

Volume 6 / No 3 March 2011

RENTON *Magazine*



Face-to-face
with artist's work
page 2

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publisher's note

The recent events in the Middle East seem unexpected and startling.

It is so easy to view a distant country and assume that things are the way they are because that is what people want. And yet, recent unrest shows that the desire for significant change has been just below the surface. And in more than one country.

It's too early to tell how the recent events in the Middle East will play out, except that change is inevitable. Clearly, some rulers will hold on to their position and power more dearly than others.

Did we think the Egyptians, Tunisians, Libyans and others were happy? Or simply resigned to living as they were?

We know that people are different from the pictures painted by the media. Yet, when the media is our only source of information, it is easy to accept the picture and frame handed

to us. Even with today's Internet, it can be time-consuming to find information beyond major newscasts. This is made more challenging when groups speak different languages.

But it's important to respect that images created by media go both ways. Do other cultures think Americans are as blood-thirsty and power-hungry as some of our popular movies indicate? Are we Rambo or gun-toting cowboys?

I don't think we are like our worst movies, and I don't think Middle Easterners are like their worst pictures, either. We're people. We live in different circumstances and use different lan-



Diana Kramer
PUBLISHER

guages perhaps, but we are similar in many ways.

Two basic tenets help me define the world: most people yearn to be free, and some leaders are willing to use a multitude of strategies to maintain power, including force against their fellow citizens.

This plays out in smaller ways in our own communities. We live in a complex society. Many who live here may never learn English. Our lack of communication keeps us distant, strange to each other and suspicious. I've never been able to understand the few who act against their neighbors because of events they hear about in distant lands.

Maybe going forward, shared communication will let us do a better job of respecting and celebrating the common goals of common people.

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cover:

David Shenk creates faces from flat sheets of metal. He uses an assortment of tools, including tiny hammers. He believes that each person is an important member of the human race, and all are needed. "And, if one member rejoices we all can rejoice with them, and if one member suffers, we all suffer with them," Shenk says. See story page 8. Photo by James Bavendam.

important phone #'s

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425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Renton Library
425.226.6043

Renton Highlands Library
425.277.1831

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
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Renton Museum
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Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

now
playing

February 25-March 12

Agatha Christie

The Mousetrap

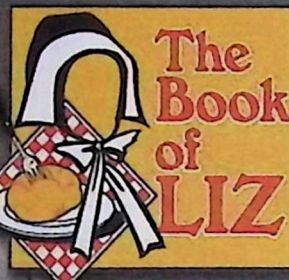
This Agatha Christie classic thriller finds a group of strangers stranded in a boarding house during a storm. One of them is a murderer.

Thursdays, 7:30 p.m.
Fridays & Saturdays, 8 p.m.
Sundays, 2 p.m.

425-226-5529

Renton Civic Theater
507 South Third St.

Admission: \$22 adults/
\$17 senior & student



Sunday and Monday,
7:30 p.m.

Renton Civic Theater
507 S. 3rd St.

425-226-5529

www.rentoncivictheater.org

Admission: \$15

MARCH 6-7

THE BOOK OF LIZ

Humor writers and satirists

David and Amy Sedaris

(brother and sister) wrote

this tongue-in-cheek com-

edy about Cluster Haven, an

Amish-like community known

as Squeamish.

upcoming events



March 15

FINDING AUNT PHOEBE

Performed by Mary Michaelson

In Honor of Women's Suffrage and Women's History Month, Mary Michaelson presents, "Finding Aunt Phoebe: My Search for the True Life of Phoebe Goodell Judson." Judson co-founded the town of Lynden, Wash., with her husband Holden Allen Judson in 1870. She lived in Lynden until her death in 1926 at age 94, less than two months after publishing her memoir, "A Pioneer's Search for an Ideal Home." Appropriate for teenage audiences and up.

Tuesday, 5 p.m.

www.rentonwa.gov

Renton History Museum
235 Mill Ave S.

425-255-2330

Admission: \$3 adults/
\$1 children/
free to members



March 26

JOYAS MESTIZAS

(photo courtesy of Gabriel Bienchyski)

An evening of vibrant music and dance celebrates the culture of Mexico. The non-profit South Seattle organization, Joyas Mestizas, promotes awareness, appreciation and understanding of the cultures of Mexico and Latin America.

Saturday, 6 p.m.

206-604-4550

IKEA Performing Arts Center
400 S. 2nd St

www.joyasmestizas.org

Admission: \$10

save the date

**GARAGE
SALE**

community garage sale

april
23

Give your place a clean sweep and sell those items that have been collecting dust. Rent is \$25 for a 10-by-10-foot space and \$10 for a table to use in your space. Space is limited, and egestion is required.

Saturday,
9 a.m.-1 p.m.
425-430-6700
Admission: Free

Renton Community Center
1715 S.E. Maple
Valley Highway

upcoming events



March 12 & 13

FANCY NANCY/ PETER AND THE WOLF

Evergreen City Ballet brings a favorite children's storybook character, Fancy Nancy, to life. Set and costume design are based on the work of illustrator Robin Preiss Glasser. Along with the Fancy Nancy story will be a performance of the classic story, "Peter and the Wolf" in a program designed to introduce the art of dance and music to children of all ages.

Saturday & Sunday, 1:30 p.m. & 5:30 p.m.

ECB Black Box Theater
2230 Lind Ave. S.W., Suite 109

425-228-6800

www.evergreencityballet.org

Admission: \$18 adult/\$10 student



March 13

RENTON CITY CONCERT BAND WINTER CONCERT

The program will feature Leonard Bernstein's Overture to "Candide," Robert Russell Bennett's "Victory at Sea," as well as alto saxophone soloist, Julie Johnson, performing David Bennett's "Latinata".

Sunday, 3 p.m.

Caron Theater
1717 S.E. Maple Valley Highway

425-430-6700

Ticket prices: \$10 adults/
\$7 seniors & students



March 19

RENTON ROTARY AUCTION

The theme for this year's annual auction is "Raising a FORTUNE for our Community." Renton Rotary supports the Renton Rotary-Salvation Army Food Bank, high school and Renton Technical College scholarships, Rotacare free medical clinic, dictionaries for elementary students and a variety of other charitable works.

Saturday, 5:30 p.m.

Tea Palace Restaurant
2828 Sunset Lane N.E.

425-226-2484

daniel.hammes@erau.edu

Admission: \$60

calendar of events

ARTS

David Shenk Exhibit

March 1-31, Mondays-Fridays, 9 a.m.-5 p.m.

Renton Municipal Arts Commission hosts Renton artist David Shenk. His sculptures are on display at Carco Theatre. The artist will be on hand for a reception Saturday, March 12, from 5-7 p.m.

Carco Theatre
1717 S.E. Maple Valley Highway

425-430-6706

Admission: Free

PRESCHOOL ACTIVITIES

Tower Lanes Field Trip

Friday, March 11, 9:30 a.m.-2:30 p.m.

Children will try bowling and a round of mini-golf at the entertainment center. This trip includes a slice of pizza and pop for everyone.

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

425-430-6700

Admission: \$18 adult/\$18 child

Alphabet Adventures

March 23-April 13
Wednesdays, 9:30-10:30 a.m.

Children ages 3-5 will hear stories and do crafts as they learn the ABCs. Children may attend without parents. A supply fee of \$6 is paid to the instructor.

Renton Community Center
1715 S.E. Maple Valley Highway

425-440-6700

Admission: \$30 resident/\$36 non-resident

YOUTH ACTIVITIES

Culinary Creations

March 3-April 14
Thursdays, 5:30-6:45 p.m.

Kids, ages 10-15, can cook and eat the meal before going home with the recipe to try on their families. Supply fee of \$15

is paid to the certified teacher.

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

425-430-6700

Admission: \$35 resident/\$42 non-resident

Beginning Guitar

March 3-April 7
Thursdays, 6-6:50 p.m.

This class is designed for the beginner, ages 12-17, who has no musical background and wants to learn the basics of how to play or get a head start on private lessons. Students need to bring their own acoustic or electric guitar.

Renton Community Center
1715 S.E. Maple Valley Highway

425-440-6700

Admission: \$68 resident/\$82 non-resident

Basic Drawing

Saturdays, March 5-April 16, 10-11:15 a.m.

Students, ages 6 to 10, can practice with line drawing and shading while using pencil, charcoal and ink. This class is for beginners and those who would like more experience. All materials provided.

Renton Community Center
1715 S.E. Maple Valley Highway

425-440-6700

Admission: \$68 resident/\$82 non-resident

ADULT ACTIVITIES

Basic Guitar

March 3-April 7, Thursdays, 7-7:50 p.m.

This class is for the beginner, ages 18 and up, who has no musical background and wants to learn the basics of how to play or get a head-start on private lessons. Students need to bring their own acoustic or electric guitar.

Renton Community Center
1715 S.E. Maple Valley Highway

425-440-6700

Admission: \$68 resident/\$82 non-resident

SENIOR ACTIVITIES

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

National Banana Cream Pie Day Luncheon

Thursday, March 3, 11 a.m.

How many bananas you can throw into the bucket? The winner will receive a prize and the rest will enjoy banana cream pie for dessert.

Admission: \$3 donation over 60/\$6 charge under 60

Senior Stage Revue Meeting

Wednesday, March 9, 10-11 a.m.

This is a mandatory meeting for those interested in being in the Senior Revue. Singers, dancers, comedy acts, musicians, are welcome to bring ideas. Show dates are Thursday, May 12, and Friday, May 13.

Admission: Free

'50s Dinner and Dance

Wednesday, March 16, 4:30-7 p.m.

Remember the 1950s, fast cars, juke boxes blaring, and hamburgers and milkshakes with hamburgers, french fries, and root beer floats. Tickets are required and will be on sale Feb. 1-March 10.

Admission: \$2

St. Patrick's Day Luncheon

Thursday, March 17, 11 a.m.

Betty's Irish Ballroom Dancers will entertain during lunch. A "blameyful" dessert will follow.

Admission: \$3 donation over 60/\$6 charge under 60

Housing Fair for Senior Citizens

Tuesday, March 22, noon

Representatives from Renton area senior housing communities will be available to answer questions about retirement homes, assisted living communities, senior apartments, low-income hous-

ing, housing placement advisors and the Renton Housing Repair Assistance Program.

Admission: Free

Coca Cola Invention Commemoration

Tuesday, March 29, 11 a.m.

Everyone will receive a Coke float for dessert and can play ring around the Coke bottle.

Admission: \$3 donation over 60/\$6 charge under 60

ON STAGE

Renton High School Orchestra Concert

Thursday, March 10, 7 p.m.

IKEA Performing Arts Center
400 2nd Ave. S.

425-204-3400

Admission: Free

Lindbergh/Nelsen Concerts

Bands - Tuesday, March 22, 7 p.m.

Orchestras - Tuesday, March 29, 7 p.m.

See and hear the student musicians of the Lindbergh and Nelsen bands and orchestra.

Lindbergh Auditorium
16426 - 128th Ave. S.E.

425-204-3200

Admission: Free

RENTON LIBRARY

100 Mill Ave. S.

Caspar Babypants- This is Fun!

Wednesday, March 23, 10:30 a.m.

Chris Ballew, lead singer of The Presidents of the United States of America, will perform simple songs that children, ages 2 to 5, can sing with their parents to reinforce many concepts related to early literacy.

Admission: Free

Sing Into Reading

Saturday, March 26, 10 a.m.

Adults can discover how music, simple props and songs can help build the six early literacy skills necessary to help prepare young children to read.

Admission: Free

HIGHLANDS LIBRARY

2902 N.E. 12th St.

Music Making 101 using 'GarageBand'

Tuesdays, March 8 and 15, 3:30

Teens will have an opportunity to create, edit and share music using the Apple program, "GarageBand." Space is limited.

Admission: Free

Clear Your Clutter

Thursday, March 10, 7-9 p.m.

Karen Roehl of Clear Living, Inc. will teach how to create a peaceful and supportive space that nourishes the spirit and satisfies your need for organization.

Admission: Free

FAIRWOOD LIBRARY

17009 140th S.E.

Norman Rockwell and the American Dream

Tuesday, March 8, 7 p.m.

Art historian Susan Olds' presentation documents the major accomplishments of the legendary American illustrator as well as a glimpse of Rockwell's personal life. Sponsored by the Friends of the Fairwood Library.

Admission: Free

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

kirby unti



Just bear with us until spring

I should have been a bear. (Talk to my family members and they will tell you at times I am a real bear to live with.) Bears spend the winter months in hibernation. The truth be told, I hate the winter months. I am known to whine about how dark and cold it is. I have never sought a diagnosis but I am sure I suffer from Seasonal Affective Disorder.

There is nothing that gives me more joy than sleeping. I love to fall asleep. I love to lie in bed in the morning. I was one of those kids in kindergarten who thought pulling out our little rugs and having quiet time was a great idea. I continue to practice what I learned in kindergarten, as I am a frequent nap taker.

Sunday afternoon is where I hit the peak of good sleep. I come home from church, often skip lunch, and go right to bed. I fall into a deep and glorious sleep. I sometimes sleep past the dinner hour. The slug trail left on my pillow is hard evidence that I was in deep sleep.

The one thing that bothers me about sleeping is I am missing out on so much life. I really have to fight taking a nap when the sun is shining and the sky is blue. I have missed some great days behind closed shutters.

It may be that I am making up for my younger days as a pastor. I was highly motivated to do as much as I could do in those days. I thought that if I just got to work earlier I could get more done. I went through a time when the church neighbors were saying, "What were you doing at church in the wee hours of the morning?" It

took me a while before I learned that this method has a way of catching up with a person. Yet, I must confess I still flirt with the idea that I might be able to add an hour or two to my day.

Spring comes on March 20 this year, which means we will have just about an equal number of daylight and nighttime hours. The best part is, up until June 21 we will be adding a few minutes of daylight every day. I will again this year drive my family nuts by commenting every day, "Did you notice how light it was today?" It is far better to go to work in the light and return home in the light.

I have thought about moving to a warmer, sunnier climate, and in the dead of winter make all kinds of threats. But I know something about myself. I know that I need the dark, cold days of winter. I need the rhythm of change. I need all four seasons of life. For each season has a way of making every other season count.

So bear with those around you who are like me, who spend the winter complaining, who look with great anticipation upon the spring and who are in seventh heaven when summer comes or when they are sleeping.

I should have been a bear.

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



Kirby Unti
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GOING DOWN TO A

David Shenk

Sixteen years ago he was driving away from Ralph Brawley's shop in North Carolina. After resigning from a position with Boeing post-college, Shenk crossed the country looking for someone who did what he really wanted to do: craft metal.

"All my life I've done a lot of drawing; I've tried different types of art—I've done pottery, I've sculpted in clay, I always draw with pencils. I don't really go throughout a day without drawing something," Shenk relates.

His love for shiny sheets of bendable metal, however, didn't manifest itself until after he graduated from Western Washington University, where he was part of its award-winning Vehicle Research Institute.

There he designed and built chassis – the frames of cars – and shaped car models that got 70 miles to the gallon and went 200 miles an hour. Custom cars like these, and old-fashioned custom models Shenk also liked, required sheet metal, machines to shape them, and a whole lot of expertise. Having veered from his passion after college, a few thousand miles of road-trip drive time seemed a fair price to get it back.

It wasn't a straight shot, but eventually he ended up in expert metal craftsman Brawley's custom automotive shop. If metal were candy, this was a sweetshop for Shenk. In it he saw every machine and tool he would ever need to shape that shiny sheet into whatever design he wanted. Unfortunately, he couldn't find what else he'd hoped for: a job.

BUT ALL WAS NOT LOST.

"As I was driving away from that city and that town, I was thinking to myself, 'Well, what do I do now? I've seen what I'd like to do, and I don't have a way to get there, and I don't know what to do about it.' And as I was driving away a voice said to me, 'You know one day, David, you'll have everything you saw in Ralph Brawley's shop. But when you get it, it won't be the most important thing to

you,' which is absolutely true."

Shenk returned to Renton and to eventually earning enough to purchase and construct a shop larger than his home. Every single one of the machines and tools that allow him to hammer sheets of metal into striking likenesses of flesh and bone.

But true to the words he'd heard, the importance of its contents waned in importance.

In the face of difficult personal circumstances, Shenk didn't step foot in his shop for years. It was a spiritual awakening that resuscitated his creative life. He began to think of other applications for his skills that could honor his faith in God. Eventually, he tried hammer-sculpting human figures, and something clicked.

"To me the art isn't important enough to itself. If all it is to make something beautiful, it just doesn't matter to me anymore," he explains. "This is the best me as a human I can do, but God puts a brain in there and a soul in there and it moves and walks and thinks after many years."

Though Shenk has been an artist for years and had fiddled with the idea of full-time work, he's been hard at it only for a few years. Several sculpted faces now before him. He stands back, laughs, and chats like a friend. "That was my first ear. That was my first nose. That was my first open mouth. That was my first try at hair."

"Every face starts out as a flat sheet of metal and a few hundred thousand hammer blows later, it's the

"When I look at the whole range of human faces, even down to the most it's the

You might call it prophetic.
Artist David Shenk does.

BY SARAH ZUGSCHWERT

a metal into



later, an original, unique, sculpted face is finished. The texture is like thousands of little mirrors everywhere the hammer struck," he says on his website.

The challenge, he writes, is to take a two-dimensional picture and turn it into a three-dimensional sculpture, all by paying attention to where the shadows fall on the face. And everyone is different.

"I've been learning these male and female traits, you know, it really makes you look at things. I have a mirror I keep right out there so any time I forget what a person looks like I go look at it," he explains, grinning.

Shenk sculpts all ethnicities in his three-dimensional metal pictures, fueled by his deep conviction that every human being is beautiful and his deep desire that all people see themselves as such.

"Through the faces, you can show the importance of each ethnic group, you can show them as the sons of God, the sons of Adam. When I look at children and different ethnic groups and adults, and the whole range of people, I think, we're not different species; we're not even different races. We all have red blood. Even our color—it's the same melanin; it's just some people have more of it."

His sculptures of Dr. Martin Luther King, Jr., recently on display at the Renton Public Library, were his tribute to one of his heroes who preached this very message.

Carrying the torch, Shenk tries to put into metal what the civil rights leader put into

words.

When people look at his work: "I want them to have a great respect for one another. I want them to look at us as the human family, and then when we are talking with people, we should look at them as a long lost brother or sister. Just imagine if your family was really big, and we all got together for the extended family event, there would only be 6.8 billion people there. Hey," he sums up, "We're supposed to embrace each other."

More about David Shenk's work can be found on his website, www.facesofman.webs.com.

children and different ethnic groups and adults, and the people, I think, we're not different species; we're not different races. We all have red blood. Even our color—same melanin; it's just some people have more of it."

~ ARTIST DAVID SHENK

RENTON MAGAZINE / JAMES BAVENDAM

Shenk's tools come in a wide range of sizes and shapes, from the 3-lb. manual hammer to a 5,000-lb. power hammer. He finds inspiration in people's faces, and in the words of Dr. Martin Luther King Jr., who asked people to look beyond skin color. In Shenk's work, all faces are the same color.

shape

City of Kent Arts Commission and
Kent Parks, Recreation and Community
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Handsome Little Devils "Squirm Burpee Circus"



Fri/Mar
12

3 p.m.

Kent-Meridian Performing Arts Center
\$18 general, \$16 senior, \$12 youth

Alpin Hong

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Fri/Mar
18

7:30 p.m.

Kent-Meridian Performing Arts Center
\$26 general, \$24 senior, \$20 youth
sponsored by Kent Civic & Performing Arts

Melinda Doolittle

"R&B, Pop-Soul"



Fri/Mar
25

7:30 p.m.

Kentwood Performing Arts Center
\$28 general, \$26 senior, \$20 youth
co-sponsored by Pete and Pat Curran

Spotlight
KENT

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www.kentarts.com

Protection of your home is within your control

BY ANDREW FICKES

Renton resident Sharon Hughes has made her home no match for thieves, from the ADT alarm system, to her 12-pound dog that roams the house while she's gone, to the dowels placed in the tracks of sliding glass windows and doors. Hughes considers her house a fortress.

"We recently had a number of vandalisms in our neighborhood," she says. "I wanted to make sure this didn't happen again."

Cyndie Parks, the coordinator for Renton Police Department's crime prevention unit, met with Hughes' neighborhood watch committee about a year ago. She taught them how to make their homes a hard target for burglars. Parks provides a free security survey consultation to residents living within the Renton boundaries.

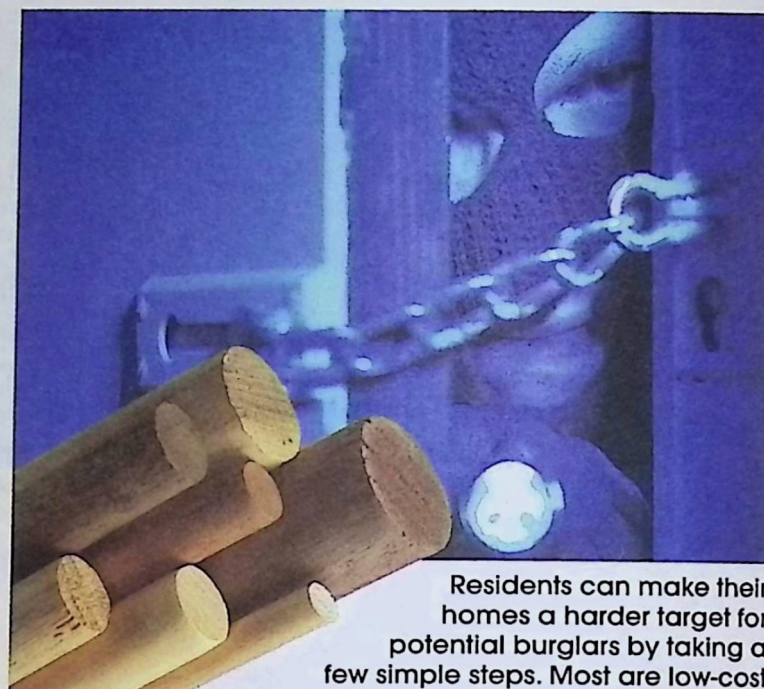
Hughes, who chairs her neighborhood watch committee, took Parks' comments to heart, making numerous adjustments to her home.

"I mention to my neighbors the free security survey that she [Cyndie Parks] provides to Renton residents and encourage them to call her," she says. "I always tell my neighbors to be proactive, not reactive."

"People always feel better after I'm done," Parks says. "The survey takes only 20 to 25 minutes. People are just surprised by how quick it is."

Parks will analyze the vulnerabilities of the home and give owners a multi-disciplinary plan, called Crime Prevention through Environmental Design or CPTED.

"There are two primary goals when it comes to practicing crime prevention measures," said



Residents can make their homes a harder target for potential burglars by taking a few simple steps. Most are low-cost.

Survey your home

Arrangements for a free security survey may be made by phoning Cyndie Parks, coordinator for the Renton Police Department crime prevention unit, at 425-430-7521.

Parks. "You want to make it uncomfortable for the offender to target you, your home, your car, etc., and you want to make it inconvenient for them."

When casing a home, Parks said a burglar asks one question: "Does the profit outweigh the risk for me?"

"You always want the answer to be a resounding no," she said.

Crime prevention techniques in a home should be layered like an onion, according to Parks.

"The more you do to your home the more it's going to decrease your chances of being vulnerable and profiled by a thief," she said.

Hughes and Parks both agree that the easiest and quickest change to a house is an alarm system.

"An alarm provides universal coverage," said Parks.

Parks and Hughes recommend residents post alarm system signage visible on the windows of the house.

Other suggestions include:

- Remove the red emergency pull rope from your automatic garage door opener. Hughes says you don't want a burglar to access this rope and unlock your garage.

- Make sure trees are pruned up to at least four feet; hedges should be kept thinned and cut. If landscaping is grown out it creates a privacy screen for burglars.

- All pedestrian doors should have deadbolts installed. This should include the door inside the garage leading to the home. Often time people leave this unlocked.

- Making your home a difficult target also includes changes to the inside. Keep valuables in safe places. Put locks on your cabinets and put cable locks on DVR player cords.

In her neighborhood, Hughes says approximately 40 percent of residents have "hard targeted" their homes. Hughes says she and other residents strive to look out for each other.

"It gives me peace of mind and it's nice to know you have other residents looking out for each other," she said.



A lesser-known worker bee may save the day

BY ELAINE ANDERSON

*M*ention pollination, and inevitably the honeybee comes to mind. But there's a smaller, less well-known bee that goes about her business earlier in the year, and very important business it is, too. (The female is the worker, hence the feminine pronoun; the male lives just long enough to mate.)

Osmia lignaria, our native orchard mason bee, is out and about in early spring pollinating fruit trees, plants in the rose family, some berries, and a few other crops. The "orchard" part of her name reflects her importance to these trees, and "mason" refers to the mud she uses to seal each of her eggs into its cell. Orchard mason bees emerge as adults at about the time apples begin to bloom. After mating, the females will begin laying eggs within three or four days. They collect pollen to leave as food for the larva and inadvertently pollinate fruit trees as they go about their business.

Orchard mason bees are shiny dark blue. They are non-aggressive, and it would take a bit of doing to convince one to sting you. For this reason, these bees are seen as good pollinator alternatives to honeybees in urban areas. They are also fun to watch, because you can move in close to observe their comings and goings.

These solitary bees make their nests in holes and cavities. Don't fret if you see them hanging around your shingle siding. They do not make holes; they merely take advantage of them and do no harm by nesting there. Many people provide orchard mason bees with nest boxes. If you decide you'd like to attract orchard mason bees, be prepared to put out nesting boxes in March. For free, detailed information on caring for the bees, go to www.kingcountymg.org, click on Fact Sheets on the right, and scroll down to No. 83. Or, call 206-685-5104 and request a copy.

The work done by orchard mason bees is of enormous value. Honeybees are endangered, and native bees, such as our orchard mason bee, may have to step



The native, shiny blue orchard mason bee pollinates fruit trees, plants in the rose family, some berries and a few other crops.

in and save the day. In some ways, they actually do a better job of pollinating fruit trees than honeybees. They work in all sorts of weather, too. Fruit growers are attempting to raise large populations of these shiny little workers. We can do our part to help by raising smaller populations in our own gardens.



Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by WSU and the Master Gardener Foundation of King County, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about bees and other gardening topics, call the Master Gardener Phone Clinic at 206-543-0943.

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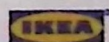
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Questions regarding booth fees, booth size, screening and jurying process, special considerations, and to receive an application for 2011, may be directed to our Art Market Chairperson: **Mary Clymer at: 425-255-6078 or happydelusions@yahoo.com.**



RENTON RIVER DAYS

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Crazy for Cupcakes

MIX AND MATCH CUPCAKES WITH FROSTING

Add tequila and the zest of a lime to white cake batter, frost with lime frosting tinted green for Adults Only

Add coconut milk and grated coconut to the batter and frost with pineapple frosting

Add applesauce and raisins to the cake mix and frost with maple flavored frosting

Flavor cake batter with coffee and chocolate and frost with orange cream cheese frosting, top with chocolate curls for Parisian flair

Add finely grated fresh ginger and 1 tsp. ground ginger to the frosting and decorate the tops with finely chopped crystallized ginger. Use on top of gingerbread cupcakes

Frost chocolate cupcakes with peanut butter icing and sprinkle with chopped peanuts

Add raspberry freezer jam to white frosting and frost lemon flavored cupcakes

Add peppermint schnapps to the batter and top cupcakes with crushed candy canes, using chocolate or vanilla frosting



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.

Cupcakes have gone wild- appearing in trendy specialized shops, bakeries, weddings, parties and big box stores. Cupcakes are fun to make and there are many websites offering fun and beautiful accessories to make yours a work of art. Here are a few hints and tips to make yours look and taste wonderful.

- * Use an ice cream scoop to measure the batter as you fill the individual cups so they will all be uniform in size and look professional
- * Once the cups are filled, raise the baking pan four inches above the counter and drop it. This will rid the batter of any bubbles.
- * Preheat your oven and if you have a pizza stone, bake your cupcakes on it. The heat from the stone will activate the leavening agents in the batter much more effectively. The tops of the cupcakes will "dome" more beautifully.
- * Using cake flour and fresh baking powder will produce a soft, moist cake.
- * Be sure to spray your pan with non-stick cooking spray or Baker's Joy. It is a good idea to get plenty of spray on the top of the pan as well.
- * Another secret ingredient that bakers use is potato starch - add two tablespoons to your batter and it will improve the texture.
- * Be sure to bring all the ingredients to room temperature, the difference between ice cold butter and room temperature makes a big difference.
- * Beat the butter and sugar until it is very, very pale, almost white. The



pale color indicates that the butter fat will release its flavor and air bubbles have been created to make the cake light. You simply cannot overbeat the butter at this stage.

- * Think about creating "layers" of flavor for your masterpiece. Careful thought to balancing the amount of sweetness and the richness of the frosting will make for great results and unique combinations.

I recommend using a cake mix to make the cupcakes. You can count on about two dozen cup cakes for one regular-size cake mix. If you find the taste of mixes objectionable, try adding other flavor filled ingredients such as coffee, pure almond or vanilla extract; lime, lemon or orange zest; extra chocolate or alcohol such as rum, brandy or liqueurs. You can also experiment by adding buttermilk, sour cream, yogurt, butter or fruit purees to the batter to make it richer and have a more homemade taste. Don't forget ingredients such as poppy seeds, coconut, spices, various candies, chopped dried fruits and nuts.

Plan on at least three cups of frosting to frost 24 cupcakes. There are many books available with wonderfully creative ideas on how to construct your masterpiece. Here is a recipe for frosting and some ideas to get you started.

Basic Butter Cream Frosting

you will need

1 stick butter, at room temperature

3 cups sifted confectioner's sugar, sifted

3 Tbs liquid, such as milk, cream, coffee, liqueurs, etc.

1 Tbs. flavoring, such as vanilla, almond, coffee, peanut butter

variations

Add 2 tsp. almond pure almond extract instead of vanilla

Add 1 tsp. grated citrus zest instead of vanilla and use the fresh juice instead of milk

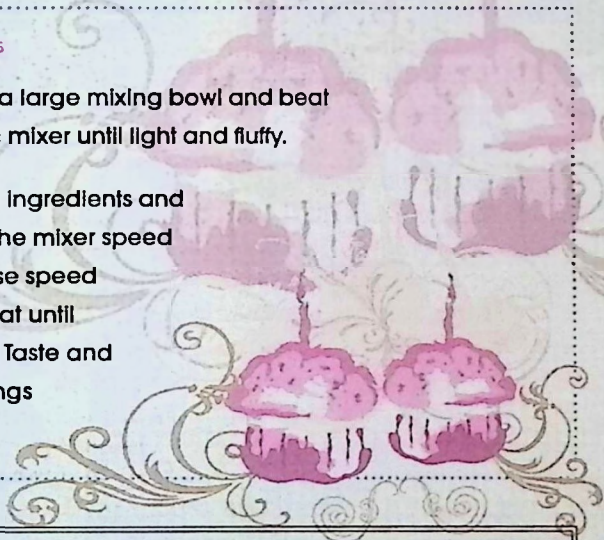
Add 1/3 cup unsweetened cocoa and 3 to 4 tablespoons of coffee, for Mocha Frosting

Add 1 cup smooth or chunky peanut butter, may decrease butter to 1/4 cup if desired

directions

Place butter in a large mixing bowl and beat with an electric mixer until light and fluffy.

Add remaining ingredients and combine with the mixer speed on low. Increase speed to high and beat until light and fluffy. Taste and adjust seasonings as desired.



Cream Cheese Frosting

you will need

1 – 8 oz. package cream cheese, at room temperature

1 stick butter, at room temperature

3 3/4 cups confectioner's sugar, sifted

1 tsp. pure vanilla extra

variations

Add 1/2 cup unsweetened cocoa powder

Add zest and juice of one orange

Add 1/2 cup grated coconut and 1/2 cup chopped pecans

Add 1/2 cup well drained crushed pineapple or mashed fresh strawberries

directions

Combine butter and cream cheese in a large mixing bowl and beat with an electric mixer until fluffy. Add half of the powdered sugar and combine until smooth. Add remaining powdered sugar and flavoring. Increase speed to high and beat until light and fluffy.

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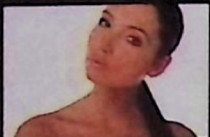
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pet care

ARE YOUR PETS MAKING YOU SICK?

BY DR. KATHY CONNELL

*P*ets are often like members of our families, so much so that more than half of all pet owners sleep with their furry, four legged companions.

You and your pets could be too close for comfort. Pets that seem healthy can carry diseases and internal and external parasites. Diseases passed from animals to humans, or zoonotic diseases, can present a risk to humans. Having your pets sleep with you and lick you could put you at risk.

Hookworms and roundworms are two of the internal parasites that can be passed from pets to unaware pet owners. Ringworm, a fungal skin infection, can also be transmitted from cats and dogs.

Of course, the health benefits of pet ownership far outweigh the risks. Studies have shown that our pets help lower our blood pressure, reduce stress and provide support and friendship. Some simple precautions and knowledge can help protect us from contracting diseases from our pets. Care in handling, caring for, feeding and cleaning up after pets will help protect you and your family.

Pet owners most at risk are people with weakened immune systems. Precautions should be taken for the elderly, children younger than 5, people with HIV/AIDS and cancer patients. If you or those in your family have specific health concerns, discuss pet handling and care with your personal physician.

Practice good sanitation and hygiene when handling or cleaning up after pets and when preparing pet or people food. After handling pets, pet



PHOTO COURTESY OF
CHARLIE POWELL, WSVMA

Dr. Connell's dog Bogey has been known to sneak into the family bed.

food and treats, animal bedding and waste, wash hands thoroughly with soap and water. Be aware of "high risk" pets such as puppies and kittens or any animal with diarrhea or other signs of illness. These pets could be more likely to transmit disease to children and adults.

Discourage pets from licking your face and hands. Wash the site if your pet licks your skin, especially if you have surgical incisions, abrasions or other injuries where bacteria or viruses could enter. Avoid rough play to avoid scratches and bites. If bitten or scratched, wash the site thoroughly. Seek medical attention for deep or severe bites or scratches or for an injury that becomes infected or does not heal.

Keep pets parasite-free to prevent transmission of diseases from fleas, ticks and other external parasites. Discuss control and prevention methods with your veterinarian to devise the proper worming program for internal parasites such as roundworms and tapeworms.

Keep your pet current on routine vaccines, as well as a rabies vaccination.

It has been estimated that approximately 60 percent of all disease agents posing a danger to human health exist within animal populations and more than 85 percent of all emerging diseases come from animal populations. You can find more information about zoonotic illnesses from the U.S. Centers for Disease Control and Prevention website, www.cdc.gov/healthypets.

Kathy Connell, D.V.M., owns and operates Foxglove Consulting in Olympia.

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PHOTO COURTESY OF THE RENTON HISTORY MUSEUM.

The Lime Kiln Club, Newcastle, Wash., ca. 1890s.

Turning the joke around

BY ELIZABETH P. STEWART

One of the more mysterious photos in the Renton History Museum's collection is a rare group portrait of African-American coal miners posed in front of a building with a sign over the door reading "The Lime Kiln Club/Paradise Hall." By their clothes we can tell that the date is sometime in the 1890s; the donor identified the location as Newcastle. Preliminary research has uncovered some interesting connections between this local group and a national movement of African-American civic organizations.

In the 1890s and 1900s, mine owners faced with striking workers often brought groups of African-American miners from the South to work. Hundreds of black miners migrated to western Washington in the 1880s and 1890s, unaware that they would be crossing picket lines to take their new jobs. In 1891, coal mine operators in Newcastle and Franklin fired their unionizing workers and replaced them with non-union black laborers. Heated battles broke out between the two groups, and their inability to work together ultimately helped break the mine union movement in western Washington.

African-American miners, far from home and feeling unwelcome, banded together in mutual support. Ironically, the name these black Newcastle miners took for their club—the Lime Kiln Club—was the satirical creation of a white newspaperman,

Charles Bernard Lewis, 2,000 miles away in Chicago. His 1882 book, "Brother Gardner's Lime-Kiln Club: Being the Regular Proceedings of the Regular Club for the Last Three Years," used dialect to record the meetings of a fictional group of black professional men.

Lewis' book ridiculed an important movement during that period, the African-American club movement. In the 1880s and 1890s all across the country, increasing numbers of newly educated African-Americans—doctors, lawyers, judges, ex-military officers, and teachers—met for mutual support, motivation and improvement, and most importantly, to fight against segregation and for racial justice. These clubs, fraternal orders, and sororities served as the very beginnings of what would later become the modern Civil Rights Movement.

Lewis' fictional club became a popular national symbol of black aspirations in the late 19th and early 20th centuries, represented on cigar labels, ads for cleaning products, and sheet music. We cannot know why this Newcastle group of black miners chose the Lime Kiln Club as their name, but we can speculate that they decided to turn Lewis' racial stereotypes on their head by making real what he satirized. In any case, we have to admire their desire to support one another and put their best face forward in this photo for posterity.

To see another depiction of the Lime Kiln Club, see the Museum's Facebook page under "Notes."

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

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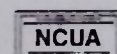
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Exploring a Strategic Alliance

Valley Medical Center



UW Medicine



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March 3, 6 – 8 pm
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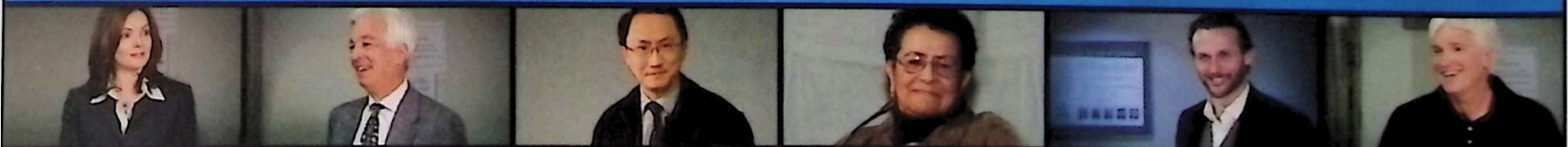
March 10, 6 – 8 pm
Coal Creek YMCA
13750 Newcastle Golf Club Road, Newcastle

March 16, 6 – 8 pm
Covington City Hall
16720 SE 271st Street, Covington

March 18, 8 – 10 am
Lake Wilderness Lodge
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March 29, 6 – 8 pm
SeaTac City Hall
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