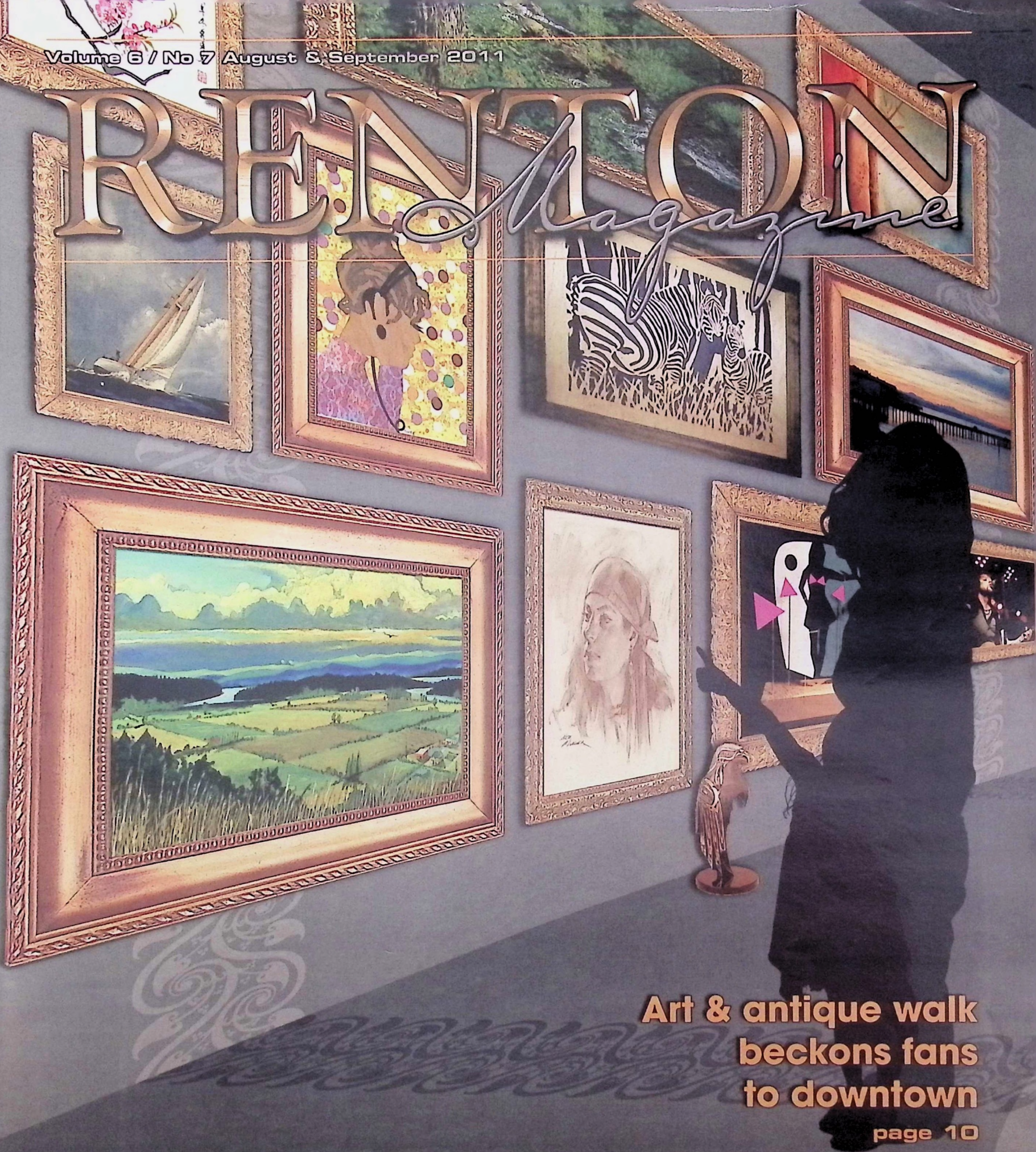


Volume 6 / No 7 August & September 2011

RENT *Magazine* TON



**Art & antique walk
beckons fans
to downtown**

page 10

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"Watching paint dry" is supposed to mean boring. And it does, most of the time. Except to a person who polishes words for a living and often finds great humor in how we string them together.

Mary Koch is that person. She has a wonderful, dry sense of humor and a lot of good friends. So after a recent stint of trying to figure out what color to paint her house, she called for backup. She bought several paint samples, called some of her many friends and invited them over for a painting party. She put her friends into teams and had each paint a small section of her house's exterior. Then they settled back, beverages in hand, to watch it dry. She said that qualifies as good entertainment in Omak, from where she edits stories for *Renton Magazine*.

The next issue of *Renton Magazine* will hit

your mailbox around Oct. 1. From then it's at least six weeks until Thanksgiving, which usually heralds the start of the holiday season. Plenty of time to freshen your house by painting or minor remodeling.

Research indicates that people are more likely to remodel their homes than to sell and move up. Remodelers are starting to see a modest uptick in calls.

Most of our readers own their homes. Nearly 43 percent of you have lived in your homes for at least 10 years. So I figure that you have some home improvement stories to share.



Diana Kramer
PUBLISHER

Several years ago my husband and I remodeled much of our house and yard. We love it now, but at the time I thought we were crazy.

I've since learned that the process can go quite well. Friends recently purchased a home in Fairwood and are making a number of changes before they move in. They are thrilled with the work and progress that's been made. They said it's going well because they asked all their friends for tips, and incorporated many of them.

So send us your remodeling tips: Things that have made the process easier for you or saved you money. I'd like to compile a list of them to use in the next issue, as advice to pass on to others. You can send the tips to: housetips@rentonmagazine.com. Please include contact info in case I have questions. Thanks.

RENTON Magazine

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425.271.9300

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cover: Downtown Renton provides the backdrop for the 6th Annual Art & Antique Walk, Aug. 20. To create the cover art this month, *Renton Magazine* graphic designer Kerri Ladines built a background wall with the perspective she wanted. Next she added photos representing the art of some of the artists featured in this year's art walk, and finally added a couple human silhouettes. Voila! Art walk fantasy. See story, page 10.

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

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
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 august

Artrageous

The Artist-in-Action Fair offers a fine arts experience in an outdoor festival setting and provides a wide breadth of art media. The public is invited to have hands-on learning experiences alongside professional artists. The event also features an art market, entertainment, and food.

Saturday,
11 a.m.-4 p.m.
Les Grove Park
1005 12th St. S.E.,
Auburn

253-931-3043
www.auburnwa.gov/arts
Admission: Free



august 6



Renton International Festival

August:
25-28

This annual event hosts an import car show, live bands, arts and crafts, cultural performances, food booths, games, and a children's fun center.

Friday, 3-9 p.m. 206-793-1317
Saturday, 11 a.m.-10 p.m. VietWah Plaza 2820 Sunset Blvd. N.E.
Sunday 11 a.m.-5:30 p.m. www.rentonifest.org
Admission: Free

upcoming september



September 9-24

**I LOVE YOU, YOU'RE PERFECT,
NOW CHANGE**

Off-Broadway's longest-running musical celebrates the modern day suburban mating game. The cast explores the joys of dating, romance, marriage, lovers, husbands, wives, and in-laws. This celebration of the mating game takes on the truths and myths behind that contemporary conundrum know as "the relationship."

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

Renton Civic Theater
507 S. Third St.

Admission: \$25/\$20 seniors and students



SEPTEMBER 9

Renton Soccer Challenge

In this free skills event for boys and girls, ages 5-14, contestants compete within age and gender divisions. Winners qualify for state competition. Each age division is assigned a time and pre-registration is required through the Renton Community Center.

Friday, 6-8:30 p.m.

Ron Regis Park
1501 Orcas Ave. S.E.

425-430-6700

www.rentonwa.gov

Admission: Free

now
playing



KENT'S CAROUSEL

NOW-AUGUST 28 & SEPTEMBER 3-4

The Morford Family carousel is in operation in August and will reopen for Labor Day weekend. The city is partnering with Girl Scout Troop No. 41104.

Wednesdays,
11 a.m.-2 p.m.

Thursdays and
Fridays, 5-8 p.m.

Saturdays,
10:30-3 p.m.

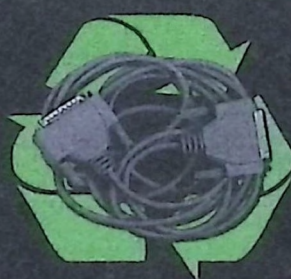
Sundays, 1-5 p.m.

Town Square Plaza
2nd Ave. and
Harrison St.
Downtown Kent

www.ci.kent.wa.us

Admission: Free
(\$2 suggested
donation)

upcoming september



September 10 Renton Fall Recycle

The City of Renton offers Recycling Day twice a year. You can turn in recyclable items. For a list of materials that will be accepted and information about the program check the city's website.

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

Renton Technical College (north lot)
N.E. 6th Pl. and Monroe Ave. N.E.

425-430-7398

www.rentonwa.gov

Admission: Free



SEPTEMBER 10 5th Annual Skyway Classic Car Show

The West Hill Business Association presents its annual show with more than 80 makes and models of cars. In addition to classic cars, there will be activities for kids, raffle prizes and trophy awards at 3 p.m.

Saturday, 10 a.m.-3 p.m.

Skyway Plaza
(Roman Casino parking lot)
11829 Renton Ave. S.

www.westhillcommunity.com

Entry fee: \$20

Spectator admission: Free



September 24 WASHINGTON SMALL BUSINESS FAIR

Learn from the experts how to form and run a successful business. Seminars cover important, up-to-date topics for all stages of business ownership. Business experts share their knowledge and real-life experiences.

Saturday, 8 a.m.-3:30 p.m.

Renton Technical College
3000 N.E. 4th St.

www.bizfair.org

Admission: Free

calendar of events

LIBRARY EVENTS

Sticks and Stones, Seeds and Bones Concert

Tuesday, Aug. 2, 11 a.m.

See, hear and sing along with unusual rhythm instruments from around the world and take home ideas for making instruments from things in your own world. Ages 2 and older.

Fairwood Library
17009 140th S.E.

Admission: Free

Meet the Beetles Puppet Show

Wednesday, Aug. 3, 7 p.m.

A group of beetle friends dream about becoming rock stars. This story is brought to life with colorful puppets and original songs. Ages 3 and older. Sponsored by Friends of the Renton Libraries.

Highlands Library
2902 N.E. 12th St.

Admission: Free

Brother Coyote and Sister Fox Puppet Show

Thursday, Aug. 4, 2 p.m.

This is a family friendly puppet adaptation of a Mexican folktale. Brother Coyote, Doña Conchita and Sister Fox are the characters. Spanish, English, and yes, plenty of chickens.

Renton Library
100 Mill Ave.

425-226-6043

Admission: Free

Richard LeMieux, Author of Breakfast at Sally's

Saturday, Aug. 6, 3 p.m.

Richard LeMieux, author of "Breakfast at Sally's: One Homeless Man's Inspirational Journey," will discuss his experiences and answers questions. Books will be available for sale at this event.

Renton Library
100 Mill Ave

425-226-6043

Admission: Free

The Wonderful Wacky World of Science

Thursday, Aug. 11, 2 p.m.

Take an imaginary science field trip and learn how science is used in different countries. How is life different living in a high altitude? What is a bull-roarer? Find out the answers to these questions and more. Ages 5 and older.

Renton Library
100 Mill Ave

425-226-6043

Admission: Free

Friends of the Kent Library Annual Book Sale

Friday-Saturday, Sept. 16-17, 10 a.m.-5 p.m.

Sunday, Sept. 18, 1-3 p.m.

Books and movies for sale. Proceeds benefit programs sponsored by the Friends of the Kent Library.

Kent Library
212 2nd Ave. N., Kent

253-859-3330

Admission: Free

MUSEUM ACTIVITIES

Greater Kent
Historical Society
855 E. Smith St.
253-854-4330
www.kenthistoricalmuseum.org

Kent Chronicles History Discussion

Thursdays, Aug. 4 and Sept. 1, 11 a.m.-noon

Kent Chronicles is a generation-linking discussion of World War I years. Students from fourth grade and up and adults are invited to discover local and world history through artifacts, photos, music and video clips.

Admission: Free

GKHS Presents

Thursday, Sept. 15, 7 p.m.

Jack Becvar will lead a discussion of Kent aviation history. Space is limited, and reservations are recommended. Dessert will be served.

Admission: \$10 members/\$13 non-members/Students free

VOLUNTEER OPPORTUNITIES



National Night Out

Tuesday, Aug. 2, 4-7:30 p.m.

National Night Out is a nationwide crime and drug prevention event designed to heighten crime prevention awareness, increase neighborhood support in anti-crime efforts, and unite communities. The evening will include food, fun, games and children's activities.

Earlington Park
272 Thomas Ave. S.W.

425-430-7521

Admission: Free

Day of Service

Saturday, Sept. 10

In support of the 911 National Day of Service, the City of Renton is partnering with local agencies to provide service opportunities in the Renton area in which community teams of volunteers can participate. More information on how your team can adopt a project is available from the Community Services Department at 425-430-6600.

ENTERTAINMENT

Coulon Family Concert Series

Wednesdays, 7 p.m.

Aug. 3, Boys of Greenwood Glen
Aug. 10, Crème Tangerine

This family-friendly, outdoor concert series offers a variety of music.

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

Admission: Free

Moonlight Movies

Fridays, seating begins at 7 p.m.

Aug. 5, Ghostbusters (rated PG)
Aug. 12, ToyStory 3 (rated G)

These events are weather dependent. You can learn of cancellation decisions by calling inclement weather line at 425-430-6719 after 5 p.m.

Aug. 5
Piazza Park
S. 3rd St. and Burnett Ave. S.

Aug. 12
Liberty Park
Bronson Way N. and Houser Way N.

Admission: Free

Kent Summer Concert Series

Aug. 2-16

This family-friendly concert series offers a variety of music in local parks. Wednesday concerts are designed especially for children.

Tuesdays, noon-1 p.m.
Kent Station Plaza
417 Ramsay Way, Kent

Wednesdays, noon-1 p.m.
Town Square Plaza
2nd Ave. and Harrison St., Kent

Thursdays, 7-8:30 p.m.
Lake Meridian Park
14800 S.E. 272 St., Kent

253-856-5000

www.ci.kent.wa.us

Admission: Free

FARMERS' MARKETS

Now-September

Renton Farmers' Markets

Renton is hosting two markets this year. Fresh fruits and vegetables directly from local farms will be available for purchase as well as flowers and locally made products.

Tuesdays, 3-7 p.m.
Renton Piazza
S. 3rd and Burnett Ave. S.

425-430-7214

www.rentonfarmersmarket.com

Sundays, noon-4 p.m.
Valley Medical Center
4011 Talbot Road S.

425-430-7214

vlopez@rentonwa.gov

Kent Market

Saturdays, 9 a.m.-2 p.m.
Towne Square Park
2nd Ave. and Smith St., Kent

SENIOR ACTIVITIES

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

Seafair Luncheon

Friday, Aug. 5, 11 a.m.

Participants will put their names on a hydro to be the first boat across the finish line. Sponsored by Merrill Gardens at Renton Center.

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

National S'mores Day

Wednesday, Aug. 10, 11:00

S'mores will be served for dessert and prizes will be presented to winners of

Turn to page 18



will come as no surprise to many of you that I have lost my grip on reality. This is particularly true when it comes to understanding time. Time is quite objective. It is hard to mess with the fact that there are 24 hours in every day no matter how you cut it. Why is it then when summer rolls around, time takes off like a thoroughbred for the finish line? Put simply, why is summer so darn short and winter so darn long?

I long for the cold, dark, dreary wet days of winter to pass. The stretch from November to April gets longer every year. This past year was especially brutal. I find it painful to endure. This year the only thing that marked the difference between winter and spring is, I changed the colors of the daily sweaters I was wearing.

Winter for me has become a marathon. Summer unfortunately is a brisk sprint. I am like a little child, ready to go out and play the moment the daylight hours begin to stretch. It is nirvana for me when in June it is still light out at 10 o'clock. Adding to the joy this year, I spent a few days in Alaska and never saw the sun go down.

I have learned not to be fooled by the solstice. I know this is where the time conspiracy begins to take over. Immediately after the summer solstice, the days start getting shorter. What's up with this? Why can't we have the longest days last from July through October?

Life is at its best for me when I wake up to bright light streaming into the bedroom. I brew that first cup of coffee for the day. Always the best cup! I head out to the backyard deck and I know that life is great because there is already a hint of heat in the sunlight. I don't even mind having to wrestle with the newspaper to insure that the light doesn't interfere with my ability to read what is on the pages. I have a friend in Houston, Texas, who starts every day with his cup of coffee and newspaper on the patio. We are lucky if we get two weeks of such pleasure.

Then there is the greatest joy of my life, being out on the water. When we are on the boat we usually go to bed early and wake up at the crack of dawn. This way we don't miss an hour of sunlight. There is nothing like watching the morning dew give way to the first warmth of morning.

August may be the best that summer has to offer. I hope you will join me in savoring every moment of it. I know I will. I know this because I know that summer will be over in the blink of an eye, giving way to fall, which I still enjoy before time once again will grind to a near halt.

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



Kirby Unti
COLUMNIST

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PHOTOS BY DIANA KRAMER

"Can we pet them?"

the woman called out as she exited her hastily parked car. "Yes" was all she needed to hear before she scrambled up the drive, through the fence and sped toward the alpacas.

National Alpaca Farm Day is a chance for everyone to mingle with alpacas, gaze into their faces and marvel at the soft fur and incredible eyelashes. Pet them, hand-feed them or just listen to their soft calls to each other.

Not all of the area's alpaca farms participate, but Gina Martin, co-owner of Mak-Ky Corral Alpacas in Kent, looks forward to the visitors. She and her family offer tours and demonstrations between 10 a.m. and 4 p.m. on Saturday, Sept. 24. It's free.

Mak-Ky Corral is at
15717 SE 240th St. Kent, 98042

Other area farms may participate. Closer to the event, visit www.nationalalpacafarmdays.com for maps and more information.

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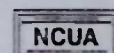
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Kent, WA 98031

Redondo – Fred Meyer
25250 Pacific Hwy S
Kent, WA 98032

Auburn – TOP Food & Drug
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ART & ANTIQUE WALK

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BY DIANA KRAMER



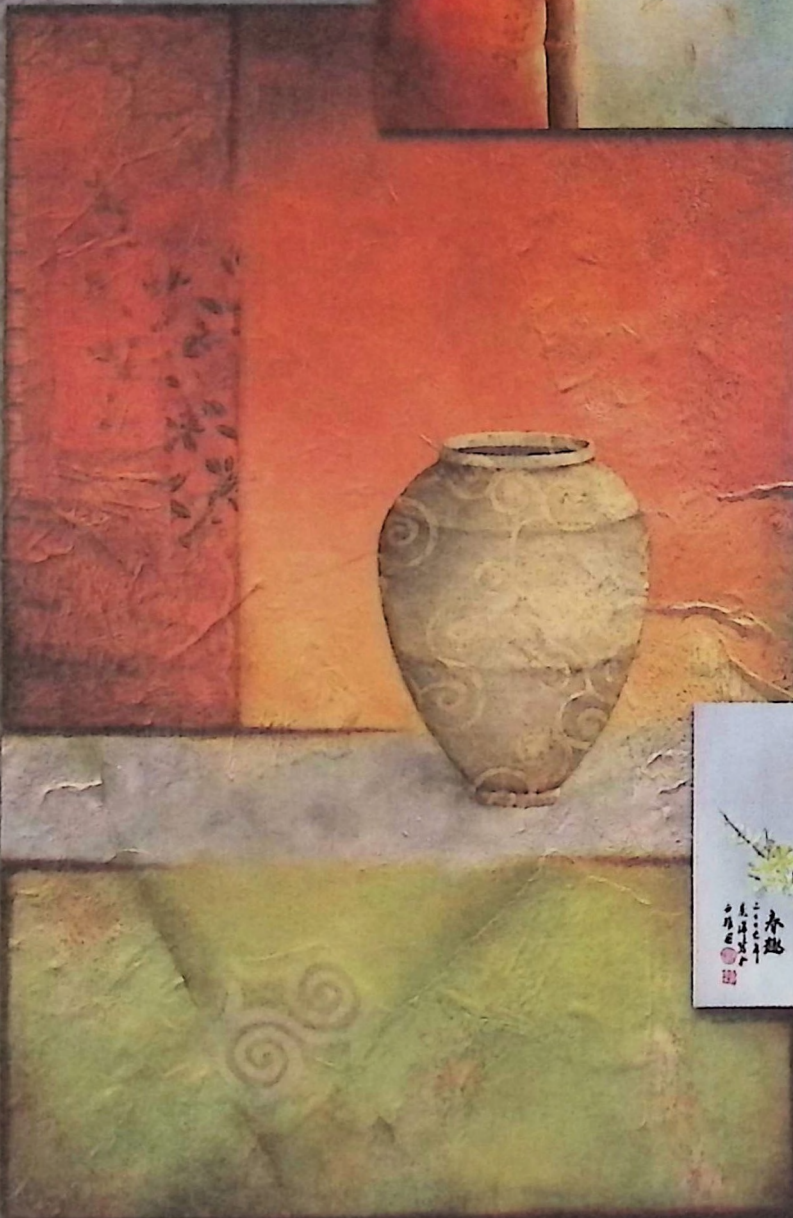
LISA LAMOREAUX



Walk just one block and expect to be surprised. Stunning photography next to rich oil paintings next to brilliant metal work; the primary colors of construction paper, cut and pasted together by an autistic artist, next to note cards of flowers in pastel.

The sixth annual Downtown Art and Antique Walk starts at 11 a.m. Saturday, Aug. 20. Expect more to see and do at the Piazza, and then walk the entire route to see the art and visit with the artists.

Some, including metal artist David Shenk, are local. Shenk transforms sheet metal into masks and other art, using presses and a wide range of hammers.



ARTISANSOUL



Lisa Lamoreaux blends many layers in her dream-like paintings with glimpses of lace, leaves and flowers creating a background as a foil for a bird or butterfly. The colors are soft and vibrant, the objects crisp yet dreamy. In all, fascinating.

There will be things you recognize, things you don't. Or art that seems familiar and yet ... different. Steve Marts imaginatively layers photographic images: a giant bird superimposed on a forest of leafless trees, violent surf tossing a sailboat that remains surprisingly intact, a waterbed that's really a quilt-covered slumbering woman on a lake. Yes, truly a waterbed.

Maggie Ho is known as Artisansoul, using Chinese watercolor on sumi paper. Her study of calligraphy evolved into art.

Pop into the downtown's many antique stores en route, enjoy the street musicians or those playing on the stage at the McCorkle Building, 319 S. 3rd St. Renton Piazza, at the 600 block of South Third, will feature cultural activities and music.

Arts Unlimited is the master planner for the organization, and co-chair Ryan Runge continues to work to marry the east and west side of Third Street. Arts Unlimited, Allied Arts and Piazza Renton present the art and antique walk. These three community-based organizations are committed to making Renton a better, and more interesting, place to live.

For more information, visit www.artsunlimited.org or Renton Art Walk on Facebook.



STEVE MARTS



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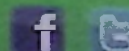
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AUGUST 2

NATIONAL NIGHT OUT

America's Night Out Against Crime

When a Big City, Feels like a Small Town



Cyndie Parks loves National Night Out. She loves to watch families walk in, pushing strollers. Face-painting, the hotdog barbecue, games, cotton candy – rain or shine, residents turn out for the event.

The laid-back, family atmosphere allows people to greet their neighbors and interact with City Council members, Mayor Denis Law and city officials. Nothing seems rushed, and people have a good time.

Parks coordinates the event as part of her job as community programs coordinator. She says National Night Out is her favorite event despite the hard work of putting together an outdoor "party" for 500-600 people.

This year Renton's main event is coming to Earlington Park, 272 Thomas Ave. S.W. It's 4-7:30 p.m. Tuesday, Aug. 2. Neighborhoods and blocks can host

their own events, but the city hosts the big one.

It's billed as "giving crime and drugs a going-away party," but it also serves to bring people together. Neighbors who know each other are more likely to watch out for one another. It's a good opportunity to map neighborhood resources in case of a large natural disaster: who is a doctor, who can operate a citizens band radio, who has other skills or equipment.

Renton's SWAT team is bringing its armored vehicle, Peacekeeper, and the graffiti abatement team will be handing out free supplies and national sponsor Target will have bike reflectors available.

"When I joined the city the population was about 49,000. But now it's over 90,000 and this event still has a small-town feel," Parks said.

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Like magic – No dirt on our eggs!

BY ELIZABETH P. STEWART

Every once in a while the Renton History Museum receives an extraordinary donation that sends us off on a new research trail. These hunts often uncover all kinds of hidden Renton history. The Magic Egg Cleaner was one of those donations.

In June we got a call from the owners of a salvage company who had recovered a mysterious piece of equipment that they thought belonged in the museum. It was a 6-by-4-foot box on legs, with a conveyor belt and tens of small loops of sandpaper. A metal plate on the side read "Magic Automatic Egg Cleaner, National Poultry Equipment Co., Renton, Wash."

Research revealed that the contraption had been patented on Oct. 29, 1935, by Edward E. and Vere C. Miller of Renton, and John E. Powell of Issaquah. The machine was manufactured by Powell's sons Clyde and Walter at the small company located at 615 Wells Ave. N. The Magic Egg Cleaner was designed to meet the needs of small egg producers, of which there were many in the Renton area. Robert A. Hamlin and Ed Dal, for example, both had chicken farms in Hillcrest in the 1910s; in fact, Hamlin purchased his first automobile in 1917 so that he could transport eggs to Pike Place Market.

The patent application for the egg cleaner explains that "dirty eggs ... are graded down considerably from the price of eggs of the same

age and size which are clean ... Our invention is designed to remove the dirt ... in a manner which is convenient, economical and rapid." The poultryman placed his eggs on a conveyor belt that moved them slowly through a gauntlet of loops of fine sandpaper that lightly wiped the eggs clean. The patent promised that "with little effort on the part of the poultryman ... all surfaces of the egg and all spots thereon will be thoroughly cleaned."

The Magic Egg Cleaner now in the museum's possession was the first of its kind, but the Powell Brothers and their salesman Roland Haney continued to improve it, adding a cleaning solution and nylon brushes. Haney traveled to Washington, D.C., to convince the U.S. Department of Agriculture that



PHOTO COURTESY OF THE RENTON HISTORY MUSEUM
The Magic Automatic Egg Cleaner arrives at the Renton History Museum.

wet cleaning would not degrade the eggs. Ultimately, the company began producing the "Aquamagic Egg Sanitizer." The Powells sold the company in 1984 and it moved to California, leaving behind one Magic Egg Cleaner.

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



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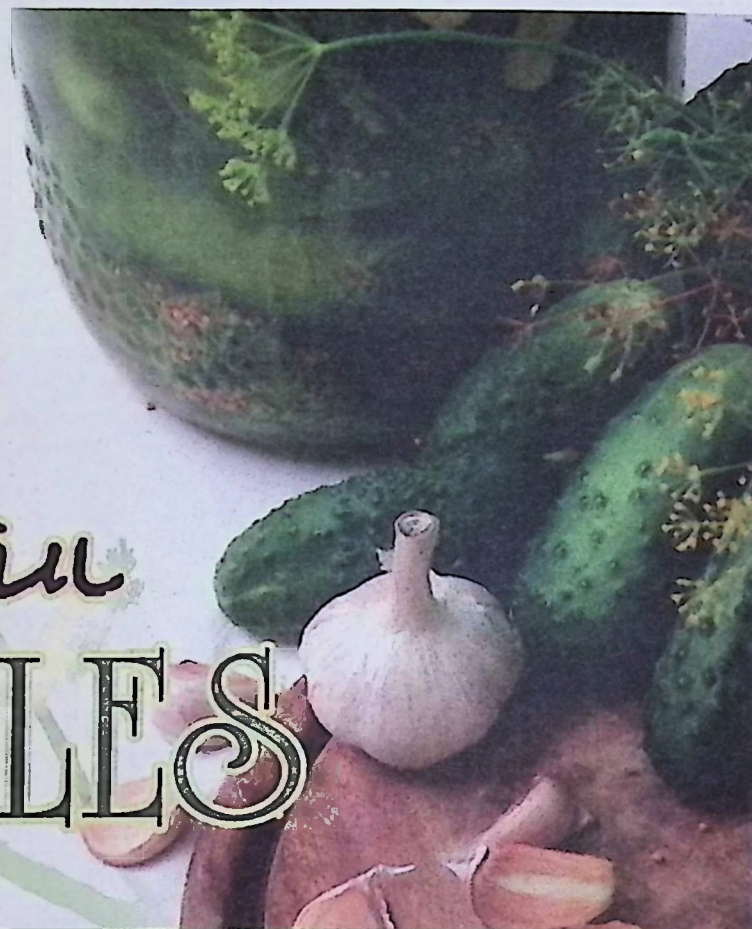
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fresh tastes

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Now that our summer is here at last, meals are more casual and the delights of dining outdoors can be enjoyed. Grilling a great steak, chicken or burgers and adding one of these tasty vegetable medleys can round out your dinner in no time at all.

These recipes also make a nice appetizer or light lunch when served with an assortment of cheeses, crusty breads and deli meats. They are also delicious as well as healthy for a quick snack on the go.



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.

Pickled Vegetables

Makes 3 quarts

You can experiment with your favorites – carrots, onions, cauliflower, green beans, cucumbers, asparagus, green tomatoes, peppers, mushrooms, celery and mushrooms are all delicious.

marinade

1 ½ cups apple cider vinegar	1 teaspoon red chili flakes
4 cups water	6 to 8 cloves of garlic
2 tablespoons pickling spice	3 tablespoons sugar
1 teaspoon black peppercorns	12 cups raw cut vegetables of your choice.
1 teaspoon salt	

directions

Bring all ingredients except the vegetables to a boil and lower heat to a simmer. Prepare vegetables by cutting into bite size pieces. Add the HARD (carrots, etc.) textured vegetables to the mixture and return to a boil and cook 3 minutes, until tender crisp. Add SOFT (mushrooms, zucchini, etc.) vegetables and return to a boil. Remove from heat. Divide into containers and refrigerate.

Marinated Broccoli

Serves 8-12

This is a lovely side dish in the summer with fish on the grill. You can also add carrots, black olives, cauliflower or cherry tomatoes for more color.

you will need

3 bunches fresh broccoli	1 ½ cups salad oil
1 clove minced garlic	1 tablespoon dill
1 cup cider vinegar	1 tablespoon salt
	1 tablespoon sugar
	1 teaspoon pepper

directions

Peel broccoli stems and cut into bite sized pieces. Cut broccoli florets into bite sized pieces. Combine garlic, vinegar, oil and seasonings and pour over prepared broccoli. Place in refrigerator and store overnight before serving.

Zesty Antipasto

Makes 2 quarts

This unusual recipe keeps well and is quick to put together. You can also add shrimp or tuna to it, just before serving.

you will need

2 cups cauliflower, chopped
2 cups carrots, coarsely chopped
2 cups canned mushrooms, stems and pieces
1 cup dill pickle, chopped
1 cup pearl cocktail onions, drained
1 cup pimento stuffed green olives

marinade

2 cloves garlic, minced
1 cup salad oil
2 cups catsup
¼ cup lemon juice
1 teaspoon pickling spice

directions

Prepare all the vegetables and place in a large bowl. In a large saucepan combine the marinade ingredients and bring to a boil over medium high heat, stirring occasionally. Pour the hot marinade over the prepared vegetables. Divide into batches, cover and refrigerate. Keeps well, but should be eaten right away if you add the tuna or shrimp. Must do ahead.



Caponata

Serves approx

8-10

This is a Sicilian eggplant relish which is great to scoop up with pita chips. I like to sprinkle it with toasted pine nuts for texture. It keeps well and is good in sandwiches and as an omelet filling.

you will need

½ cup olive oil
3 cups diced eggplant
1 cup EACH chopped onions, celery and fresh tomatoes

2 tablespoons tomato paste
¼ cup wine vinegar
½ cup capers
1 tablespoon sugar
½ teaspoon crushed red pepper flakes
Salt and pepper to taste

3 tablespoons
minced garlic

directions

In a heavy bottomed saucepan, heat olive oil and sauté eggplant until softened. Add onions, celery, tomatoes and garlic, cook for ten minutes, stirring occasionally. Remove from the heat and add remaining ingredients, stirring well. Place in covered containers and refrigerate until serving. Serve chilled or at room temperature. Makes 8 to 10 servings depending on how it is served.



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The event is designed to offer something to everyone across Renton's diverse culture, and give families and individuals a place to mingle, shop and eat. It's hosted by the Tet in Seattle and co-sponsored by the Viet Wah Group. Renton Chamber of Commerce and the City of

Renton are marketing partners.

The first anniversary event is 3-9 p.m. Friday, Aug. 26, with the opening ceremony at 4 p.m. It resumes 11 a.m. to 10 p.m. Saturday, Aug. 27, and 1-5:30 p.m. Sunday, Aug. 28. Everything will be held at the Greater Highlands Center, Viet Wah Plaza, 2820 Sunset Blvd. NE.

Look for food and merchandise booths, arts and crafts booths, a children's fun center, the car show, modern to multi-cultural performances, games and a new auto exhibit.

For more information closer to the event, visit www.rentonifest.org.

It's free.

around
the garden

XERISCAPING

A STRANGE NAME FOR COMMONSENSE GARDENING

BY ELAINE ANDERSON

The word *xeriscaping* has a sci-fi feel about it and brings to my mind an alien, futuristic landscape. However, it turns out that landscape is here, now.

Xeris comes from the Greek *xeros*, meaning dry. The word seems to have originated in the Denver area approximately 20 years ago. In the Northwest, the word is being heard more and more often, even though we don't live in a dry part of the country. Our plants must be adapted to both summer drought and an abundance of rain during the rest of the year.

Xeriscaping is not gardening *without* water; it is gardening with the goal of conserving water. Choose native and low-water-use plants when you can. It's best to plant these, and all new plants, in the fall, not

in the spring. Let the rain help your plants become well rooted. Some drought tolerant plants may need supplemental water for a summer or two in order for them to become established.

You will probably want other types of plants in your landscape as well, and a good way to conserve water is to group together plants that have similar needs. The way you water is important, too. Overhead watering, either by hand or using a sprinkler, is hugely wasteful. Use a sprinkler that waters close to the ground, or use a soaker hose or drip irrigation that delivers water exactly where it needs to go, to the roots. And, don't waste water by allowing it to run down your sidewalk or driveway!

There are several things you can do to help your soil retain water. A few plants do well in gravelly soil, but most do best when the soil has been amended with compost, which also helps soil retain water. Mulch

Soaker hoses can help reduce water usage because they put the water closest to where it will be used by the plant.

also minimizes evaporation, and wood chips make the best mulch. They allow water to pass through to the soil; bark actually repels water. Rocks or gravel used as mulch will absorb and hold heat, and their use is not a good idea.

Minimizing or eliminating your lawn, or allowing it to become dormant in the summer are effective ways to conserve water in a landscape.

Don't think of xeriscaping as an alien gardening concept. Just think of it as good common sense!

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.



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calendar of events

FROM PAGE 6

"Marshmallow Nets."

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National Golf Month

Friday, Aug. 19, 11 a.m.

Golfing contests and dessert for everyone. There will be a gift certificate for the winner of the contest.

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

National Trail Mix Day

Wednesday, August 31, 11 a.m.

Trail-related treats and competition, with a gift certificate for the winner and packs of trail mix of peanuts, raisins and chocolate chips for everyone after lunch.

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

National Teddy Bear Day

Friday, Sept. 9, 11 a.m.

Teddy bears owners are invited to show off their bears with a contest and dessert to follow, and a prize for the contest winner.

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

Seahawks Football Luncheon

Wednesday, Sept. 28, 11 a.m.

There will be a football contest, prize and dessert.

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

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.

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What to do if your dog experiences a seizure

BY DR. KATHY CONNELL

Seeing a beloved pet convulse can be frightening. Understanding more about seizures though can lessen their impact on pet owners.

A seizure is sudden, uncontrolled activity in the brain and, unfortunately, is common in dogs. Here are some signs you might see:

Beforehand or in the pre-ictal period, your dog may become nervous or agitated, as if she detects that something abnormal is going to happen. She may seem "clingy," as if seeking your help, and you may not notice this stage if it's subtle.

The next stage or ictal period is the seizure. The uncontrolled burst of neurological activity causes the body to respond by convulsing. You may see trembling and staring or eyes glazing over. The dog may not respond to voice or touch or lose consciousness. The dog may stiffen with neck and legs extended and may fall and begin paddling his feet. Your dog could become injured when he falls or if the seizure is especially violent. He may clench or work his jaws, so keep hands and fingers away to prevent being bitten. He will not swallow his tongue. Dogs may drool and lose bowel and bladder control.

The end is the post-ictal period. The dog recovers, but some signs may persist, such as panting, salivating, disorientation or seeming unaware of surroundings. A dog may sleep afterwards.

Seizure disorders are very indi-



PHOTO COURTESY OF
HENRY MOORE, JR. BCU/WSU

After a seizure, called the post-ictal stage, a pet may seem distant, pensive, or even very sleepy and tired.

vidual events. The stages vary in length. Severity can vary, ranging from petite mal to very severe convulsions or grand mal. You could see a single, isolated seizure and then never see another one. Your dog could also start experiencing seizures routinely and with increased frequency and severity.

During a seizure, try to stay calm. Carefully move the dog to a safe place to reduce injury. Time the seizure's length and observe the signs to provide a good description to your veterinarian.

One episode in an otherwise healthy dog does not usually necessitate emergency care. Seek emergency care immediately if seizures are in puppies, nursing female dogs, elderly dogs, dogs with other medical conditions or taking medications. Other emergencies are multiple seizures in one day and continuous, prolonged seizures (status epilepticus).

Epilepsy is the primary cause of seizures in dogs. Other causes include brain tumors, diseases affecting the liver and kidneys and poisoning. A thorough physical exam and blood work are a good place to start narrowing down a diagnosis. Blood work can determine if the liver or kidneys are contributing to the problem.

Discuss treatment with your veterinarian. You may decide to take a "wait and see" approach to determine if medication is necessary. The seizure that you witnessed could be your dog's first and last. If not, anti-seizure medication or combination therapy may be prescribed. Other tests or lab work may be required if other causes are suspected and to rule out other diseases.

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

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