

The most obvious instance of sudden change is the catastrophic five-alarm fire that damaged the Harries Building June 11. The Renton Fire and Emergency Services Department did a heroic job saving lives and property, but the historic structure itself could yet become a casualty.

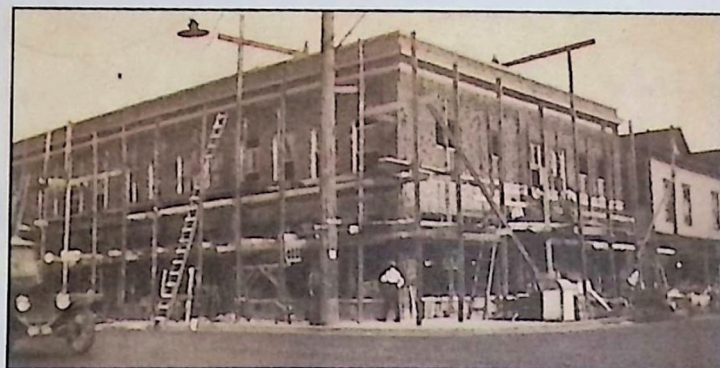
Renton's first postmaster, Thomas Harries, put up the building in 1921, replacing his wood-frame house with this sturdier brick version. On

the first floor it housed the post office, with apartments above for Harries and his family. Later his daughter, Ida Harries Dexter, lived in the second floor apartments, where she gave lessons to generations of young students on the two pianos in her parlor.

Other Wells Avenue changes are more positive and less unexpected. The Louisa Building on Wells Avenue South has been clad in green glass tiles since 1955, a bright addition that was all the fashion in the mid-1950s. The current owner is removing that 1950s facelift to restore the original 1923 brick façade, a nod to the fine restoration of the Thorne Building next door.

The Louisa Building was originally Renton's second city hall and fire station. Just as Thomas Harries had done, when the city became a little more prosperous in the 1920s, residents voted to replace their little wood-frame city hall with a finer brick veneer building. Later owner Umberto Barei renamed it for one of his daughters.

The Spencer/Temme Building, which covers



COURTESY OF RENTON HISTORY MUSEUM

The Spencer Building at Wells and Third gets a facelift, including sidewalk roof, sometime in the 1920s. (#41.0960)

the northwest corner of Third Street and Wells Avenue has also gotten a facelift—or a “rooflift”—as the sidewalk roof has been replaced with a new one. The original Spencer Block did not have a sidewalk cover, but once the streets and sidewalks were paved, the roof was added as another improvement for the comfort of pedestrians.

As in any city, we can count on constant evolution, but change that preserves elements of our past will ensure that Renton retains its unique essence as a city. Wells Avenue South looks like a good example of that preservation.

Elizabeth P. Stewart is the Director of the Renton History Museum. You can reach her at info@rentonhistory.org, 425-255-2330.

did you know that...

...Renton's first postmaster was Thomas Harries, who was also a locally prominent grocer. He was appointed postmaster in 1899 and remained until 1935, with a brief break to serve in World War I.



Arts Unlimited presents the 4th Annual
DOWNTOWN RENTON ART & ANTIQUE WALK
Saturday, August 22nd 11 am - 5 pm

Meet local artists and view their work at venues throughout Downtown Renton
 Explore the antiques, enjoy live music and dance performances, and rediscover Downtown Renton

More information at www.ArtsUnlimited.org
 Maps of all venues available on-line or on show day at 5 3rd & Wells

Au
Arts Unlimited
of Renton

Sponsors: Allied Arts of Renton • King & Bunny's Appliances • Renton Magazine • Renton Municipal Arts Commission • Renton Reporter • Team Runge Real Estate

**Get that
Youthful Feeling Back**

Call Dr. Rod Handly D.C.
handlyclinic.com
 425-255-6202



We accept payment
from all insurances
& Offer
Reasonable
Cash Fees
Initial visit: \$75
(Includes x-rays)
Standard visit: \$25



Auto • Home • Life • Business

Call: (425) 226-9239



FARMERS

John Galluzzo, Agent
 433 Park Ave. N., Renton WA 98057 jgalluzzo@farmersagent.com

the
Evergreen City Ballet

Kevin Kaiser, Artistic Director

- Ages 3 to Adult
- Nurturing environment
- Professional instructors
- Performance opportunities at all levels
- Professional accompanists

Classes: Ballet, Hip-Hop, Modern, Pilates, Ballroom & Open Adult

www.evergreencityballet.org
 425.228.6800

May I be of service?

BY DR. KATHLEEN CONNELL

The 1990 Americans with Disabilities Act defines a service animal as any animal individually trained to do work or perform tasks for a disabled person. Usually, but not always, these are dogs. The ADA created a special category for these animals and grants them access to public places.

Most importantly, service animals are not considered pets.

Disabilities are mental or physical conditions which substantially limit a major life activity. These include caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working. A service animal is trained to perform tasks directly related to the person's disability.

Service animals work for the benefit of their handlers. The most common are likely guide dogs for people with visual impairments. Beyond that, dogs have been specially trained to help with mobility work, alerting people, providing psychiatric and emotional support and advanced warning for those with epilepsy, diabetes or other medical conditions.

Public access into stores, restaurants and other public places is protected by law, and they must be allowed entry.

No nationally recognized organization certifies service animals, but the animals will have some form of identification and working equipment, such as a brightly colored vest or working harness. When you encounter them, remember that they are working. Do



PHOTO COURTESY OF CHARLIE POWELL

A special service dog: Dr. Emily Pieracci hugs her former patient, "Brock," a retired bomb detection canine officer who worked at the U.S. Department of Energy Hanford Site for most of his life.

not pet or distract them or offer food or other treats. Talk directly to the service animal's handler not the dog.

You may also run into another class of working animal, the therapy animal.

Therapy animals are not defined under federal law and are not guaranteed public access. They provide people with animal contact and are not limited to working only with people who have disabilities. These animals are considered pets and work with their owners to provide services to others. A variety of animals have been used, including cats, rabbits, horses, birds and other pets.

Therapy animals are one of two types—those that visit institutions and those that have been prescribed for use as part of a treatment regime.

A visit from a therapy animal can offer entertainment or a distraction from pain or other problems. People enjoy the animal contact and may become more active and responsive.

Being considered pets, therapy animals can also work for the benefit of a third party, such as hospitalized patients or nursing home residents. Many different animal species have been used in various kinds of institutions and programs. Therapy dogs are being used in children's reading programs and to assist wounded veterans in their recoveries.

Visiting therapy animals can be registered. Registration, not certification, is offered through www.DeltaSociety.org, www.tdi-dog.org and some local organizations.

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

Animal HEALTH CARE CENTER

Professional. Caring.

- Complimentary exam for new patients*
- All Vaccines at NO COST when you sign up for the "Twice a Year for Life" Program*
- Small animal internal medicine & surgery, financing available.

* Some restrictions apply; call for details

8-8 Monday – Friday
10-4 Saturday

425-203-9000
www.AHCCmed.com

504 Renton Center Way SW, Ste 3, Renton
Corner of Rainier Avenue & 4th Place,
across from McLendon Hardware

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.
Providing Insurance and Financial Services

State Farm • Home Offices: Bloomington, IL
POS0006 02/05

The Whole PET Shop!

1702 Duvall Ave NE
Renton, WA 98059
425-687-7731

Monday -Friday 10-7
Saturday 10-6
Sunday 12-5

wholepetshop.com

Duvall Avenue NE has re-opened and we're Celebrating!

We'll be offering surprise specials to pet owners. Bring this ad in and receive free dog or cat treats!

We offer the finest in:

- Healthy pet food
- Dog training
- Canned and frozen raw food
- Grooming products
- Chews and toys

Sign up today for our Frequent Feed Program
We can't wait to see you here!

around the garden



BY ELAINE ANDERSON

*O*ften it's a challenge to figure out just what is dining on our plants. Small holes or big chunks torn from leaves could have a number of causes. One good thing about weevils is that, when they are chewing on your rhody leaves, you'll know exactly what's happening.

Weevils are a type of beetle, the most diverse order of any living animal. Twenty-five percent of all life forms on earth are beetles. There are 40,000 species of

Beating the beetle — those evil weevils

weevil beetles (some say up to 60,000), and I know of only one species, the Scotch broom seed weevil, that is considered beneficial. The rest are pests. Think of any grain, fruit, or vegetable and know there's a weevil munching on it.

The best-known garden weevils are the root weevils that dine on rhododendrons and azaleas. The larval form of this insect does the most damage by feeding on the roots. But, it's the adults who leave clues that alert us to their existence. If you have circular notches along the edges of your leaves, sort of a scalloped effect, you have root weevils. If you want to confirm their existence, sneak up on them at night, which is when they feed.

It's difficult to gain the upper hand against root weevils. Pesticides are an undesirable way to control the larvae, because they are in the soil and protected. A biological control is the use of insect parasitic nematodes. Nematodes are species specific, so you'll need to identify the species of root weevil you are dealing with. Carefully follow instructions for application if you want this to be effective.

Pesticides can be used to control the adults, but you'll need multiple applications due to the prolonged emergence of adults from the pupal stage. The most effective method of dealing with adult root weevils is to physically remove them. At around 10 p.m., grab a flashlight and a bucket of soapy water, and hand pick the pests. For tall shrubs, get ready for war during the day by putting a white sheet under the plant. At night, vigorously shake the bush. Then, shake the weevil-filled sheet over a bucket of soapy water.

Not fun, I know. A weevil beetle is a pest, to be sure. Just be glad you aren't dealing with the deathwatch beetle!

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 questions about weevils and other gardening topics, call the Master Gardener Phone Clinic at 206-296-3440.

Is your yard work too much?

Put our experience to work for you! One-time or maintenance

- » New and Re-landscaping services
- » Plants, concrete pathway, rockeries, retaining walls, pavers, waterfalls, sprinklers, fences
- » Lawn maintenance

- » Roof & Gutter cleaning
- » General cleanup, tree & stump removal
- » Free estimates
- » 7 days a week
- » All work guaranteed

Active

Landscaping

Insured, Bonded, Licensed ACTIVL930PZ | 206.733.0060 | activerenton@yahoo.com

Highlands Naturopathic Physician

- Primary care physician
- Holistic approach & homeopathy
 - Toenail fungus
 - Insurance Accepted
- Cash Patient initial visit \$60
(Installment payment plan available)
- Treatment options to fit your budget

Dr. Leny
Eidsmore, ND

(inside Peaks Sports)
451 Duvall Ave. NE, Suite 200 Renton, 98059
www.highlandsnaturopathicphysician.com

425-254-3475
M, W, Th, F ~ 8am-8pm
Saturday ~ 8am-4pm

Bob Bridge

TOYOTA

in Renton

- * 500 New & Used with Easy financing, as low as 0%*
And perfect credit not needed!!
- * Service the day you call and a loaner if needed!
- * Log on bobbridge.com for sales & service specials!

* 0% requires Toyota Financial Services credit approval.
Offer expires August 3, but new below-market offer will be announced August 4.

425.228.4700



RENTON MAGAZINE / ANDREW FICKES

Volunteers with the St. Vincent de Paul conference at St. Anthony's Church have seen more demand in food bank services.

St. Vincent de Paul volunteers see a rise in need

BY ANDREW FICKES

The Society of St. Vincent De Paul, which has been active in the Renton community since 1947, is – not surprisingly – experiencing a sharp increase in demand for services.

“Normally, over the past two years, we’ve given food to 40 families a month, and in January, February, and March, it’s gone up to 60 families a month,” says Lani Cavit, president of the local conference.

“A year ago we were serving 120 sack lunches a month. Now, in the past two months, we’ve served 200 to 240 sack lunches a month.”

A worldwide organization that helps families with rental assistance, utilities, food and clothing, St. Vincent De Paul establishes “conferences” as its local unit of organization. Renton’s conference, affiliated with St. Anthony Church at 314 S. Fourth St., has 120 volunteers.

Since 2007, the Renton Community Foundation has provided annual grants of \$1,000 to fund the sack lunch program. The St. Anthony conference also has a new partnership with the human services division at the City of Renton. For up to two years, the city will reimburse up to \$15,000 each year for utilities assistance provided to families.

Diane Utecht, a contract specialist with the division, said this was the first year the conference had applied for such a contract.

“We like that they’re an all-volun-

teer based agency in downtown Renton that services the needs that are high priority,” she says. “With the economy the way it is, all cities have seen a request for these services go up.”

The society was founded by Frederic Ozanam in Paris in 1833. While it is affiliated with the Catholic Church, St. Vincent helps families regardless of creed.

Cavit, who has been president of the St. Anthony’s conference for five-and-a-half years, says her father-in-law inspired her to serve.

“My father-in-law served in Tacoma and while I nursed him at the hospital [in Seattle], he was still doing his St. Vincent de Paul work,” she says. “I thought if he was this committed, I should get involved.”

There are 52 neighborhood conferences in King County affiliated with the Seattle/King Council of St. Vincent de Paul, which was founded in 1920.

The society initiates assistance to families with home visits. Calls answered by the Seattle/King County Council home office in south Seattle are directed to the appropriate conference.

“We helped almost 5,000 people in 2008 with rental assistance, utility assistance, food, clothing, and a variety of miscellaneous things,” says Cavit.

Many in the community are probably most familiar with St. Vincent de Paul’s thrift stores. The Renton Highlands store is one of five in King County that provide clothing and household goods at low cost to families. The stores also provide jobs and retail training. Funds from the stores go into the needy-conference fund, which local conferences can apply to when in need of extra support.

Soulful Sounds of Summer

Free Concerts
July 7–August 29

“Take-Out Tuesday” Lunchtime concerts from Noon-1pm

Wednesday Evening “Date Night” concerts from 6-8pm

Saturday Relaxation concerts from 3-5pm

For concert line-up and dates visit
KentStation.com

PARENT MAP
‘cause parenting is a trip!

MAMA STORTINI'S
Restaurant & Bar



A romance with roses

BY KIM COLLETTE



Like any good romance, Lonnie Garceau's began with flowers. She tended her first flower garden at age 4 from seeds her mother gave her.

Lonnie learned to love gardening from her Italian grandparents. As she raised her own family she grew vegetables in her backyard garden.

After her three daughters grew up, Lonnie didn't need so many vegetables and had extra space in her garden.

"I went out and bought a few roses," she said, "and then I bought some more and some more and some more." And now her garden overflows with the blossoms from over 350 rose bushes.

"It's a disease. It's my passion," she said, and "I've always thought they were very special."

As a consulting rosarian for the American Rose Society, Lonnie is quick to point out that the rose is

America's national flower and is called the queen of flowers. She explains that a rosarian is someone who has "fallen in love with roses and will tend them their entire life."

Through her consulting Lonnie helps the novice gardener with everything from selecting an appropriate rose variety to learning how to care and tend a rose garden.

Western Washington is a natural climate for many different types of roses. The first step to planting a garden, Lonnie says, is to visit a local public



Launching Learning to Last a Lifetime



www.rentonschools.us | 425.204.2345 | communityrelations@rentonschools.us

**MARCIE MAXWELL
LISA LAM**



Marcie Maxwell
Associate Broker,
Realtor & CRS



Lisa Lam
Realtor, CRS,
ABR, ASP

206-949-1696
www.marciemaxwell.com

Windermere



DR. PATRICK L. MCKENZIE,
DR. ANNA A. DANIELI & DR. WILL CHUNG

We understand that you're highly diverse in culture, background and language. Don't let a "language barrier" stop you from getting the best in complete dental care.

Our dedicated staff speaks the following languages:

Dr. Danieli: Polish and Russian
Dr. McKenzie: German
Dr. Chung: Korean
Kieu: Vietnamese
Shelly: Spanish
Elena: Filipino

Call today and schedule an initial exam. In addition to the best in complete dental care, we speak your language!

— Dr. Anna A. Danieli, Dr. Will Chung and
Dr. Patrick L. McKenzie

DR. ANNA A. DANIELI
Family Dentistry

**We Speak
Your Language!**

**THE PLACE FOR
COMPLETE DENTAL CARE**

- Family Dentistry
- Dental implants and Dentures
- Most insurance accepted
- Experienced long-term staff
- Credit care payment plan

WE LOOK FORWARD TO PROVIDING
YOU WITH COMPLETE DENTAL CARE.



West View Building
1900 S. Puget Drive,
Ste. 102
Renton, WA 98055
425.228.1521

www.danielidds.com



{ ...a rosarian is someone who has
"fallen in love with roses and will tend them their entire life." }

garden in bloom. The next step is to contact a local rose society, such as the Rainy Rose Society (www.rainyrosesociety.org) or the Seattle Rose Society (www.seattlerosesociety.org). Both groups can get you in touch with a consulting rosarian. As volunteers, the rosarians never charge, but help because of their love of gardening. Lonnie also suggests visiting a rose society meeting.

After gathering all the information it's time to plant. When buying your roses, look for healthy plump green canes and inspect them for spots and

damage. The dirt you plant your rose in is important. Roses need good porous soil enriched with organic matter.

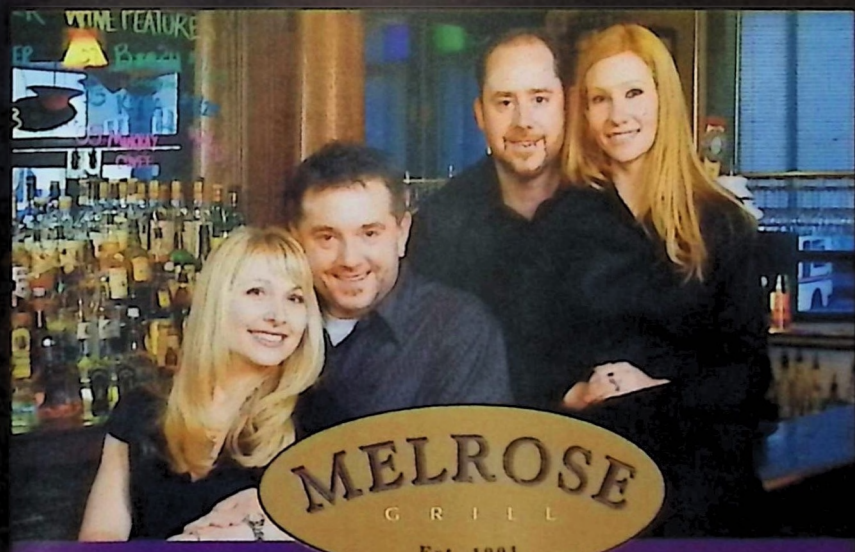
"If you take the plant home and plant it in a hole in the ground, you'll have one season of beautiful blooms and then you'll be wondering what happened the next year," Lonnie warns.

Roses also need sun and good drainage. Once planted, roses don't like to be dry. During dry spells, plan on watering only weekly but very deep. Lonnie will pour two to three gallons of water on a large

plant. Watering small amounts frequently causes the plant's roots to be very shallow and the plant won't last.

Roses also need to be pruned. Each rose is different, but usually you prune back one-third of the plant in the spring, according to Lonnie. Clipping off the dead blossoms allows the rose to bloom beautifully from June through October and beyond.

"Roses' needs are a little more specific, but once you learn them it will reward you year after year," she promises.



1/2 price wine on Monday*

819 Houser Way S. • Downtown Renton • Open daily from 5pm

www.melrosegill.com • 425.254.0759

*1/2 price wine from manager's list. Not valid w/other offers

**A GREAT NEIGHBORHOOD
STEAKHOUSE**

ARMONDO'S
café italiano



ARMONDO'S
café italiano

425.228.0759

www.armondos.com

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

Hand-Tossed Pizzas
to go!

Call ahead and we'll have them
ready for pick up!

Happy Hour
In Our Lounge

Monday-Friday
3:00 to 6:00 pm

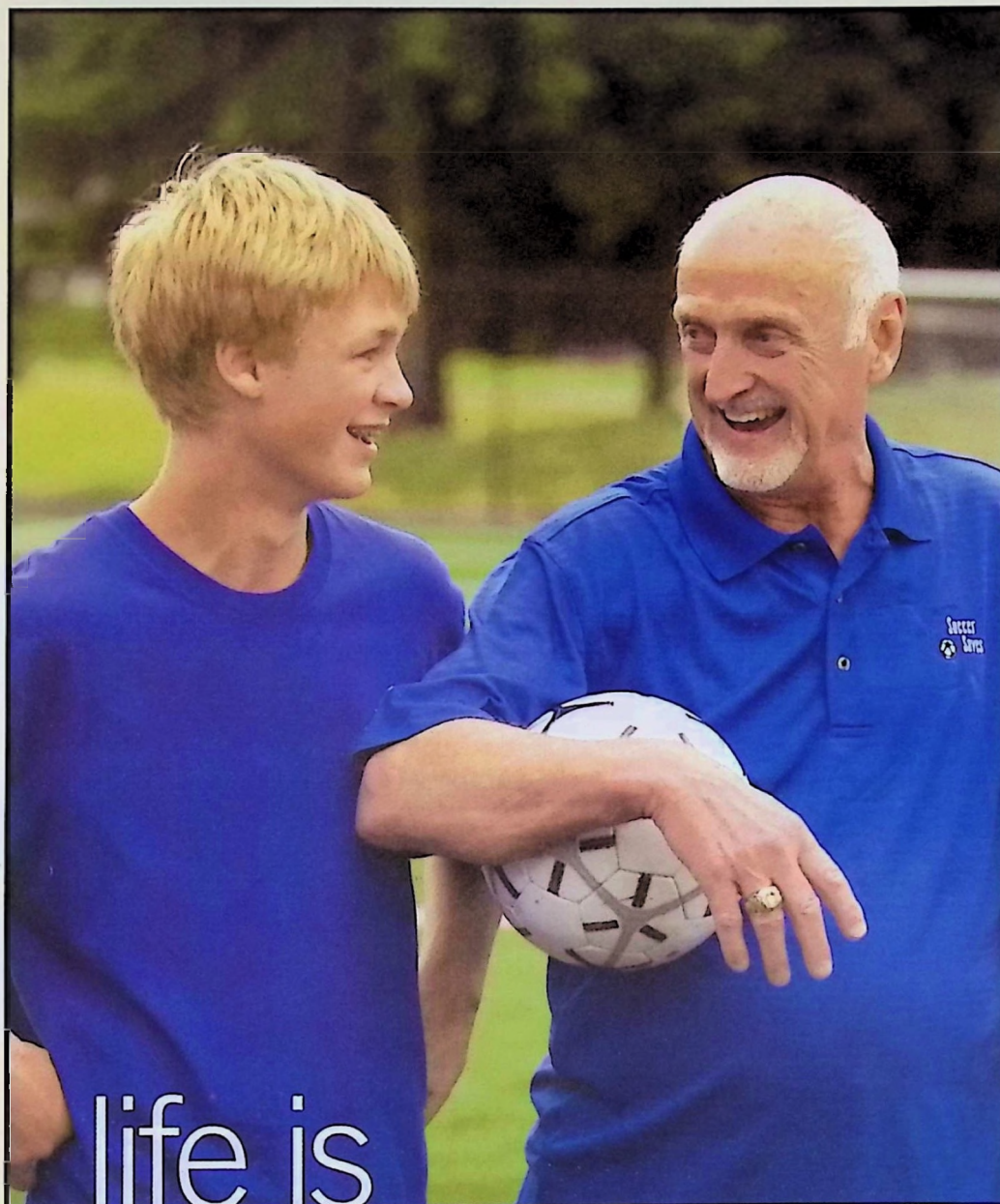
Half Off Appetizers

\$3 Wells, Wine and Drafts!

Kid's eat free on
Sundays*

A Renton Family Tradition for
Over 23 Years

*1 free child's meal (ages 12 and under, from Children's Menu) w/purchase of full price adult entree



life is
living pain free

Remarkable things happen here.™



HOW CLIFF MCCRATH GOT BACK IN THE GAME

After 40-plus years of playing and coaching soccer, U.S. Soccer Hall of Fame member Cliff MCCRATH had resigned to what he calls a life of "pain, pills and procrastination."

Then he met William Barrett, MD, Medical Director of The Joint Center at Valley Medical Center (VMC). Cliff's X-rays showed there was no cartilage left – his knees were bone on bone. He was a perfect candidate for bilateral knee replacement.

The Joint Center at VMC performs nearly 1000 surgeries each year. Its dedicated facility has become a model for joint replacement centers across the nation and has received a five-star rating for joint replacement surgery from HealthGrades® for six consecutive years.

Today Cliff lives life free of pain. He takes the stairs two at a time, lives without hesitation and continues to coach soccer stars of the future.

If you suffer from arthritis-related joint pain, take the first step toward getting back the life you love. Learn more at www.valleymed.org/cliff.