

RENTON *Magazine*

Volume 3 / No 1 January 2008

Renton's History
reflected in
architectural
gems
page 12

KING and BUNNYS

A P P L I A N C E S

BLASTED OUT SALE

January is...

Store Hours
Mon ~ Fri 9am - 7pm
Sat ~ 9am - 6pm
Sun ~ Noon - 5pm

Special Cash Back
Rebates on
Selected Items

12 Months
Same as Cash
No Interest
No Payments
(oac)

HUGE
Savings!

Hurry!
Some items
limited!

Many one of a kind...some close outs...some obsolete models...
some dinged and scratched...
All brand new. Priced to clear. It's WHAMMER DEAL TIME!

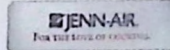
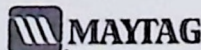
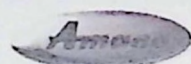
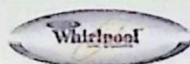
Delivery
&
Old Haul
Away
Available

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



Where we've been and where we want to go

*M*ost of us tend to think of this time of year as a demarcation, an ending and a beginning. I'd rather think of it as a moment to reflect on where we are along the path of where we're trying to go.

Recently while I was researching an article on some of Renton's historic buildings, which appears elsewhere in this issue, I met with the Rev. Kevin Pearson, rector at St. Luke's Episcopal Church.

I knew it was going to be a pleasant interview immediately, when he told me to "just call me Kevin." Then he showed me around his church with an obvious sense of joy and pride.

St. Luke's is old by Renton standards, built in 1928. The walls inside and the ends of the pews are adorned with plaques honoring past members of the congregation dating back decades, giving the church a sense of history. From the outside it

looks pretty much as it always has, minus a bell tower that was torn down when it began to lean.

Yet St. Luke's has been through changes. An old choir loft was torn down to let in more light and provide more room in the small church. Old carpeting was taken out to improve the acoustics. A series of modern lights were hung elegantly over the pews, "because it was dark and some of the congregation had trouble reading the hymnal."

The pews, Father Kevin pointed out, have been set on temporary runners while the congregation decides if they want to keep the traditional face-forward rows, or try something new. For a



David Suffia
EXECUTIVE EDITOR

couple of weeks the pews had been turned 90 degrees so the congregation faced each other instead of the altar.

At the back of the altar is a beautiful white statue of the Virgin Mary.

"It used to be outside the church in a garden but we decided to bring it inside. I've heard that a woman used to come by every day to kiss the statue and we had to clean a lot of red lipstick off it," Father Kevin told me with a chuckle.

The church has changed as Renton has changed. The congregation has become more multi-racial and multi-cultural, and "We welcome everyone to this church," Father Kevin told me.

There is comfort in continuity, the sense that the future is linked to the past but is not limited by it, that we grow on the foundation of yesterday into a brighter new year.

RENTON Magazine

VOL. 3 | ISSUE 1

425.271.9300

Publisher | Diana Kramer
dianokramer@rentonmagazine.com

Executive Editor | David Suffia
davidsuffia@rentonmagazine.com

Reporter | Andrew Fickes
news@rentonmagazine.com

Advertising | Marie Shaw
marie@rentonmagazine.com

Graphic Artist | Kerri Ladines

Photographer | Dena Rosko

Columnists | Kirby Unti
| Elaine Anderson
| Dr. Bob Thompson
| Elizabeth Stewart
| Charlie Powell

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 2008 Puget Sound Publishing Co. All rights reserved. Use or reproduction, in part or full, without written permission is prohibited. Back issues and single copies are \$3.00. Subscriptions are available for \$25 per year.

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

contents

4 upcoming events

6 calendar of events

9 kirby unti

10 mark prothero

14 museum news

15 around the garden

16 pet care

17 school mentors

20 lunch for the worms

21 school news

22 library news

23 healthy advice

cover: The old Snoqualmie Falls Power Co. transformer station at 1025 S. 3rd St. at the base of Renton Hill. See cover story page 12. Photo by Denis Law.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Maplewood Golf Course
425.430.6800

Police Dept
(non emergency)
425.430.7500

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events

Polar Bear Dip



january 1

Tuesday at 11 a.m.

425-430-6700

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

Admission: Free

Start the new year with a quick dip into the icy waters of Lake Washington at Gene Coulon Memorial Beach Park. Why should you do it? Some say it's to try something new for the new year, while others say it's the atmosphere of the event. Whatever the reason, it's sure to be fun. No registration is necessary and lifeguards will be on duty. The event is co-sponsored by Ivar's and Kidd Valley Restaurants.



Tales of Folks and Folktales

This program is part of Renton History Museum's Black History Month series. Eva Abram takes us back to the time of the Underground Railroad, the route used by escaping slaves to make their way to freedom. She shares the importance of preserving family stories and folktales, and passing them on to new generations. These stories demonstrate that bodies may be enslaved but minds cannot.

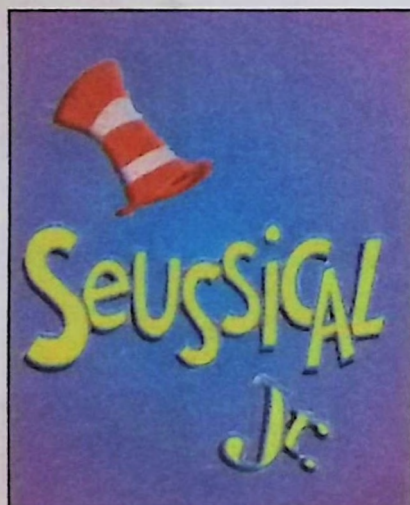
february 9

Saturday at 11 a.m.

425-255-2330

Renton History Museum
235 Mill Ave. S.

Admission: RHS members are admitted free



january 4
through 6

Seussical Jr.

Call for show times

206-617-2152

Carco Theatre
1717 Maple Valley Hwy.
Admission: \$10 per person



january 15

Reflections Award
Ceremony

Tuesday at 7 p.m.

425-235-6288

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

Admission: Free



january 24

Communities in Schools
Benefit Dinner

Thursday at 6 p.m.

425-204-2408

Renton Senior Activity Center
211 Burnett Ave. N.

Admission: \$35 per person

Admission: \$10 per person

upcoming events



Senior Snowflake Ball

"Dancing in a Winter Wonderland"...magical, dreamy and elegant. Dress up in glamorous gowns and debonair suits to join us for this special evening of socializing and dancing under glistening white lights. Hearty hors d'oeuvres and delectable desserts will be available throughout the evening. Harley Brumbaugh and his six-piece band are the featured entertainment for this formal affair.

January 18

Friday from 6 p.m. to 8 p.m.

425-430-6729

Renton Senior Activity Center
211 Burnett Ave. N.

Admission: \$10 per person

Valley Community Players: Spider's Web

Clarissa, the second wife of Henry Hailsham-Brown, is adept at spinning tales of adventure for their bored diplomatic circle. When a murder takes place in her drawing room she finds live drama much harder to cope with, especially since she suspects someone she knows. Moreover, Henry is arriving with a VIP who might take a dim view of murder. The murderer is unmasked by the time Henry arrives and all is "normal" but with no refreshments for their guest. A classic Agatha Christie Whodunit!

February 1 through 17

Check www.valleycommunityplayers.org for show-times / 425-226-5190

Carco Theatre / 1717
Maple Valley Hwy.

Admission: \$15/adult;
\$14/seniors and students



RTC Scholarship Dinner: HAWAIIAN LUAU

Net proceeds from the Hawaiian Luau benefit the Renton Technical College Foundation's culinary scholarships and endowment and provides general scholarship dollars. Culinary students will prepare six dishes in the Hawaiian tradition and wines will be selected to complement the menu. A silent auction is also part of the festivities. Sponsored by IKEA of Renton, The Boeing Company, Kent Station, and King and Bunny's Discount TV and Appliance.

February 8

Friday from 6:30
p.m. to 9 p.m.

425-235-2352
ext. 5728

Renton Technical College
Roberts Campus Center
Building
3000 N.E. 4th St.

Admission: \$50 per person

Ring in the New Year



Garland SINCE 1963
Jewelers Inc.

814 S. 3rd St., Renton
425.255.5101

Open Monday thru Saturday
www.GarlandJewelers.com

WHISTLE STOP
PALE HOUSE

We are your friendly neighborhood pub

18 Beers on tap

809 S 4th Street, Renton
425.277.3039
www.whistlestopalehouse.com

US
BLACK BELT ACADEMY

Tae Kwon Do Offers:

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

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

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

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

Kamal Tumber
Residential Real Estate

kamaltumber@johnlscott.com 206.715.2471

WELLS FARGO HOME MORTGAGE

Financing Provided By

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

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

Pickled Onion

February 03, 2008
4th Annual Superbowl Party!
Prizes and Giveaways

Go Hawks!!! Go Huskies!!! 5 big screen TV's!

Happy Hour 4:00pm - 6:00pm
\$2.50 Wells and Domestic Pints
Daily Lunch Specials & Friday Dinner Specials

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

1314 Union Avenue NE
Renton, WA 98059
(425) 271-3629

Open 10:00am-2:00am Daily
Open early for live games, & ppv
www.pickledonionpub.com

calendar of events

FUN FOR YOUTH IN FEBRUARY

Renton Hoop Shoot

Sunday, Feb. 10 at 4 p.m. (ages 6-10);
5 p.m. (ages 11-14)



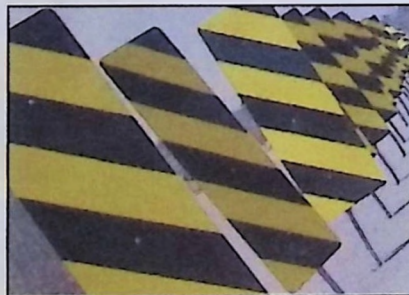
Boys and girls can test their basketball free-throw skills at the Renton Community Center. Participants will compete in separate age divisions: 6-8, 9-10, 11-12 and 13-14. The top two finishers from each age group will advance to compete against other area winners. Pre-registration required. Register for class No. 43671.

Renton Community Center
1715 Maple Valley Hwy.

425-430-6700

Admission: Free

www.rentonwa.gov



"Play It Safe" Festival

Thursday, Feb. 21 from 11:30 a.m. to 1:30 p.m.

Four Alarm Alert—Calling all kids 12 and under (along with parent/guardian) to the Renton Community Center to learn about playing it safe with headliners from the Renton Police Department K-9 Unit, Valley Medical Center, and others. Activities will be hands-on and interactive. Take home a goody bag, treats, and more. For adults, as part of Renton Heart Month, fire and emergency services staff will be on hand for free blood pressure and blood sugar screening.

Renton Community Center
1715 Maple Valley Hwy.

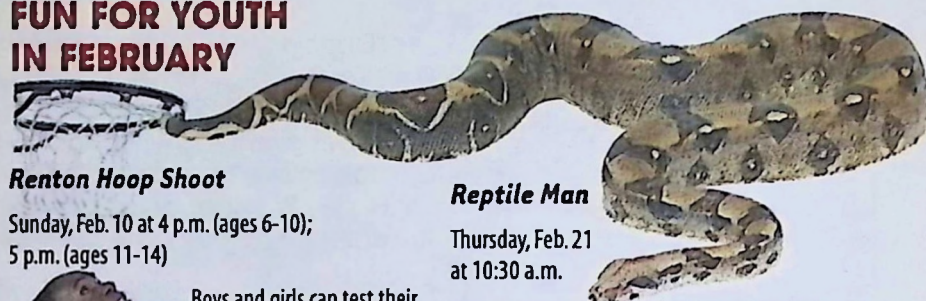
425-430-6700

Admission: Free

www.rentonwa.gov

Reptile Man

Thursday, Feb. 21
at 10:30 a.m.



Scott Peterson, the Reptile Man, visits the Renton Community Center to display reptiles from around the world. Pet a gator, hug a boa and see more than 15 other animals on display. Peterson is known for his spot on Disney's nationally televised "Bill Nye, The Science Guy." He's performed at more than 800 schools in the Northwest.

Renton Community Center
1715 Maple Valley Hwy.

425-430-6700 / www.rentonwa.gov

Admission: Free

BLACK HISTORY MONTH



Susan Noyes Platt

Tuesday, Feb. 12 at 4:30 p.m.

"Four African American Artists Working in Washington State since 1945: James W. Washington, Jr., Jacob Lawrence, Barbara Thomas, Marita Dingus." Susan Noyes Platt explores these artists in their historical, social, and political context, including reference to the history of African Americans in Washington State.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: RHS members admitted free

www.rentonhistory.org



Lisa Brown photo

Choklate

Saturday, Feb. 23 at 7:30 p.m.

When talented soul singer Choklate relocated to Seattle four years ago from southern California, she immediately became involved with the local hip-hop and R&B scene. Choklate's performance will include a full, live band plus a DJ who will perform throughout the set and during intermission.

Carco Theatre
1717 Maple Valley Hwy.

425-430-6751 / www.rentonwa.gov

Admission: \$10 per ticket

RENTON SCHOOL EVENTS



Band Winter Concert (with sixth grade orchestra)

Tuesday, Jan. 22 at 7 p.m.

McKnight Middle School
1200 Edmonds Ave. N.E.

425-204-3600

Admission: Free

Dimmitt Middle School

12320 80th Ave. S.

425-204-2846

www.renton.wednet.edu/schools/dms.htm

Sixth Grade Concert

Wednesday, Jan. 23 at 7 p.m.

Admission: Free

Seventh and Eight Grade Concert

Thursday, Jan. 24 at 7 p.m.

Admission: Free

SENIOR EVENTS

Renton Senior Activity Center

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

www.rentonwa.gov/living/default.aspx?id=40



Speaker: How Reverse Mortgage Works

Tuesday, Jan. 22 at 12:30 p.m.

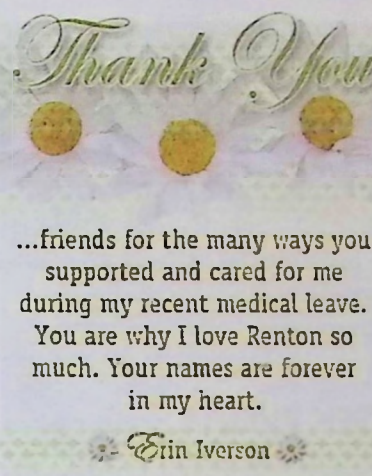
Sam Khoury, FHA reverse mortgage specialist with Amtec Funding Group, LLC, will address the frequently asked questions and misunderstood facts about FHA reversed mortgages. The reverse mortgage program is designed for seniors 62 years and older who own their own homes. Homeowners can receive payments in a lump sum, on a monthly basis or on an occasional basis as a line of credit.

Admission: Free

Valentine's Day Celebration Luncheon

Thursday, Feb. 14 from 10 a.m. to 11:15 a.m.

Wear red or pink and come with a warm heart for



now open
happy delusions
handcrafted treasures

crafters, jewelers, designers
& artists wanted!

11am - 5pm / T, W, Th & Sun
11am - 7pm / Fri & Sat
Closed Mondays

924 S. 3rd Ave S. / 425.255.6073

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 Office: Bloomington, IL
P05R006 03/05

PLUM DELICIOUS FAMILY RESTAURANT

Your neighborhood kitchen



BREAKFAST ALL DAY
Voted best breakfast
3 years in a row
- Renton Reporter

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

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

AMERICAN
HOMESTYLE COOKING

FULL SERVICE
BAR MENU

PRIME RIB,
STEAKS, SALMON

NOW SERVING LATTES
AND MOCHAS

Renton Highlands ★ 3212 NE Sunset Blvd

425.255.8510 Open 7 Days

www.plumdelicious.net

calendar of events

CALENDAR from page 7

the "Day of Love." Lunch will be served at 11:30 a.m. Advance tickets are required and will be available in the recreation office beginning Jan. 14.

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



Valentine Dance

Friday, Feb. 15 from 4 p.m. to 7 p.m.

Put on your reds and pinks and for this festive evening. We will be serving spaghetti and a delicious Valentine treat for dessert. Evan and Charlie Brown will play for our listening and dancing pleasure. Tickets will go on sale Jan. 22 and must

be purchased by Feb. 13. Supper will be served from 4-5 p.m.

Admission: \$6

TEEN EVENTS



Friday Night on the Slopes

Friday, Jan. 18 and 25 from 3:30 p.m. to 11:30 p.m.

This event is for 11 to 17-year-old skiers and snowboarders. Course fee covers transportation and supervision. Participants will be responsible for lift

tickets and dinner on their own (sack dinners are recommended). No instruction provided. Trips may be cancelled due to bad weather.

Renton Community Center
1715 Maple Valley Hwy.

425-430-6700

Admission: \$20 for residents; \$24 for non-residents

www.rentonwa.gov

Seattle Sonics Game

Friday, Feb. 22 from 6 p.m. to 11 p.m.

This event is for 11 to 17-year-olds. Leave the driving to us and cheer on Kevin Durant and the rest of the Seattle Sonics as they play against the Portland Trailblazers. After the game, hit the floor and shoot free throws. Participants must provide their own money for food and souvenirs. Meet at North Highlands Neighborhood Center.

North Highlands Neighborhood Center
3000 N.E. 16th St.

425-430-6700

Admission: \$25 for residents;

\$30 for non-residents

www.rentonwa.gov



When was the
last time you felt
spoiled by your
bank?

We invite you to experience our level of service.
We think you'll feel the difference!

FIRST SAVINGS BANK 
INVEST IN POSSIBILITIES

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

Member of the First Financial Northwest Family of Companies



Planned obsolescence makes me wonder



KIRBY UNTI

*I*t started with the dishwasher. One evening we went to run it and there was no response. Nothing, nada, zero! The usual lights wouldn't light up and the buttons commanded no response.

A call to the repair man the next day and \$85 later, we learned it was a bad control panel.

"Oh, by the way," we said to the repairman. "While you are here would you mind looking at the dryer and washing machine? The dryer is taking way too long to dry and the washing machine is far nosier than we would like."

Needless to say, I had my fill of appliances for the day when Kim said to me, "My garage door opener doesn't work anymore." No problem, I thought to myself. A new battery and we will be back in business.

Wrong! The next step was to switch it out with the opener that we store in the junk box. Another new battery and we would be back in business. No such luck. After checking the Internet and a call to the Sears Repair Center, I discovered they no longer make the replacement parts for

our opener. It will make for a great project the first of the year. Meanwhile we have to walk through the house to open the garage door.

It was a bad day but we were not yet through. The furnace would go out next. It would happen on one of the coldest nights of the year, and we had nine college students spending the weekend. Thank goodness we had the gas fireplace to take the chill off the house.

The next minor disaster would be the new coffee pot. It grinds the beans just fine, but the basket fails to swing completely into place, meaning the whole operation has to be done manually.

Then there is the mantel clock that refused to keep time even with a new battery. Fortunately this was one that I could fix on my own and so far so good. I am just waiting for the next shoe to fall. Odds are it will be the hot water tank or the refrigerator.

We are living in a world of planned obsolescence. We are living in a throw-away society. If it doesn't work, it's often less expensive just to pitch it as long as you don't factor in the cost to the environment.

I can tell you, if I were a rich man I would be tempted to start all over again and replace everything. Maybe we would be blessed with a decade of trouble-free living. But we don't have that kind of disposable income, so we will fix what we can when we can and live with what we have to while we have to.

I think this is a good analogy for what it means to start a new year. The New Year traditionally invites us to reflect upon our lives, renew our priorities and make a concerted effort to improve the quality of life.

Have a great New Year and may the best of life be waiting for you.

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

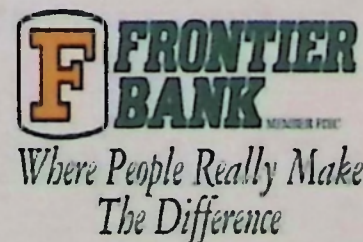
Business Check Card



If you are a business owner who wants convenient purchasing power without the hassle of checks, **Frontier Bank's Business Check Card** may be the solution.

Our **Business Check Card** provides flexibility in managing your company's money, and comes with many benefits, including the ability to earn points redeemable for travel and merchandise through **Frontier Rewards**.

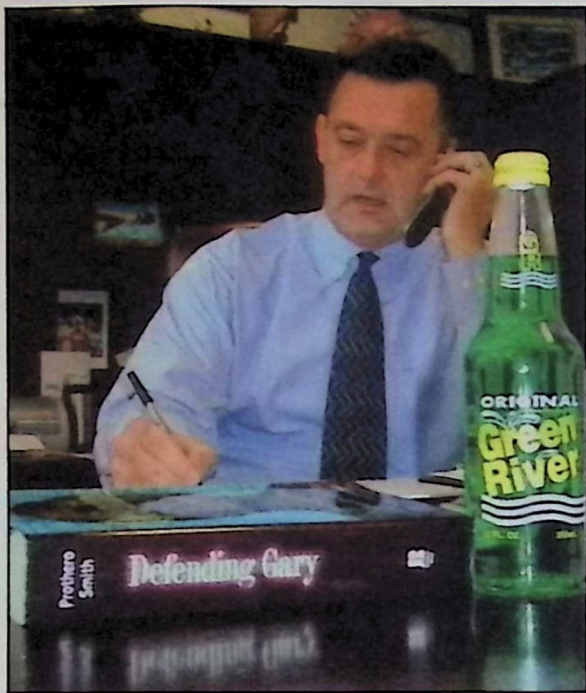
Stop by any of our offices for more information.



For the Frontier Bank office nearest you call: 888-779-4801

or visit us online at: www.frontierbank.com

Member FDIC



Mark Prothero talks on the phone in his law office, a copy of his book about Green River Killer Gary Ridgway in the foreground.

MARK PROTHERO:

LIFE AFTER THE GREEN RIVER KILLER CASE

Story by DAVID SUFFIA / Photos by Diana Kramer

Gary Ridgway.

Prothero is a 1974 graduate of Renton High School, a graduate of the University of Washington, a former swimming star and now a high school swimming coach, and a very successful attorney.

Gary Ridgway is the Green River Killer, in prison for life.

Prothero was Ridgway's co-lead defense attorney when the Auburn truck painter was convicted in 2003 of murdering 48 prostitutes. Ridgway may have killed many more women than that and has said he isn't sure how many. Prothero kept Ridgway's jacket as a memento of the notorious trial.

The jacket once hung loose in his Kent law office. Now it is framed under glass.

"No one wanted to put on Ridgway's jacket," says Mike Hanis, also a RHS grad from 1965 and Prothero's

law partner. "It was just too creepy, so Mark had it framed."

Prothero and Hanis are partners at Hanis Greaney Prothero law offices in Kent, but their roots and their hearts are in Renton. Hanis practiced law in Renton for 28 years before opening the new firm in Kent. Prothero was a King County public defender for 20 years before joining Hanis three years ago. Both still actively support Renton High School.

"The Green River Killer case was assigned to me," Prothero recalls. "It was just an alignment of the stars. The public defender's office had literally drawn straws out of a hat to see who would be the office's forensic DNA guy. I drew the assignment."

Because of his expertise in that field, Prothero drew the task of representing Ridgway, an assignment that thrust the attorney into the limelight. It was a once-in-a-

*H*anging on the wall of Mark Prothero's law office is a jacket no one wants to try on, not even Prothero. Embroidered on the jacket front is the name of a truck manufacturer, and underneath that is the name



In Plain View: Seattle

Photography by Kathy Smith

ISBN 1-59849-020-6 \$19.95

Available at Borders, Barnes & Noble
amazon.com / photoeye.com
kathysmithphotos.com



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

—Howard Giske, Curator of Photography
Museum of History and Industry Seattle, WA



Limited Edition 8X8 Gelatin Silver Prints
Available online www.kathysmithphotos.com

ALL THINGS WINE

GREAT WINTER WINES

Fat Tuesdays ~ Everything 5% off 2 or more bottles
Friday night informal tasting 5:30pm and later

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

www.AllThingsWineOnline.com

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

Uptown

GLASSWORKS

Holiday Hangover Sale!

Starts January 4th

30% - 50% off
all seasonal glass
items

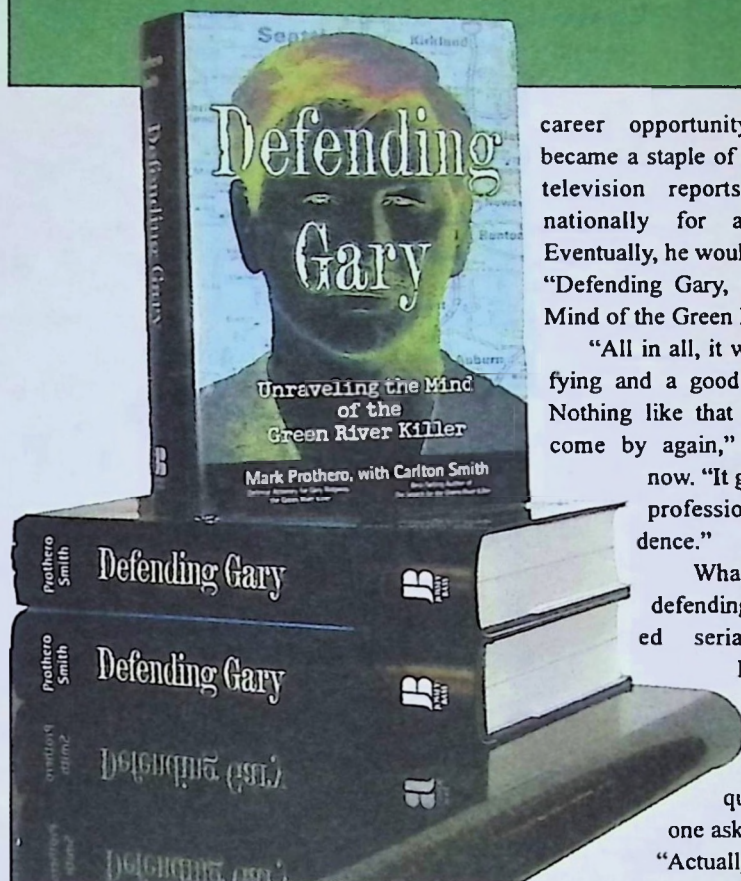
230 Main Ave. S.
in downtown Renton

Come visit us!
uptownglassworks.com

425.228.1849

Actually, Gary was one of the top three nicest guys I've represented. He's not a creepy guy.

- Mark Prothero, Kent attorney



career opportunity. His name became a staple of newspaper and television reports locally and nationally for a long time. Eventually, he would write a book, "Defending Gary, Unraveling the Mind of the Green River Killer."

"All in all, it was really gratifying and a good thing for me. Nothing like that case will ever come by again," Prothero says now. "It gave me a lot of professional confidence."

What was it like defending a cold-blooded serial killer? Is Ridgway evil? Does he lack a conscience? The questions everyone asks Prothero. "Actually, Gary was one

of the top three nicest guys I've represented. He's not a creepy guy. He always had goofy jokes to tell and he never had a complaint, not even now in prison. He still writes me letters.

"I still have some lingering confusion in my mind about him. I figured he was guilty but I kept saying to myself, 'You're too nice to be a mass murderer.'"

Prothero says Ridgway has an IQ of around 80 and "a narrow emotional range. I'm not sure he had a conscience before, but he seemed to develop one." He thinks Ridgway felt bad that he brought shame on his family.

"When some of the family members of the murdered women forgave him, it hit him, struck a chord with him. He expected the families to hate him; he didn't expect some of them to forgive him," Prothero says.

Some have suggested Ridgway was on a messianic mission to rid the world of prostitutes.

"That was a prosecution theory," Prothero says. "It's not true. Gary picked on prostitutes as victims because they were easy to get to and it was easy to get away with killing them."

"I call him a serial savant. He was very good at killing prostitutes and avoiding capture."

These days Prothero's legal career is much less hectic and much lower profile. He is part of the criminal defense team at Hanis Greaney Prothero, handling cases that range from petty crime to rape and robbery.

He's also the swimming coach at Kentwood High School, although he plans to stop coaching at the end of this season.

"A lot of clients are surprised to learn that the swimming coach and the Ridgway defender are the same guy," Hanis says.

"My daughter is a high school swimmer," Prothero says, "and I want to go watch her swim in college starting next year."

Luxury AND Convenience

IN RENTON



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





DISCOVER *The* POINTE OF DISTINCTION

Model Home Open Daily | 425.226.6983

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

buchan.com

JOHN F. BUCHAN

HOMES

Some of Renton's past still

Story by David Suffia / Photos by Denis Law

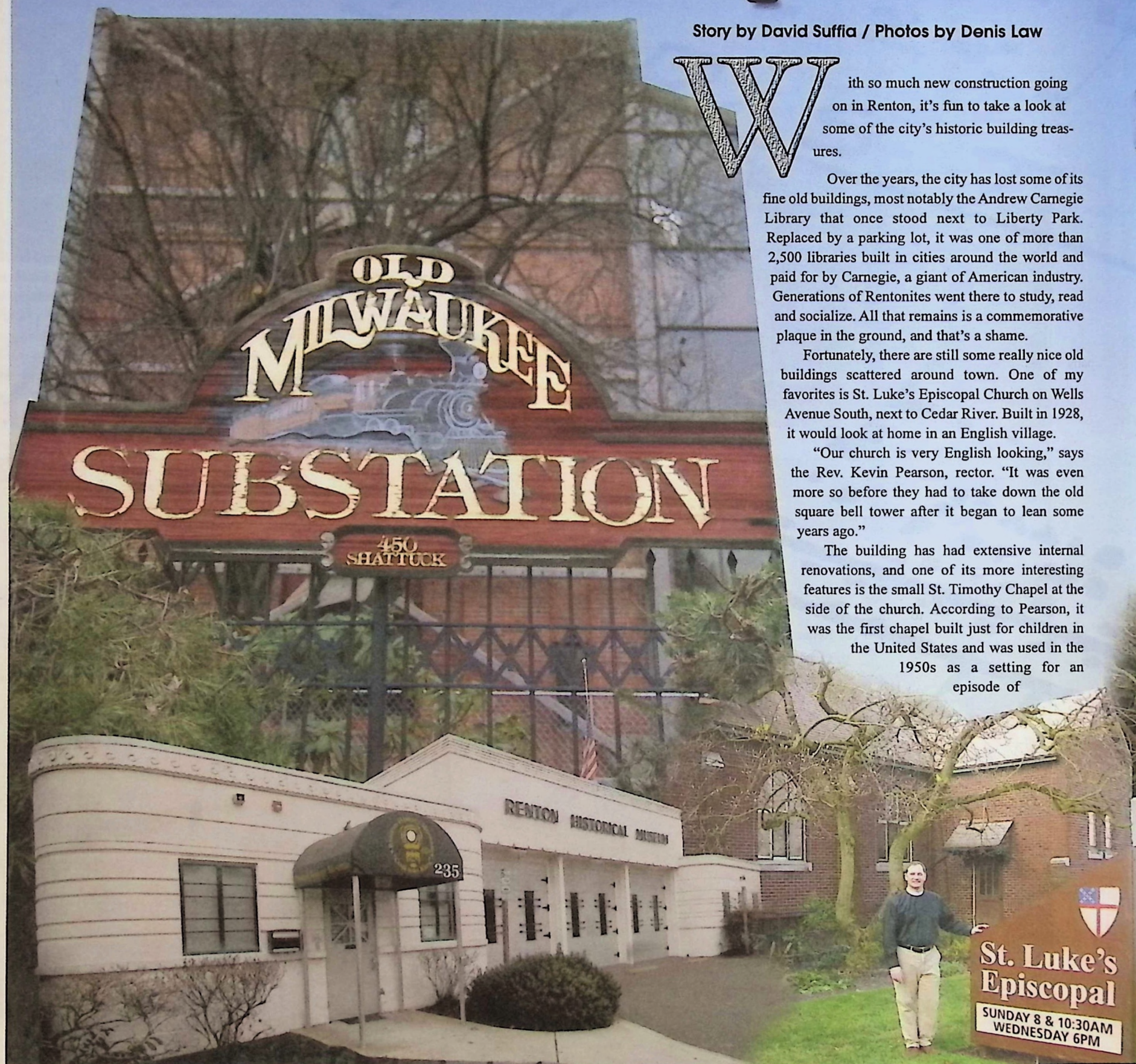
With so much new construction going on in Renton, it's fun to take a look at some of the city's historic building treasures.

Over the years, the city has lost some of its fine old buildings, most notably the Andrew Carnegie Library that once stood next to Liberty Park. Replaced by a parking lot, it was one of more than 2,500 libraries built in cities around the world and paid for by Carnegie, a giant of American industry. Generations of Rentonites went there to study, read and socialize. All that remains is a commemorative plaque in the ground, and that's a shame.

Fortunately, there are still some really nice old buildings scattered around town. One of my favorites is St. Luke's Episcopal Church on Wells Avenue South, next to Cedar River. Built in 1928, it would look at home in an English village.

"Our church is very English looking," says the Rev. Kevin Pearson, rector. "It was even more so before they had to take down the old square bell tower after it began to lean some years ago."

The building has had extensive internal renovations, and one of its more interesting features is the small St. Timothy Chapel at the side of the church. According to Pearson, it was the first chapel built just for children in the United States and was used in the 1950s as a setting for an episode of



lives in fine old architecture

the Mickey Mouse Club.

Near Liberty Park are three other old favorites of mine not far apart. One is the old Snoqualmie Falls Power Co. transformer station at 1025 S. 3rd St., at the base of Renton Hill. Now occupied by Renton Area Youth and Family Services and the Renton Clothes Bank, the three-story structure was Renton's first brick building, and the only brick building built prior to 1906 that's still standing.

Built in 1898, it originally housed three 13,500-kilowatt transformers, supplying power to Seattle and Tacoma. It was sold to Jay Holmes in 1949 and housed his electrical contracting company for years.

Just across the street at 235 Mill Ave. S. is the old Renton Fire Station, an art deco design that was built between 1940 and 1942 by the federal Works Project Administration. Now the home of the Renton History Museum, the building was designed by Ivan M. Palmaw, a Russian immigrant and nephew of the last impe-

rial architect of Russia. The first station to house
p a i d ,

full-time firemen, to me it looks kind of like a giant birthday cake. The inside is stuffed with displays and archives of Renton's past.

Around the corner at 230 S. Main St. is the Uptown Glassworks, in another art deco building from the 1920s. It used to house the OK Garage and Auto Repair, and before that the OK Livery.

Over on the south side of Liberty Park is the "Sweet Shop," so called because it once housed a candy store. Built by volunteers, it is the oldest city-owned building and today is used by the city's Parks Division. I think it looks like a fine old Craftsman-style home. When I was a kid it had a window where you could buy soda pop and snacks.

The old Milwaukee Substation No. 27 at 435 Shattuck Ave. S. was one of 28 substations built by the Milwaukee Railroad around 1916 to provide power to run electric trains. The brick building was scheduled to be demolished but was saved from the wrecking ball in 1976 and converted into an office building.

Of course no short list of historically pleasing buildings in Renton would be complete without mentioning Renton High School. The three-story

combination of Tudor and Gothic styles was built in 1932 as an addition to the original high school. The latter was razed in 1941.

At one point, there was talk of demolishing and replacing RHS, but reason prevailed and it was saved in a major renovation project beginning in 2000.

There are many other fine old buildings in Renton, including a number of private homes, but these few really stand out for me.





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

John Galluzzo,
Agent



FARMERS

Gets you back where you belong.*
433 Park Ave. N., Renton WA 98055 jgalluzzo@farmersagent.com

SPECIALIZING IN PREMIUM WASHINGTON WINES

THE MET COFFEE & WINE BAR

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

JANUARY WINE TASTINGS

10" Washington Wine Co.	24" Sapolil Cellars
17" Barnard Griffin Winery	31" Foundry Vineyards

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

Chiropractor

A Premier
Doctor of Chiropractic
in The Pacific Northwest



34 Years of Service

Office located:
620 SW Sunset Blvd
Renton, WA 98057
Call: 425-255-6202

Dr. Rodney Handly D.C.
www.handlyclinic.com

Personalized
customer service

Fresh, natural
meats



**Comfort
food starts here!**

Fabulous roasts and stews
begin with our fresh, natural
meats, devoid of hormones,
antibiotics and
steroids.

Open
Tuesday
thru Saturday,
9am - 6pm

Try our
smoked sausage,
pepperoni & beef jerky.

5325 NE 4th, Renton | 425.226.2422

renton museum

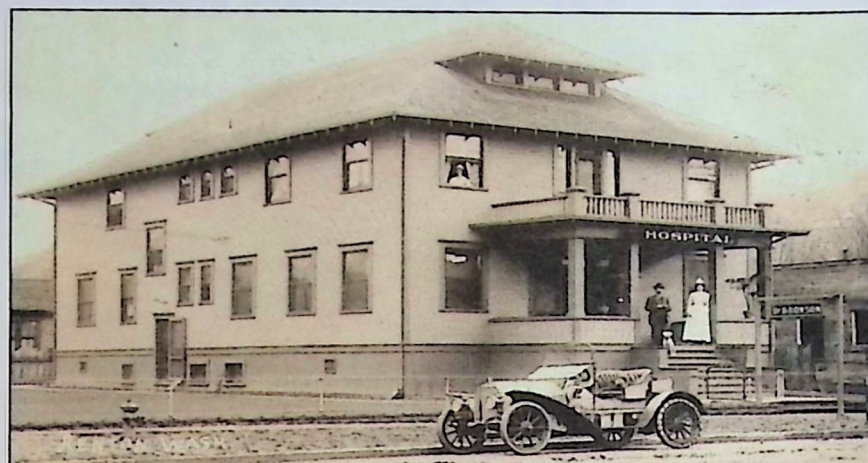


PHOTO COURTESY OF RENTON HISTORY MUSEUM / #1997.038.0506

Many of Renton's babies came into the world in Dr. Bronson's hospital.

Logbook leaves a record of compassionate care

BY ELIZABETH P. STEWART

The Renton History Museum occasionally lucks into some amazingly rich research resources. In 1998 museum staff received a call informing us that the former home of Dr. Hugh Adams was about to be torn down and there might some objects to be rescued. One of these fragile objects was the first patient logbook from Dr. Adolph Bronson's hospital. Every patient who checked into the hospital between 1911 and 1922 had his or her name and information recorded longhand in this book, preserving a wealth of information about the life of the young city.

We forget how dangerous life was for the men and women who worked here in the early days. The logbook records hundreds of work-related accidents, like that of W. O. Canfield, a brick wheeler for the Denny Renton Clay and Coal Co., who came in with burns to his feet, face, and hands in 1913 and later died of his injuries. Even the boss was not immune from injury. In September 1917 mine foreman Robert Alexander was admitted after an electrical shock, along with miners Morris Riffero and Emil Cullerson.

In the 1910s many residents were starting new lives far from home, and entries in the logbook hint at the emotional toll this took.

Martin Tornus, a farmer in Coal

Creek, was brought in by his wife Olivia twenty-one times between 1912 and 1918 for alcoholism. Census records reveal that he started life in Stillwater, Minn., in a prosperous home with four servants. Sometime between 1910 and 1912 he moved to Seattle by himself to work in a bank; a year later Olivia had joined him on a farm. By 1920 they had given up and returned to Minnesota, where both were jobless. Ironically, his son was a salesman in a liquor store.

Such patients underline the extraordinary compassion that Dr. Bronson must have offered his troubled patients.

But the cases weren't all sad. Back when Bronson's was the only hospital between North Bend and Seattle, many women were "confined" in the hospital for the birth of their babies. Twenty-one-year old Agnes Edwards had Bernice, the first of her three children, in 1913; ten years later Agnes would become Renton's first woman city treasurer.

Another entry indicates that the doctor's wife Fern welcomed "Baby Bronson" (Carl) in March 1914. In 1984 the museum hosted a gathering of these "Bronson babies."

These are just a few of the stories told by this remarkable piece of Renton history.

Elizabeth P. Stewart is the director of the
Renton History Museum.
(425) 255-2330, info@rentonhistory.org.

around the garden



Ignore your garden, but not your houseplants

BY ELAINE ANDERSON

January is the one month you can actually ignore your garden. If you didn't get your bulbs planted in December, you should probably cross that off your to-do list. And, nothing has started growing yet.

However, your houseplants may very well need your attention. Are they looking puny instead of perky? Check for pests. If you move your plants outside during the warm months, they are in danger of becoming infested with fungus gnats, spider mites, and other guests you'd rather not welcome into your home and onto your other plants. In fact, moving houseplants outdoors is the most common cause of infestation. Ideally, you would have taken care of this before you moved them back inside, but...

Pests can often be removed by picking them off or by knocking them off with a stream of water. (Use this method only on sturdy plants.) Make sure the insects don't just retreat into the soil to escape the water. You might need to combine the pick method with the water treatment for best results.

Insecticidal soaps and horticulture oils are an effective way to manage houseplant pests. Be certain to read labels carefully before applying. Don't be tempted to substitute household products for these soaps

and oils, because they may either harm the plant or be ineffective in controlling the pest.

Lower light levels can also be stressful to indoor plants. Move them to a place that receives more natural light or provide supplemental lighting. There's no need to purchase special lights, plain old incandescent bulbs work quite well. I don't move my plants during the winter. I focus my reading lamps in their direction and leave them lit except on that rare sunny day. Don't be tempted to scoot your plants right up to the window glass or they'll suffer from the cold.

There's no need to fertilize non-flowering plants during the winter months. Applying fertilizer to plants whose growth has slowed may burn their roots. It's best to cut back on watering this month, too, or you may promote root rot.

Use the winter months to give serious thought to keeping your houseplants in the house come summer. Remember, odds are that plants outside = pests inside.

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 indoor plants and other gardening topics, call the Master Gardener Phone Clinic at 206-296-3440.

World Class Education | High Student Achievement



Kennydale Elementary School
opened in 2006

Keeping Promises
to Taxpayers

COMPLETING PROJECTS
ON-TIME
ON-BUDGET



RENTON

Renton School District | www.renton.wednet.edu | 425.204.2345

Gentle Family DENTISTRY

J. MICHAEL HARDY, DDS

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

J. MICHAEL HARDY, DDS
Family and Cosmetic Dentistry

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

For your fleet and personal auto needs

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

Denny Hamilton,
Fleet Manager
dennyfleet@aol.com

Please call for appointment
425-830-8411

150 SW 7th St.

Bob Bridge
TOYOTA • SCION

Denny Hamilton
Fleet Manager

Knittery

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

601 S. Grady Way
425-228-4694
www.the-knittery.com

Store Hours:
Monday-Saturday 10-6
Closed Sunday

HANIS IRVINE PROTHERO

ATTORNEYS AT LAW

A full-service law
firm serving South
King County and
North Pierce
County with roots
in Renton
(Renton High grads and
residents).

PLEASE CONTACT US REGARDING ASSISTANCE WITH:

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

BRIAN J. HANIS | 253-520-5000 | bhanis@hiplawfirm.com
6703 S. 234TH ST., SUITE 300, KENT, WA 98032



Pets need to come in if it's cold outside

Old weather means it's time to give special attention to pets, both inside and outdoors. Here are some tips for maintaining an animal's comfort and well-being through the winter:

When the temperatures reach sub-zero, it's time to give the outdoor cat and dog a break and invite them in, even if it's in the garage. This goes for all cats and dogs including northern breeds like Siberian huskies or Malamutes unless they have been acclimated to the cold.

"Inside" doesn't mean letting dogs and cats in and out of a warm house. Abrupt temperature contrasts can

increase the risk of some infectious diseases. Consider housing animals in the shelter of a well-built doghouse or bringing them into a tool shed or garage.

When taking inside animals out to go potty, stay out with them. If it's cold enough for you to go inside, it probably is too cold for the pet to stay out much longer as well. When pets come in from outside, wipe their paws and underside, making certain there are no ice balls clinging between the toes or on the sole of the foot.

For outside dogs, make certain shelters are clean, dry and well insulated with straw, wood shavings, or a blanket. Animals drag a lot of moisture onto their bedding from every trip outside in the snow. Plan on changing the bedding as frequently as necessary or simply placing cloth bedding in the dryer for a warm-up. Position the shelter opening, which should have a door flap, away from the direction in which snow and wind usually come.

Outdoor cats will seek warmth, and sometimes this includes near or

on a car engine. When the car is started, they can be seriously injured or killed. Before starting the engine, rap on the hood a couple of times to chase cats from beneath the hood.

Pets that walk on sidewalks, driveways or streets can pick up rock salt, ice and other chemicals on their foot pads. Each time they are brought in, make certain to wipe all four feet thoroughly. There is a tendency for them to lick the chemical off their feet, which can cause an inflammation of the digestive tract.

Keep a close eye on your pet's outside water. Pet stores sell heated bowls, which can prevent water from freezing. Animals should always have an abundant source of clean water—not ice—in any weather.

Short-coated breeds like greyhounds, Boston terriers, and Chihuahuas might benefit from a protective sweater before taking them outside. They will become chilled quickly. Sweaters are not a substitute for shelter, and wet sweaters actually remove more heat

from an animal than they conserve.

Be particularly careful with elderly, arthritic pets outside. They will become stiff and tender quickly and may find it difficult to move about in the snow or ice. Keep them tethered tightly to your side if the route to the yard is icy. A bad slip can cause a ruptured spinal disc, broken leg or other major injuries.

If a pond or lake is nearby, don't allow pets to run loose without some forethought on your part. They may head for thin ice and fall through, especially if they are not familiar with icy ponds. It is very difficult to escape these watery hazards and equally challenging for you to reach the site safely.

Nutrition is a particularly important. Outdoor pets require more calories in the winter to generate energy to ward off the cold. Add 10 to 15 percent more to a pet's daily diet to meet those needs. Another way to meet cold weather calorie requirements is by adding some fats to regular rations. Be careful, though. Fats can lead to diarrhea and dehydration if too much is added.



Now Open To Serve You

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

* Some restrictions apply; call for details

8-8 Monday – Friday | 8-2 Saturday
425-255-3371 | www.AHCCmed.com

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

Hello Renton!

Our new office is now open!

We're very proud of our new office and the many ways it will make it easier than ever to meet your insurance needs. Stop by for a visit!



American Family Mutual Insurance Company and its Subsidiaries
Home Office - Madison, WI 53703

© 2006 002143-3.01



David Washington, Agent
3155 NE Sunset Blvd
Renton, WA 98056
(425) 271-8354
dvwashington@amfam.com
www.davidwashingtonagency.com

Aces Tennis

REGISTER NOW

USTA Teams

Now registering!

Call Now!

For more info email:
info@acestennis.net

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

www.AcesTennis.net
425.235.9495

Renton mentoring program needs a few more male heroes

BY ANDREW FICKES

To know you have a friend is a wonderful feeling. For students in the Renton School District who are matched with a mentor, it means all the difference in the world. But girls are more likely to enjoy that difference.

Out of the 106 mentors in the Renton School District mentoring program, only 33 are men, says program manager Erin Iverson. Many young boys desperately need a male role model in their lives, she says, and male mentors have doubled up and even tripled to fill the need.

"My wish would be to add 100 new male mentors to our program this year," she says.

The Comcast Foundation recently gave a \$25,000 award to be shared between the Communities in Schools organizations of Renton and Kent. The money will help finance the "Become a Mentor, Be a Hero" advertising campaign recruit male mentors. The campaign will feature Seahawks running back Shaun Alexander and include television, print, outdoor and cinema ads.

High school sophomore Kevin Bosley knows what it's like to have a male mentor. Doug Johnson, an EMT for the Seattle Fire



PHOTO COURTESY OF COMMUNITIES IN SCHOOLS

Shaun Alexander, center, with mentor Doug Johnson, left, and mentee Kevin Bosley.

Department, has been his mentor for six years.

"I like spending time with Doug, because he listens more than he talks. Doug has taught me how to have respect for people," says Kevin.

Johnson began mentoring at the suggestion of his wife, an elementary school teacher in the Renton district. At the time, Kevin had no male role model in his life. Johnson said Kevin's grades went up and behavioral problems diminished during his middle school years.

"His teachers would come to me and tell me how well Kevin was doing."

Now Kevin is a percussionist in the Renton High School band and plays basketball. Last summer Kevin and Johnson met Alexander, who is a national spokesman for Communities in Schools.

"I'll never forget how Kevin's face lit up when he shook the running back's hand," said Johnson.

School board president Lynn Desmarais has managed to work mentoring in with her duties as a school board member.

"You get so much for such a small investment," she says. "Once you establish that relationship it makes you feel good. You've got a

new friend. And the time spent is so special to the student. They always remember when you're coming."

Desmarais and Nadine, her former mentee of seven years, were among 12 mentor/mentee pairs in the state to receive the "Champions of Mentoring" award through Washington State Mentors last spring. Iverson nominated the pair.

"Lynn's dedication to Nadine never wavered. She's been solid and consistent for her and was always there to listen," said Iverson. "They have a very good friendship."

As her award, Desmarais was given a chance to play the role of the grandmother during one performance of the Pacific Northwest Ballet's "Nutcracker." Family and friends were in the audience.

Desmarais said Nadine is a true leader and very smart. She, in fact, referred herself to the mentor program, something that's rarely done.

"I remember she used to love to play tetherball during elementary school," Desmarais says. "I'd have to trim my nails each week to make sure I was ready."

Events acknowledge mentors' importance

Several occasions this month will celebrate school mentoring programs. On Jan. 9 and 10, Renton School District mentor program manager Erin Iverson will host celebrations from noon to 1 p.m. at city hall. On Jan. 24, National Thank Your Mentor Day, the Communities in Schools of Renton will host an annual benefit dinner at the Renton Senior Activity Center. Renton's mayor will read a proclamation recognizing the day, and in Olympia, a celebration will be held in the capitol rotunda.



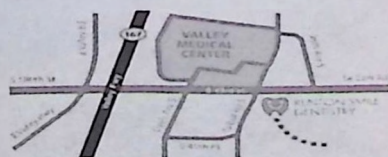
Smile Dentistry | RENTON

JEFF S. KEH, D.M.D.

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

425.687.8860

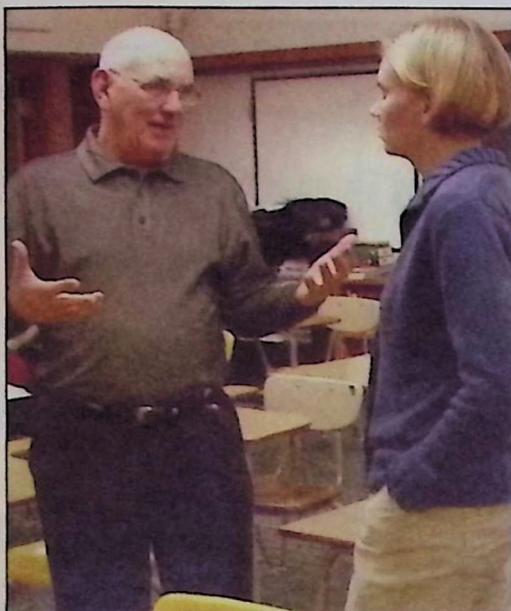
www.rentonsmile.com



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

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





RENTON MAGAZINE / Andrew Fickes

Bob Bridge talks with Katelyn Hubert about his ideas for the math tutor program at Lindbergh High School.

BY ANDREW FICKES

Renton businessman Bob Bridge is certain that his company's future is dependent on today's students,

Bob Bridge inspires Renton schools' math tutor program, invests in it

and he's determined to invest his money accordingly.

The president and owner of Bob Bridge Toyota is giving cash gifts with no strings attached to each of Renton's schools, and he's funding a pilot program to tutor high school students in math.

"I see education as really a local responsibility," says Bridge. "We can't expect the government to do everything."

Bridge will invest close to \$25,000 in the Bob Bridge Math Initiative, a tutoring program that will partner pay University of Washington math and science majors with to tutor 25 Lindbergh High School students.

A core group of Lindbergh High School students are hoping to get a boost in their math scores thanks to the generous deed of a longtime Renton business owner.

Bob Bridge, 60, president and owner of Bob Bridge Toyota, is financially supporting what is being touted as the Bob Bridge Math initiative. It is a first-of-its-kind math tutor program joining University of Washington math and science majors with students at Lindbergh.

If the program is a success, Bridge says the model could be duplicated at other schools and in other districts. Bridge would like to see the program grow.

"If this tutoring program is successful, I think we can organize it school system wide," he says. "We can go to other

businesses in town and ask them to sponsor a tutor. Small businesses could sponsor five to ten tutors. Larger businesses could do 30 to 40."

Out of his own pocket, Bridge will pay each tutor \$30 an hour once a week for one-on-one tutoring. In mid-December, 10 to 15 tutors had been screened and selected. Sixty Lindbergh students applied to the program, but because of the program's narrow focus only 25 were selected. Many tutors are doubling up.

In total, Bridge will give close to \$25,000 to the pilot program. He's hoping other business owners will help out if and when the program expands for the 25 slots in the program.

Katelyn Hubert, chairwoman of the Lindbergh math department, says whittling down the 60 students applicants to 25 wasn't easy.

"I focused on students that who were committing committed to improving but were struggling at quizzes and tests," she says.

Hubert was floored by Bridge's generosity.

"I was just blown away," she says. "It's absolutely fabulous and I'm so grateful. I feel very honored that Lindbergh was chosen."

Bridge, 60, remembers a time when math for him was a struggle.



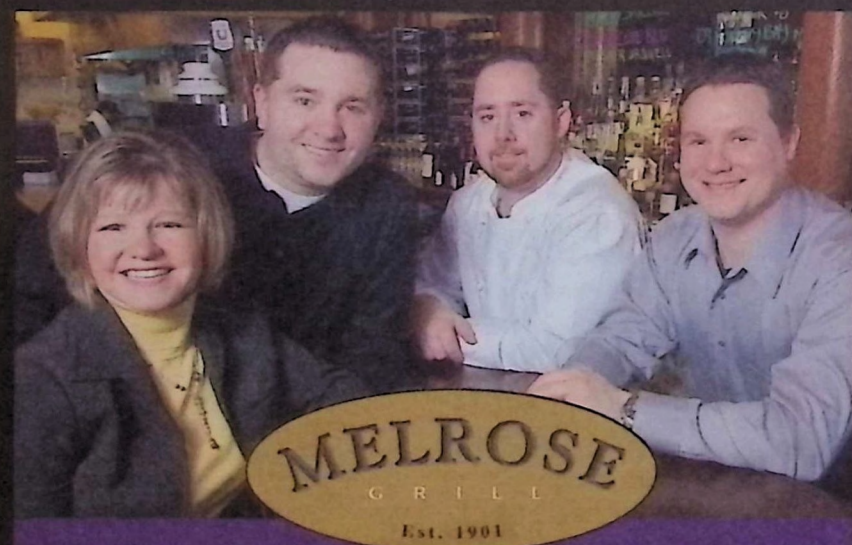
ARMONDO'S
café italiano

"A Renton
Family
Tradition
for Twenty
Years"



425.228.0759
www.armondos.com

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



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

425.254.0759

**A GREAT NEIGHBORHOOD
STEAKHOUSE**

... the future success of my company depends on the people they're teaching right now. ~Bob Bridge

"As I look back on my education, it was in ninth grade that we had to take Algebra 1 and I struggled," he says. "You had to get a C or better to go on to geometry and trig in the next year, and I got a D.

"This meant I couldn't proceed on," he says. "I had two choices: either finish out high school taking general math courses or repeat the class for a better grade. I was fortunate enough to repeat it and I got an A.

"I got A's and B's all the way through college and graduate school, and I think that time in my life was a turning point," he says. "You can be very successful and have never taken Algebra 1, but going down the stream in math to the best you can opens up a whole group of jobs that otherwise might not be open."

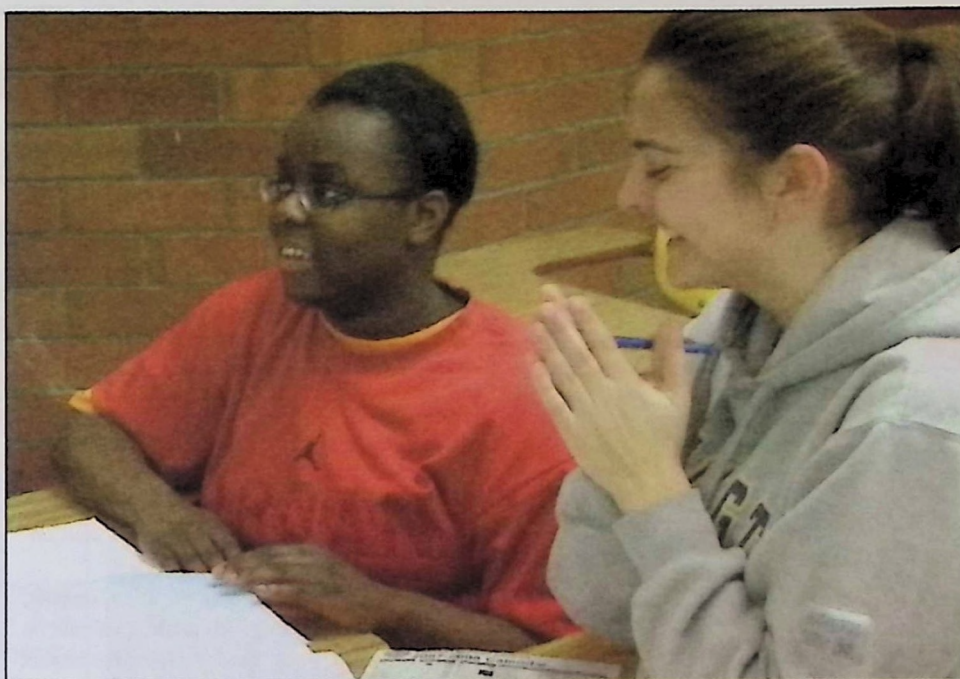
Bridge's tutor program started on Tuesday, Dec. 11 When the tutoring program began in December, Takia Gordon, a sophomore struggling to pass her geometry class, was there taking pointers from UW junior Courtney Harris.

Takia wants wanted a tutor, because she said, becuase her mother can't couldn't remember geometry and she has no siblings to help her.

"My goal is to pass this class, so I don't have to take summer school, and also pass the WASL test," she says.

Hubert said she will monitor the success of the program and said even the AP Statistics teacher has volunteered their class to gauge students grades and performance.

Meanwhile, Bridge has also given a salute to teachers in the Renton School District. He plans to visit all 22 schools in the Renton district and present a check to each: \$500 for each elementary school and \$1,000 for middle



RENTON MAGAZINE / Andrew Fickes

Lindbergh sophomore Takia Gordon, left, receives help with her geometry lessons from her tutor Courtney Harris, a University of Washington junior.

and high schoolsschool. Elementary schools will receive \$500 each; middle school and high school will each receive \$1,000. He wants schools to be creative in how they spend the gift. He began this endeavor last fall.

"Many of my employees have been educat-

ed in the Renton School District," he says. "Many of their former teachers are still teaching in Renton schools and as I talk to some of these teachers, I say that in a very specific way the future success of my company depends on the people they're teaching right now."



Glenn Knowle

Specializing in Kenndale & the Greater Renton Area

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



Linda Knowle

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



1302 North 30th Street
www.kenndalerealty.com
425.277.1717

AuPairCare LIVE-IN CHILDCARE

- Experienced, well-trained au pairs from around the world
- Surprisingly affordable at about \$7 an hour

International au pairs. Quality childcare



800.428.7247



www.aupaircare.com

we do it
fresh

Cugini
Florists

teleflora

59.95

(425) 255-3900 (800) 733-3901
Order online: www.cugini.com

**Marcie
MAXWELL**

Maximum Real Estate Service

Associate Broker, Realtor, CRS

Windermere



Why Marcie...

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

2004, 2005, 2006, 2007
Five Star Agent

Best In Client
Satisfaction winner!

Marcie Maxwell

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

Sierra Heights school lunch leftovers go to the worms, for the environment

BY ANDREW FICKES

Sierra Heights Elementary students will begin feeding their lunch leftovers to worms this month, but it's not necessarily a commentary on the quality of the food. It's part of a pilot project aimed at reducing land-fill waste and raising awareness of environmental issues.

The project is the idea of Brian Teppner, who teaches a fourth-fifth grade combination class. In an attempt to make a positive impact on the environment, teacher Brian Teppner and his fourth and fifth grade combination class at Sierra Heights Elementary are embarking on a project to help their school reduce the amount of waste exported from their cafeteria to the landfill.

Teppner, a former professional landscaper and National Board Certified teacher, was once a professional landscaper and said the idea to take on a project of this size came to him when Teppner says he's been thinking about this project ever since he first started teaching at Sierra Heights eight years ago.

"It's been something I've wanted to be involved in for some time, but just hadn't found time to do it," he said. "One of my daughters is in my class this year, though, and so it just felt right to take it on. I wanted to be a role model as a dad and as a teacher."

To get the ball rolling, Teppner approached the King County Solid Waste's Green Schools program last spring for assistance.

The Green Schools program, which began in 2004, started as a resource to schools in the greater Seattle area beginning in 2004, helps schools in the greater Seattle area achieve with waste reduction and conserve energy and water.

The Sierra Heights program will focus on reducing biomass dumped into the landfill, said Teppner. "Our focus is on the reduction of biomass into the landfill," says Teppner of his school's efforts.

To finance Sierra Heights' pilot program, Teppner's program qualified for an \$8,000 grant from the state Department of Ecology. He also received additional funding from the PTSA. The Green School's Schools program will provide up to 80 percent of the recycling containers and also recycling labels informing to tell students and staff what can and cannot be recycled.



RENTON MAGAZINE / Andrew Fickes

Teacher Brian Teppner and students Jeremy Thiessen, left, and Derrick Demers sift through food items for the worms.

By the end of this month, Teppner said the school will have a "vermocomposter," with as many as 50,000 worms in it, behind the staff parking lot. In theThe, worms will eat away the food waste and provide turn it into compost for the school's soil to be used on the school grounds. The worm supply will grow to as much as 50,000 worms. Teppner says it takes a pound of worms, which is 2,000 worms, — about 2,000 of them — to consume a half- a pound of food.

"Food waste composes about 30 to 50 percent of the school's garbage at Sierra Heights," said Green School's director Dale Alekel. "Students will be diverting the food waste from the lunchroom garbage into the 'vermocomposter,' reducing food waste. It's a wonderful educational tool."

In early December, Teppner's class students explained the program to the student body at an assembly. Instructed the student body at an assembly on how the program would operate, what they could expect, and how they would all be a part of it.

At each of the five lunch periods, after winter break, Teppner says four of Teppner's students will responsible for guiding their peers in a uniform through the process of emptying liquids, recycling, emptying identifying appropriate food waste for the worms, and dumping the rest in the garbage. There will be a container for

each, and. Students students will then measure what is collected.

"Students will slowly learn what is good to bring to lunch, based on what is recyclable or edible for the worms," Teppner says. "We'll learn which hot lunches incur a lot of waste and cut back on those. It will be totally student run. That's important to me."

By spring of 2009, Teppner says his grant period will expire and he'll go before the Department of Ecology to report on what the school learned and if the program would be applicable for other schools.

"Part of the end product is educating others and replicating the process elsewhere," he says.

An ultimate goal for Teppner is to use the compost from the worms to fertilize a school garden where vegetables and herbs would be grown.

"I'd like our students to grow crops and give to the local food bank."

Sierra Heights' principal Nanci Davis is a great supporter of the program, believing wholeheartedly in the value to the students' visions that this could be the start of something big.

"We need to conserve and recycle and it's for the benefit of all, not just for our school," she says. "We just hope that children become aware and pass it on to their parents. And eventually we would like to see it done throughout the district."

Renton School District good news announcements

Students learn science

Teachers in the Hillcrest Special Education Inclusive-Model Preschool program are working to improve science instruction and learning for preschoolers. Teachers are training to use the Young Scientist Series "Building Structures," which is an inquiry-based science curriculum for young children. The program was developed through a four-year grant from the National Science Foundation. Hillcrest teacher Becky Haver, a National Board Certified Teacher, received a \$5,000 Leadership Network Grant from the National Board Certification program to pay for the teacher training hours as well as science training for classroom assistants.

Student voice for the arts

Lindbergh High School senior Dalla Amin was recently appointed to the City of Renton's Municipal Arts Commission. Dalla will serve a three-year term on the board, offering a youth's insight and voice, while representing diversity throughout Renton's art community. Dalla said she applied to serve on the commission because of Renton's beauty, its appreciation for artist expression, and to represent the creative and artistic insights of Renton's youth.

Mentor, student honored

Renton School Board president Lynn Desmarais and her student mentee Nadine, a junior at Lindbergh High School, were recently honored by the Washington State Mentors Association as Champions of Mentoring. They were nominated Communities in Schools of Renton and were selected because of their longstanding commitment to each other and the mentor program. They have worked together for more than seven years, beginning when Nadine attended Cascade Elementary School. As

part of the award, Desmarais had a walk-on role as the grandmother in the Dec. 8 performance of the Pacific Northwest Ballet's "Nutcracker." Her family and friends also received tickets to the event.

New scholarship for disabled students

The Lindbergh Memorial Scholarship Committee has announced a new scholarship opportunity for Lindbergh seniors with learning disabilities. The Jeremy Gidlund Memorial Scholarship was established by friends, family and the Lindbergh community for students who face the challenges of having a disability, who set career goals and are committed to completing a post secondary degree, have demonstrated perseverance, embrace new opportunities, and have a well rounded perspective. Jeremy Gidlund was a member of the Lindbergh Class of 2005. His family said his years at Lindbergh were memorable, and that staff and students remember his winning smile and eagerness to please.

Students practice giving

Renton's three comprehensive high schools recently completed the initial phase of the annual Spirit of Giving Drive. The schools created Thanksgiving baskets that included enough food for a large family and Safeway gift cards. Hazen High created baskets for 133 families; Renton High, 48 families, and Lindbergh High, 29. The second phase of the program will be a clothing drive planned for late winter and early spring.

These Good News Announcements are prepared by the Renton School District Community Relations department.

Contributions may be offered by contacting Randy Matheson at 425-204-2345 or at randy.matheson@renton.wednet.edu.



nelson
general & family
dentistry

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

253 • 852 • 0206
www.jacynelsondds.com

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

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



*Up to six units of crown/bridge/veneer.
New patients only. Must complete
new patient exam, cleaning and
necessary x-rays. Must mention
this ad when calling. Offer
expires 1/31/03.

Renton Technical College Foundation Hawaiian Luau Scholarship Dinner & Annual Auction at Renton Technical College

Enjoy authentic Hawaiian
food prepared by Renton
Technical College Culinary
Students, music,
entertainment and auction
in a fun-filled evening
to raise funds for
scholarship programs.

February 8, 2008
6:30-9:00 P.M.
Roberts Campus Center

Please call 425-235-2352 x 5728 to make reservations. | www.RTC.edu

Make Some Financial Resolutions - AND STICK TO THEM

If you make a New Year's resolution, and you don't follow through on it, what are the consequences? It all depends. If you vow to learn French, but you never get past "Oui, mademoiselle," your life will probably go on pretty much as before (unless, of course, you're now living in France). But if you make some financial resolutions, and you abandon them, you could fall short of your long-term goals - such as a comfortable retirement.

Consequently, you'll want to set reasonable and attainable financial resolutions - and then discipline yourself to achieve them. What sort of resolutions might you make? Consider the following:

- **Boost your 401(k) contributions this year - and every year.** If your employer offers a 401(k) or similar retirement plan - such as a 403(b) or 457(b) - take full advantage of it. Your earnings have the potential to grow on a tax-deferred basis, and because you typically make pre-tax contributions, the more you invest, the lower your annual taxable income. Furthermore, you may have a dozen or more investment options within your plan, so you can tailor your choices to reflect your individual risk tolerance, goals and time horizon. If your salary goes up every year, increase your 401(k) contributions at the same time. Since the money will automatically be deducted from your paycheck, you shouldn't find it hard to keep this financial "resolution."
- **Contribute the maximum amount to your IRA.** Your traditional or Roth IRA can be a key part of your retirement savings. A traditional IRA can potentially grow tax deferred, while a Roth IRA's earnings have the potential to grow tax-free, provided you don't take withdrawals until you reach 59-1/2 and you've had your account at least five years. Unfortunately, many people don't fully fund their IRAs each year because they're intimidated by the contribution limits (\$5,000 per year or \$6,000 if you're over 50). But there's no need to fund your IRA all at once; you can do it incrementally. Why not write out a check to your IRA each time you get paid, or have the money automatically sent from your checking account? Again, it will be easier to keep this resolution if you don't have to work at it.
- **Build an emergency fund. This is worth the extra effort.** If you can put away six to 12 months' worth of living expenses in a liquid account, and only use the money for emergencies - car repairs, unexpected doctors' bills, etc. - you may be able to avoid dipping into your investments to pay for these costs. And the less you tap into your investments, the better.
- **Cut your debts.** Here's another resolution that sounds simple, but can be difficult to achieve. Every dollar that doesn't have to go for a debt payment can be invested for your future. In 2008, look for ways to cut costs, and strive to live within your means.
- **See a professional.** If you've never worked with a financial advisor, make 2008 the year to start. A qualified financial advisor can objectively evaluate your situation and suggest appropriate financial strategies for helping you achieve your long-term objectives.



Eugene Heuschel II, AAMS, Financial Advisor
15 South Grady Way, Suite 504, Renton 98057
www.edwardjones.com | 425.227.3294 Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

In 2003, you can help position yourself for financial success - for many New Years to come.

Public library is your Information Store



BY AARON OESTING

*I*n a world of endless demands it has become more difficult to find time to locate the high-quality, reliable information that we all need in our busy lives. How much time would it take you to find consumer ratings information for the new washer you want to buy, resources for your child's school proj-

ect, and information on marketing your home business? There is one place you can find all that and more, and the best part is that it is free – the Renton Public Library.

The library is staffed with highly trained professionals who know where to find the best sources for the information you need. Librarians, including me, get a great deal of satisfaction from helping people answer questions.

My colleagues and I work hard to build a collection of resources that will meet the needs of Renton's diverse community. Helping people use it is the fulfillment of that effort. We search for materials that present various sides of an issue or provide objec-

tive information about a topic. We do our best to anticipate what information people will need and then stock the library with the best resources, produced by authoritative sources.

To make things even simpler, the library is making its resources and services increasingly available online. On the library's home page (<http://library.rentonwa.gov>), there is a link to a selection of online commercial information databases that you can search from any Internet-connected computer using your library card number. There's no need for you to wade through dozens of hits from a Google search hoping to find correct information.

There is also a link labeled,

"Ask a Librarian," that allows you to write an email information request to the librarians, who will send you an answer within 24 hours. So, you can search for or ask for information without coming to the library. If you'd rather come to us, the resources you need will be waiting for you.

Ultimately, our goal is to be the place you turn to for information. With the time you save by using the library, you can enjoy that new bestseller you have wanted to read. Oh yeah, we have that too!

Aaron Oesting is assistant library director for the Renton Public Library.

Our advertising really works!

"I was just blown away by the response to the ad in *Renton Magazine* for our China business trip. The response far exceeded our expectations, allowing us to nearly triple the size of the tour. We could have sold even more."



Bill Taylor
President/CEO
Renton Chamber of Commerce



"It's been great for us. Out of all the things we do (and we have a minimal budget), we get the most response from our ad in *Renton Magazine*. We ask new customers how they find us, and they say it's the magazine. I think it's a well-read magazine and really hits the right people. It's always interesting. We enjoy reading it."

Ted Coffman
Shawn and Ted's Meats

"The *Renton Magazine* has proven to be an excellent marketing vehicle. I'm very pleased with the sales response we get from our ads. And I've had many positive comments about its editorial content."



King Parker
King & Bunnys Appliances



"We love *Renton Magazine*! This ad has brought us more great clients than any ad we've ever run. Our modest investment has really helped build our business. It's a quality ad and brings us terrific clients."

Liz & Heather Ellis
Salon on 4th & Boutique

Call us today to put *Renton Magazine* to work for you!
425.271.9300 | DianaKramer@RentonMagazine.com

How to make this New Year's resolutions stick

The first week of January is the busiest of the year for every fitness center and athletic club in town as people try to make good on their New Year's resolutions.

Let me offer a few tips for making good on this year's resolutions.

- Formulate a plan right now.
- Set realistic incremental goals with a time line for each goal.
- Put it all in writing and post it at your desk, or on your bathroom mirror or refrigerator.
- Engage someone who can hold you accountable to stay on course.
- Remain flexible when life inevitably throws you a curve ball that will take you temporarily off track.
- Schedule monthly appointments with yourself to review your performance and celebrate the small victories.

If you are still waffling on where to focus your efforts

in 2008, here are five of the more popular resolutions along with suggested resources to help you achieve your goals:

1. Tame the Bulge: More than 66 percent of Americans are overweight or obese. Two excellent websites for dieting help are "Obesity Education Initiative" at http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/control.htm#part2 and "Northwest Obesity Prevention Project" at <http://depts.washington.edu/obesity/wtloss.html>.

2. Fit in Fitness: Regular exercise has been associated with more health benefits than almost anything else. If you aren't committed to using your health club membership, consider the 10,000 steps program found on the "Shape Up America" web site <http://www.shapeup.org/shape/steps.php>.

3. Help Others: Volunteerism creates a bond that strengthens communities and brings comfort and



Dr. Bob
Thompson

resources to those in greatest need. This year, join a local civic organization or service club. Search for volunteer opportunities at www.volunteermatch.org.

4. Get Organized: Managing complex work and home environments can be overwhelming. There is a Seattle Chapter of the National Association of Professional Organizers whose members can help eliminate some of the chaos. Their website is <http://www.seattlenapo.com/>.

5. Spend More Time with Family & Friends: No website for this one. Get out your calendar now and set up dates throughout the year for visiting those you care about. Invite your family and friends for Sunday brunch or Friday game night. Take dance lessons or buy season tickets together for the symphony or live theater.

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

Sleep easy at night.

Refinance your
Adjustable Rate Mortgage to
our low fixed interest rate,
and rest assured.

Call us today and find out how!

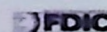
FIRST SAVINGS BANK

INVEST IN POSSIBILITIES



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

Member of the First Financial Northwest Family of Companies

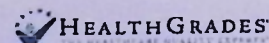


She changed her clothes. For life.

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



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



Find out more by calling **425.251.5111**, or by visiting us at www.valleymed.org/services/bariatric.

FREE INFORMATIONAL SEMINARS

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

Wednesday, January 9.....6 pm-7 pm

Saturday, January 26 10 am-11 am

Wednesday, February 6.....6 pm-7 pm

Saturday, February 23..... 10 am-11 am

Location: Valley Medical Center
Medical Arts Center, 1st Floor
400 South 43rd Street
Renton, WA 98058

Please call to register.



**WASHINGTON BARIATRIC
& WEIGHT LOSS CENTER**

www.valleymed.org



Valley Medical Center

Remarkable things happen here.

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