

RENTON Magazine

Volume 3 / No 11 November 2008

**Fall colors burst
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page 23

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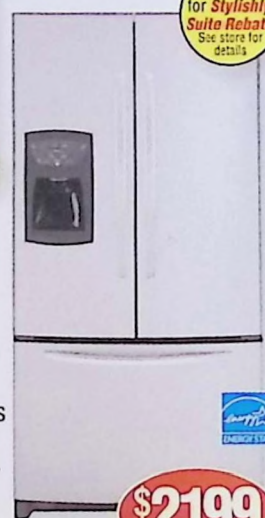
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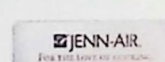
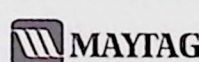
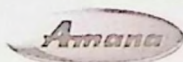
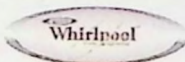
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9am - 7pm
Saturday
9am - 6pm
Sunday
Noon - 5pm

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November is always a good time to assess our priorities, particularly in an election year. The allocation of scarce resources is one way to differentiate among the candidates. All of the election news shifts too fast for us to cover, although like you, we're interested in it and will be grateful when it's over. I'm disgusted by many of the ads I see because they're so negative. "Just tell me why I should vote for you—not why you don't like the other person," I mutter as I scramble for the remote.

Many families are assessing their priorities, too. The uncertainty about the economic climate has rocked people. Situations that seemed quite certain last year appear different today.

I remember a November many years ago that was — well, awful. I was recently

divorced and struggling. Thanksgiving was approaching and I didn't feel very thankful because I was too focused on what wasn't going well. But after a few days of moping around I grabbed hold of my runaway mind and turned it in a different

direction. By the time I sat down for dinner on Thanksgiving, I appreciated all the goodness in my life, and had the courage to face the challenges.

And since, I've learned that what we focus on, will grow. It's your garden. You can grow worry, or you can grow optimism.



Diana Kramer
PUBLISHER

This is a good time for families to recognize that quality of time together is valuable. Some families will explore board games. Some will initiate family movie night at home with popcorn. And some will discover the benefits of volunteering to really find out that there are people less fortunate than themselves. And besides, it's fun to work together.

Once again, our calendars are full of interesting things to do that are close to home, that appeal to all ages. This could be a time to consider tips to museums or galleries that you never got around to doing. (Just don't tell the kids, "It's good for you.")

We may not have the same script that we had last year. That's OK. We can use the current incentive to write a new one. One that still has a happy ending.

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cover: Vibrant Fall colors make walks especially pleasant in Gene Coulon Park. See page 23. Photo by James Bavendam.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events

PIAZZA RENTON ANNUAL DINNER/AUCTION

november 13

Piazza Renton presents its annual dinner and auction with the theme, "Tropical Shipwreck," and approximately 100 items to bid on. Entrée selections will include seafood, pork, and other tropical food selections. Reservations are required and due by Tuesday, Nov. 4.

Thursday, 6-8 p.m.

Admission: \$55 per person

Spirit of Washington Event Center

www.piazzarenton.com

3rd and Burnett Ave.

206-772-1016 (Jim)

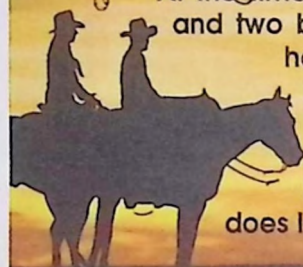


november 21- december 7

The RAINMAKER

PRESENTED BY VALLEY COMMUNITY PLAYERS

At the time of a paralyzing drought, a girl's father and two brothers are as much concerned about her finding a husband as they are about their dying cattle. Along comes a picaresque character who claims to be a rainmaker and promises to bring rain for \$100. Ultimately, the rain comes and so does love.



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

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

Carco Theatre
1717 Maple Valley Highway

www.valleycommunityplayers.org / 425-226-5190



november 1

Renton Senior Center Holiday Craft Bazaar

Browse through handmade crafts by Renton area adults 50 and over.

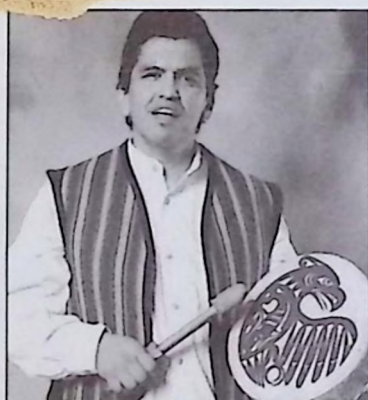
Saturday, 10 a.m. - 4 p.m.

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

Admission: free

www.rentonwa.gov/living/default.aspx?id=2410



november 11

Native American Heritage Month

Storyteller Roger Fernandes will present "Teachings of the First People/Mythic Stories of the Puget Salish Tribes." These powerful stories share, as all mythic stories do world-wide, the deep cultural beliefs of the First People.

Tuesday, 4:30 p.m.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: RHS members admitted free

www.rentonhistory.org



november
21 - 22

Hassle-Free Holiday Bazaar

More than 100 vendors will showcase a variety of hand-crafted items just in time for holiday decorating. Food and refreshments will be available.

Friday, 11 a.m. - 6 p.m.;
Saturday, 9 a.m. - 5 p.m.

Renton Community Center
1715 Maple Valley Highway

425-430-6700

Admission: free

www.rentonwa.gov



november 27

Renton Rotary Thanksgiving Day Celebration

With the support of the Renton Rotary and the City of Renton employee volunteers, the Renton Senior Center will hold its 14th annual Thanksgiving Day celebration. Tickets are required and will be available Nov. 1. Meal reservations must be made by Nov. 24. Thursday, 10 a.m. - 1 p.m.

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

Admission: free

NOW PLAYING

Drood—The Mystery of Edwin Drood

October 24 - November 8

The Music Hall Royale puts on its flamboyant rendition of an unfinished Dickens mystery, winner of five Tonys and eight Drama Desk awards. Unforgettable characters include John Jasper, a two-faced choirmaster, who is in love with the fair Miss Rosa Bud. At the center is Edwin Drood, nephew to Jasper and fiancé to Miss Bud. Drood disappears mysteriously one stormy Christmas Eve, but has he been murdered? And if so, who did it? Returning director John Munn and musical director John Kelleher add their touch on this show.

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

Renton Civic Theater
507 S. 3rd St.
425-226-5529

Admission: \$22/adults;
\$17/seniors and students
www.rentoncivictheater.org



save the date

K9 Candy Cane Sk Fun Run and Walk

This run/walk will start at 9 a.m. at the Renton Community Center and travel along the Cedar River trail before looping back to the community center. Competitive runners, fun runners, walkers, junior athletes, families (with or without dogs) are all invited. Free, after-race pictures with Santa will also be available. Pre-registration must be postmarked by Nov. 27. Participants are invited to bring a can of pet food to be donated to the Renton Food Bank.

December 7



Breakfast With Santa

Children ages 2 to 12, along with parents and grandparents, are invited to a Saturday breakfast with Santa with entertainment. Children must be accompanied by an adult.

December 13

Sunday, 9 a.m.

Renton Community Center
1715 Maple Valley Hwy
425-430-6700

Registration: \$20 (includes
T-shirt); late fee \$25 (no T-
shirt guaranteed)

www.rentonwa.gov

Renton Senior Activity
Center

211 Burnett Ave. N.

425-430-6633

Admission: \$8/per ticket,
on sale Nov. 3.

Saturday, 9 a.m. and noon
(two seatings)

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calendar of events

COMMUNITY THEATER

Much Ado About Nothing

Nov. 14, 15, 20, 21, and 22 at 7:30 p.m.; Nov. 22 at 2:30 p.m.

The Patriot Players present William Shakespeare's romantic comedy. Set in the Italian countryside, this classic features love, betrayal, broken and mended hearts, and the famous "merry war" of wit between the feisty Beatrice and curmudgeonly Benedick.

Liberty High School Auditorium
16655 S.E. 136th St. (Renton)

425-837-4800

Admission: \$7/adults; \$5/children, seniors and students with Liberty ASB

www.liberty.issaquah.wednet.edu

COMMUNITY EVENTS

Evergreen Place Holiday Craft Bazaar

Saturday, Nov. 15, 10 a.m.-3 p.m.

Evergreen Place welcomes residents and the public to join them in its annual Holiday Craft Bazaar, showcasing craft items from approximately 25 vendors. Donations of non-perishable food items for the food bank are requested. Extra parking will be available at the Market Place shopping center at Sunset and 12th Street. A shuttle will transport people every 15 minutes.

Evergreen Place
1414 Monroe Ave. N.E.

425-226-3312

Admission: Free

SCHOOL EVENT

Hazen High School DECA Club Tradeshow

Monday, Nov. 24, noon to 8 p.m.

Open to the public, this event brings together local businesses and students interested in business. Each business booth is managed by a marketing student, which enables students to learn how to work with a business and acquire skills needed for competition. Those attending will learn about services and products by participating businesses. Sample items, product demonstrations, and free products are available.

Hazen High School Commons

1101 Hoquiam Ave. N.E.

425-204-4233

e-mail ray.mccabe@renton.wednet.edu

THANKSGIVING CELEBRATION



Thanksgiving Dinner at St. Anthony's

Thursday, Nov. 27, 2-3 p.m.

Newcomers, those who are lonely, and families with children are welcome to enjoy a family-style meal in a friendly environment. Donations are accepted but not required. This event is sponsored by the Renton Ecumenical Association of Churches (REACH).

St. Anthony's Parish
501 S. 4th St.

425-228-1871 (Sally)

Admission: Free

EDUCATIONAL EVENT

Celebrate Native American Heritage Month

Saturday, Nov. 8, 11 a.m.

Harvest Moon provides an in-depth look at tribal life, from chiefs to slaves with "Occupations of the Long House." She includes legends that will fascinate and intrigue people young and old, translating the legends' hidden meanings.

Renton History Museum
235 Mill Ave. S.

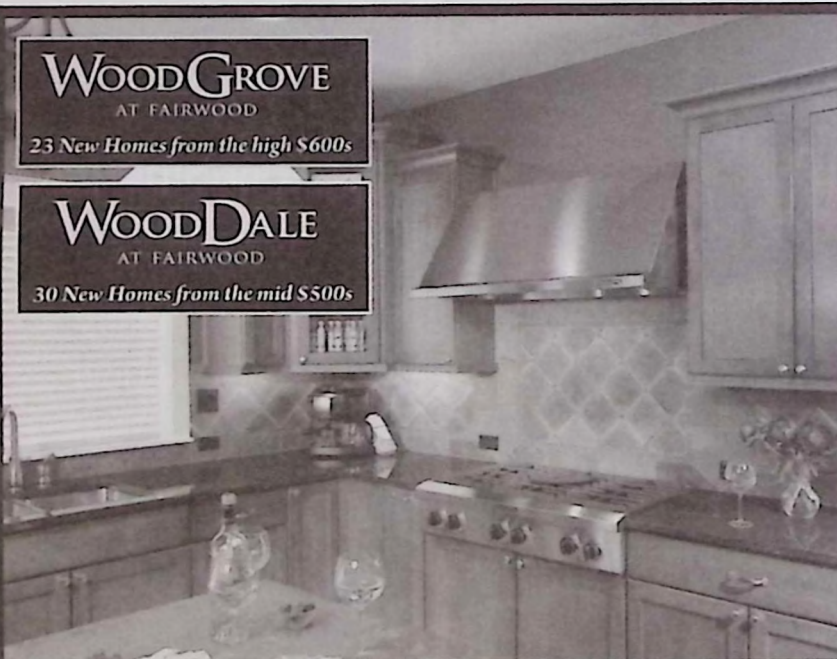
425-255-2330

Admission: RHS members admitted free

www.rentonhistory.org

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December 19th, 20th & 21st
@ Renton IKEA PAC

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425.271.5400

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10707 SE Carr Rd., Renton
425.227.9104

KENT
1225 N Central Ave. Kent
253.850.9015

Kirby Unti

I have a confession

I just love middle school kids. I have had the privilege of teaching eighth graders for over 30 years, dating all the way back to my college days. What I just love about middle school kids is that they are caught in the middle between being kids and entering the world of being more sophisticated. They still are wonderfully innocent and naïve, even though they are often exposed to behavior that is far too adult in nature.

We have been blessed in the last couple of years to run a before- and after-school program, where McKnight Students cross the street to spend time on our campus. They come every Tuesday from 2:30 to 4 p.m. and every Friday morning from 7:30 to 9. We work overtime to provide them a safe place where they can get a little food, hang out with their friends and participate in activities that they enjoy.

There are days when we brace ourselves for the invasion, like the first Tuesday of this school year when 86 kids showed up after school. We fed 55 kids on the first Friday. They come hungry for far more than food. No doubt they are hungry, with more than 50 percent of the kids in our school district participating in the free or reduced lunch program. They come hungry to be together where the focus is not on performance or grades. And I am convinced they come hungry for positive interaction with adults.

I absolutely admire our middle school teachers and staff. My hat goes off to them for the love and energy that they pour into these kids. But there is something more that these kids need from the community. They need a strong dose of adult love, adults who believe in their worth and who are willing to listen to their journey.

I think we are missing the boat in our community when our kids make the transition from elementary to middle school. In elementary school, we have a major involvement of parents

in the classroom and through PTSA sponsored programs. When middle school comes along, we see a major drop-off in parent involvement. Some of this is understandable

as our young people go through the necessary life-stage of defining themselves over and against their parents. There are not too many middle school students who are going to admit they like their parents or want them to show up on campus.

This is where I think we are making a major mistake. I don't think there is a time in young persons' development where they need the presence of caring adults more than in middle school. All of life is up for grabs at this age. So many critical decisions are made and boundaries are being tested on a daily basis.

What I have discovered is that kids crave adult presence at this point in time. They want adults who are not rigid, who are not going to preach down to them. But they do want adults who love them and who are willing to be clear about what is acceptable behavior. Believe it or not they love clear boundaries even though they may put up some resistance.

Not everyone is equipped to work with this age group. If you are wired to love this age group I would love to hear from you. We need to "up" the number of parents and adults who are willing to hang out with our young people, to love them unconditionally and to let them know clearly what kinds of behavior are acceptable and when they have stepped over the line. Our middle school kids need us far more than they will ever admit, and in return, they have so much to teach us about what it is like to try to navigate life in today's world.



KIRBY UNTI

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



PHOTO COURTESY OF FLY WRITE PRODUCTIONS

(L to R) Haben, Lianda, and Salina are anticipating the release of their yet-to-be-filled debut album, produced by John Silva. The group's videos on YouTube and MySpace have experienced more than 700,000 hits.

BY ANDREW FICKES

If you're a regular user of YouTube just type in "Haben Abraham" and you'll be catapulted into everything "Abraham:" Haben, 11; Lianda, 15, and Salina, 14. The three sisters from Renton have had more than 700,000 views on YouTube and MySpace since debuting their talent on the Internet sites three years ago.

"They love each other. They're really smart kids, they have a dream, and they want to go for it," says their co-manager Robert Cann. "They're just normal kids who are remarkable young artists. Their talent comes naturally to them; they don't let it go to their heads, and they work really hard."

EriAm sisters Renton's stunning young divas

Haben, the most recognized of the three young divas, has been in the local, regional, and national spotlight since as early as 2005. It started with her former music teacher at Highlands Elementary School, Sheri Kittay, who recognized her dynamic talent and let her father know something should be done. Haben's father Mulugheta, a native of the East African country of Eritrea, immediately began uploading videos of Haben—including an early performance of Beyonce's "Listen."

Cann, a senior sales manager at a Ford dealership in Issaquah, had a chance encounter with the Abraham

family when they came to purchase a vehicle. During negotiations, it came up somehow that Haben was an exceptional singer. At first, Cann thought how sweet that this young girl Haben could sing. Mulugheta and his wife Tiblets led Cann to a computer and showed him Haben on YouTube.

"My mouth just dropped after I saw her on YouTube," he says.

Cann told the family that he had connections in the local entertainment industry through his father, who during the 1960s and 1970s was an entertainment promoter.

"We began first to focus on Haben and her talent,

rather than the other two sisters, because she was the youngest and the impression was most strong," he says. "When you talk with her, you would never think that she would have a vocal talent like that, and then all of a sudden you see her live. She is a creative type, very impressive, smart and intelligent."

In March of this year, Haben (within days apart) performed on the "America's Most Talented Kids" segment of the Maury Povich TV show in New York City, the Children's Miracle Network awards in Orlando, and the second round contest audition

SISTERS ~ page 16

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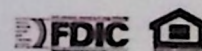
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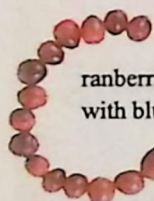
Try something different with



cranberries



BY CHRISTIE KATONA



Cranberries are one of the three main fruits native to North America, along with blueberries and grapes. This powerful little berry is very good for our health. It's packed with antioxidants, which strengthen our immune system, and also important vitamins and nutrients.

When November arrives and packages of fresh cranberries start appearing in our stores, it's time to use this delicious ingredient in traditional recipes as well as try out some new ones.



CHRISTIE KATONA

The first recipe is an unlikely but delicious combination of ingredients. I tasted it at a food show on a whole wheat cracker and loved it. Smoked trout is available at many grocery stores with the smoked salmon.

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.

Smoked Trout Mousse

Serves 12

you will need

- 2 pkgs. (8 oz each)
cream cheese, at
room temp
- 1 cup dried cranberries
(Craisins)
- 1 cup smoked trout,
boned and flaked
- 1/2 cup toasted walnuts,
coarsely chopped

directions

Line a 2-cup mold or bowl with a piece of dampened cheesecloth or plastic wrap. In a bowl combine ingredients using a hand-held electric mixer. This can also be made in a food processor using the steel blade, take care not to over-process. Spread mixture evenly in prepared container. Cover and refrigerate. Can be kept in the refrigerator for up to a week. To serve, uncover, then place in the center of a pretty serving platter. Remove cheesecloth or plastic wrap. Garnish, if desired and serve with a whole wheat cracker, such as Triscuits.

Easy Phyllo Tartlets

Makes about 24 Tarts

Look for the tartlet shells in the freezer section of the grocery store. These are so quick to put together and are so festive for a holiday party. Just a bit of something sweet.

you will need

- 1 pkg. frozen phyllo tart shells, thawed

filling

- 11 oz. cream cheese, at room temperature (an 8 oz. pkg. plus a 3 oz. pkg.)
- 1/3 cup powdered sugar
- Grated zest and peel of one lemon

directions

Combine filling ingredients using the steel blade of a food processor. Spoon into a zip lock plastic bag. Using scissors, cut a half inch opening in the corner of the bag. Pipe the filling into the tart shells.

Cranberry Topping

you will need

- 1 can (15 oz.) whole berry cranberry sauce
- 1 tbs. orange liqueur or orange juice
- 1/2 cup slivered almonds, lightly toasted

directions

In a small bowl, combine sauce and orange juice. Spoon topping onto tarts and sprinkle with the almonds. Can be made up to 4 hours ahead and refrigerated. Shells become soggy if they sit too long.

Here's another easy recipe using the same cranberry topping, above.

Cream Cheese Pie with Cranberry Topping

Serves 8

you will need for crust

- | | |
|----------------------------------|---------------------------|
| 1/3 cup butter, melted | 1/4 cup sugar |
| 1 1/4 cups graham cracker crumbs | 1 tsp. grated orange zest |
| 1/2 cup finely chopped walnuts | 1/4 tsp. cinnamon |

directions

Combine ingredients and press into the bottom and sides of a pie pan. Bake in a preheated 350 degree oven for 8 minutes, or until golden. Cool.

you will need for filling

- 1 pkg. (8 oz.) cream cheese, at room temperature
- 3/4 cup powdered sugar
- 1 tbs. orange juice concentrate for juice, undiluted
- 2 tsp. orange zest
- 1 cup whipping cream, whipped



directions

Combine cream cheese, sugar, orange juice and zest using the steel knife of a food processor or an electric mixer. Gently fold in whipped cream. Pour into cooled pie shell and spread with Cranberry Topping from Phyllo Tartlet recipe. Refrigerate until serving.



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Sikh

By James Bavendam

community cele



RENTON MAGAZINE / JAMES BAVENDAM

Manjit Singh and Harjot Kaur of Renton came to the U.S. from India, via Canada. Right: The Golden Temple in Punjab, India, is the religious center for Sikhism.

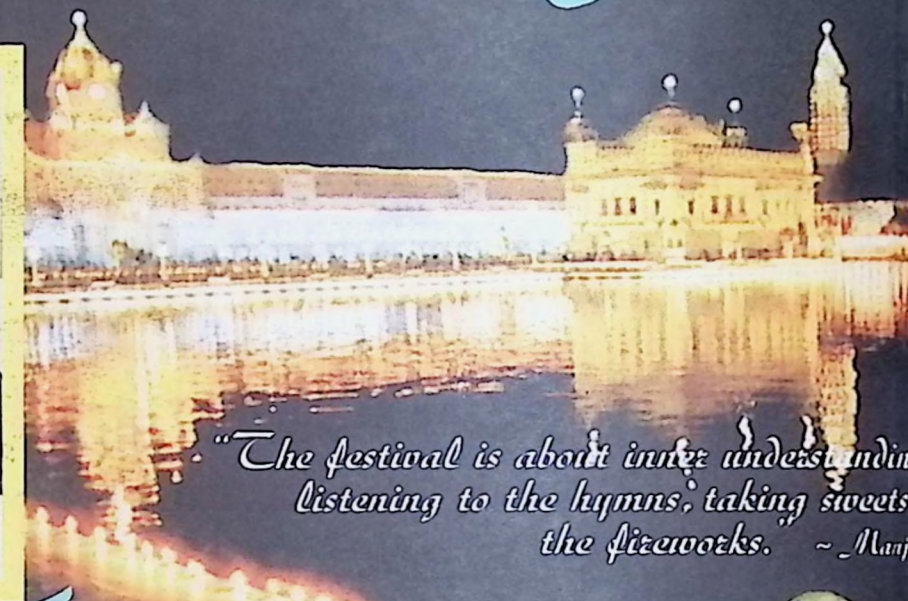
CELEBRATING Freedom

Sikhs are among various groups that celebrate the festival of Diwali. They see it not only as good over evil, but specifically, in 1619, the freeing of their 6th religious leader and 52 Hindu Rajas by the Mughal Emperor. Thus, the Sikhs see Diwali as a symbol of religious, cultural and economic freedom.

Sikhism is about 500 years old, relatively young as a religion, yet is about the fifth largest religion worldwide with over 20 million followers. Where some religions stress the rejection of progress and technology, the Sikhs welcome it.

Coming from the Punjab region in India, they broke many traditions. Some religions tended to be exclusive; Sikhs welcomed anyone from any background. Reacting to a tradition of women as property, they adopted equality of the sexes.

Sikh core values include humility, honest work and community service. Sikhs believe there is only one God, who is the same God for all people of all religions. The spiritual leader of their church is their holy book, the Guru Granth Sahib. This makes all teachings equally available to everyone, rather than coming from a person.



"The festival is about inner understanding, listening to the hymns, taking sweets, lighting the fireworks." ~ Manjit Singh

It starts before the holiday itself. Clean the house. New paint to make it look fresh.

As the day arrives, lights decorate the houses down the street. Candles lit. Children excited to open presents. It's a big time for sweets.

Most families spend part of the day at their place of worship and get together with friends. They call relatives to wish them well. With days of fireworks accompanying the lights, it can seem like a blend of Christmas and Chinese New Year.

Diwali, the festival of lights, may be one of the largest celebrations that many have never heard of. As it gains international significance from its origins in India, we can see many Western celebrations and values in it.

Hearing the right message

Manjit Singh and his wife, Harjot Kaur moved to Renton about eight years ago from Canada. Singh works as an acoustic engineer for Boeing, helping to control the sound in airplane cabins to make them more comfortable for passengers.

"Diwali is one of the most colorful festivals," he said. "When people were attracted to the festival, it helped spiritual leaders teach and show them how to live. In school, we used to write essays about Diwali - when it occurs, what it means to different religions, what to do and what not to do."

"Some people believed that if they left their doors

open, a goddess of money would visit them and make them rich. What this actually did was make them rich as they stole from people who didn't open."

"The festival is not about getting things continued. It is about inner understanding, going to the temple, listening to the hymns, sweets, lighting candles, and, of course, fireworks."

"Especially in India, the sweets are a big part of the festival. Most of their business about the festival, the children are excited to see plates and sweets. Baljeet Sehmy of Kent said, 'It is a time of new beginnings. To try to be better for the coming year.'"

Sehmy and his wife, Kuldeep Kaur, moved to the United States about eight years ago. They are living in New York City, they sought a better life in the Northwest. Sehmy has a variety of interests including real estate, construction, and business. Kaur has worked her way through various jobs, including motions at a truck-parts manufacturing

brates the Festival of Lights

We enjoyed going to the temple, lighting candles, and, of course, Singh explains Diwali

Below left, Baljeet Sehmbly and Kuldeep Kaur, of Kent, came to the U.S. from India, eight years ago. Below right, A.J. Thiara, Dimple and their very shy daughter, Nimrita Kaur Thiara, reside in Kent.

of the local Sikh community celebrating Diwali.



Generally observed near the end of October and beginning of November, Diwali can seem to last for weeks. Each cultural group celebrates on slightly different days for different reasons: Not just a celebration of light, but a celebration of inner light in the triumph of good over evil.

Honesty, respect, protection

"A.J." Thiara of Kent, who also works in real estate, emphasizes that many of the values of Sikhs and Diwali are consistent with Western values. Sikhism stresses honesty, respect for nature and the protection of others. One Sikh symbol is the kirpan, a small knife.

"If I saw a man being attacked or a woman in trouble, I would try to protect them without regard to myself," explained Thiara.

Sikhs have a long tradition serving their countries through military service, and for the most part, live quietly in their communities. They are, however, con-

fused with other groups at times.

One symbol of the Sikh religion is a neat, carefully formed turban that reminds men that their mind is the source of their actions, which should be honest and for the benefit of others. When Americans saw the casual turbans worn by Middle Eastern extremists, it was easy to blame anyone with a turban—even though the turbans are as different as the cultures.

"People often ask me about my turban. That's understandable," said Thiara. "There is no significance to color. I happen to wear black because that is easy and I don't have to worry about what other clothes I wear. Other men may have many colors and wear a color to match their clothes for the day. It is just a personal choice."

Thiara said he likes living in Kent because it is multi-cultural and diverse.

"It has the values we like, and it is a good place to raise your children. Our temple is always open to others. There are four doors, one on each side, symbolizing that Sikhism is open to all people from all direc-

tions."

Thiara's wife, Dimple, works in insurance.

"Sikh women have equality in the house," she said. "Most of the Sikh women work outside the home unless their children are too young."

Sehmbly noted that Sikhs often help the community in quiet ways. Locally, they have food drives for Northwest Harvest. They have collected donations for tsunami and Katrina victims; they have blood drives. Several days a week, the temple has community vegetarian meals where anyone is welcome.

"I think being Sikh increases people's confidence. It helps you see the larger vision of people in a brotherhood. We care for the larger community in which we live. We also come together as Sikhs as a community. Helping others is important," said Singh.

Three Men, THREE WARS

BY JUDY DUNN

Three men, three different wars. Yet so much in common. At the Renton VFW Post 1263, one sunny day in late September, they sat down together.

World War II veteran Glenn Bowers was 17 when he enlisted in the Navy, young enough that his dad had to sign the papers. It was June 1943.

"I joined up with four of my friends, right out of high school," he said. "Pearl Harbor motivated us."

After a two-week stint in boot camp, Bowers was on a tanker on his way to Pearl Harbor. He was assigned to the Fifth Fleet, newly renamed because of a change in admirals.

"When the Japanese heard about the Fifth Fleet, they thought we had two fleets." He grinned. "Actually, it was just the Third Fleet renamed."

Bowers served one month shy of three years and was discharged in May 1946. When it was over, he had nine battle stars and a half-dozen service medals.

Vietnam vet Eugene Burton was also 17 when he enlisted in the Navy in 1961.

"I grew up on a dairy farm in Colorado," he said. "I knew I didn't want to do that for the rest of my life. And I wasn't interested in college. So the Navy seemed like the thing to do."

He went to boot camp and entered a nuclear power school.

"It was like four years of college crammed into 36 weeks. I only lasted 14 weeks. Next I went to electrician's school."

That was a skill he was glad he developed. He got a job when he returned and is now a retired electrician.

"I spent 13 months in Alaska and after that I served two-and-a-half tours in Vietnam," Burton said. "I was in for six years, 11 months, and 13 days. I used to know the hours and minutes, too."

Iraq War vet Zach Wooten enlisted in the U.S. Army in 1991. He was 18 and just two weeks out of high school. Eleven months later, he joined the Army National Guard. He has served off and on since then.

"I thought about going to college but was not 100 percent committed," he said. "What I really wanted to do was get out on my own and learn how to lead."

Wooten comes from a long line of service; his father and stepdad served in Vietnam, and his grandfather on his mother's side was a World War II vet, all of them in the Army. He went through training and a two-year assignment at a base in Germany. His wife Angela was pregnant with their first daughter, Kaelyn, when he was deployed for security duties at Guantanamo Bay. A second deployment in 1997 sent him to Riyadh, Saudi Arabia.



RENTON MAGAZINE / BOB DUNN

Vietnam veteran Eugene Burton and World War II veteran Glenn Bowers find common experiences at the Renton Veterans of Foreign Wars Post.

I consider being in the military to be one of the most honorable professions you can have.

~ Zach Wooten, Iraq War veteran

"People were just starting to hear the name Osama bin Laden," he said. Wooten was part of a security team protecting a Patriot missile site. After that, he went back to Germany, then state-side to Fort Lewis, and later to the Seattle Armory. In September 2003, his National Guard unit was called up again, this time to Iraq. His daughters were 8 and 4 and his wife was pregnant with their third child.

CLOSE CALLS

There are those times when one small action, a slight stroke of luck, can save your life. The first Kamikazes (suicide air attacks) struck U.S. warships in Leyte Gulf, Philippines, on Oct. 25, 1944. They were, in Admiral William Halsey's words, "the only weapon I feared in the war." By the end of the war, Japan had sent an estimated 2,257 aircraft on suicide missions.

"The destroyers took the worst of it from the Japanese," Bowers said. "The Kamikaze planes were the scariest. Forty, fifty planes at a time. It was horrific."

Bowers remembers one close call in particular. "I was on a tanker. The submarines were there, protecting us. Fifteen minutes after we traded places with another tanker, they got torpedoed."

For Wooten, living at Camp Anaconda, the largest and most rocketed base in Iraq brought its dangers.

"We nicknamed it Mortaritaville," he said.

At Camp Anaconda, Wooten's job wasn't in the direct line of fighting. He was in a unit working operations, keeping tabs on the convoys coming in and going out. On his ninth day there, he had a run-in.

"I know exactly what day it was in April because it was my wife's 30th birthday," Wooten said. "I had gone to the AT&T call center with one of my friends. I left to go outside for a smoke. That is when a rocket landed just 10 feet away from me. I saw a white flash. I was knocked unconscious and when I came to, I was on my back. The security bubble was gone. I no longer felt safe."

For Wooten, it was a wake-up call, the realization, for the first time, that he was in a combat zone.

FAST FORWARD

The three men have varying degrees of connection with their pasts. Bowers has seen his service buddies since the end of the war.

"I just recently attended a reunion in Everett for everyone who had survived the Kamikaze attacks during the war. It was very emotional. You know, we never had much of a chance to talk about it. We did our jobs and then we just went home."

Burton and Wooten have not stayed in touch as much.

"My close friend, Edward Enlow, was best man at my wedding," Burton said. "He's retired

I'd do it again. I desperately believe in our country.

~ Glenn Bowers, World War II veteran

now and lives in Wisconsin. But I don't go to reunions."

Wooten is out of the service now, has a new job and is still dealing with PTSD (Post-Traumatic Stress Disorder) and a mild brain injury.

THEY WOULD DO IT AGAIN

Though they come from different eras, wars and branches of service, there are at least two things they agree on: their strong beliefs about the impact serving their country has had on their lives and their eagerness to recommend military service to other young men and women.

"I am proud to have served my country, Burton said.

Three Wars

WORLD WAR II

- Length of U.S. Involvement: 1941-1945 (four years)
- Military Deaths: 416,800*
- Dec. 7, 1941: Japan attacks Pearl Harbor
- June 6, 1944: D-Day- Allied forces invade German-held France
- May 7, 1945: VE-Day- Germany surrenders
- Aug. 6, 1945: U.S. drops bomb on Hiroshima
- Aug. 9, 1945: U.S. drops bomb on Nagasaki
- Sept. 2, 1945: VJ-Day- Japan surrenders

VIETNAM WAR

- Length of U.S. Involvement: 1965-1973 (eight years)
- Military Deaths: 58,209*
- Aug. 2 & 4, 1964: North Vietnamese attack U.S. destroyers in Gulf of Tonkin
- Mar. 2, 1965: U.S. aerial bombing of North Vietnam begins
- Mar. 8, 1965: First U.S. combat troops

IRAQ WAR

- Length of U.S. Involvement: 2003-present (five years and counting)
- Military Deaths: 4,177* so far
- Mar. 2003: U.S. launches invasion of Iraq
- Apr. 2003: Saddam Hussein's statue toppled
- June 2004: Control of Iraq handed over to Iraqi government
- Jan. 30, 1968: North Vietnamese and Viet Cong launch Tet Offensive
- June 13, 1971: Portions of Pentagon Papers published
- Jan. 27, 1973: Paris Peace Accords signed
- Mar. 29, 1973: Last U.S. troops are withdrawn from Vietnam

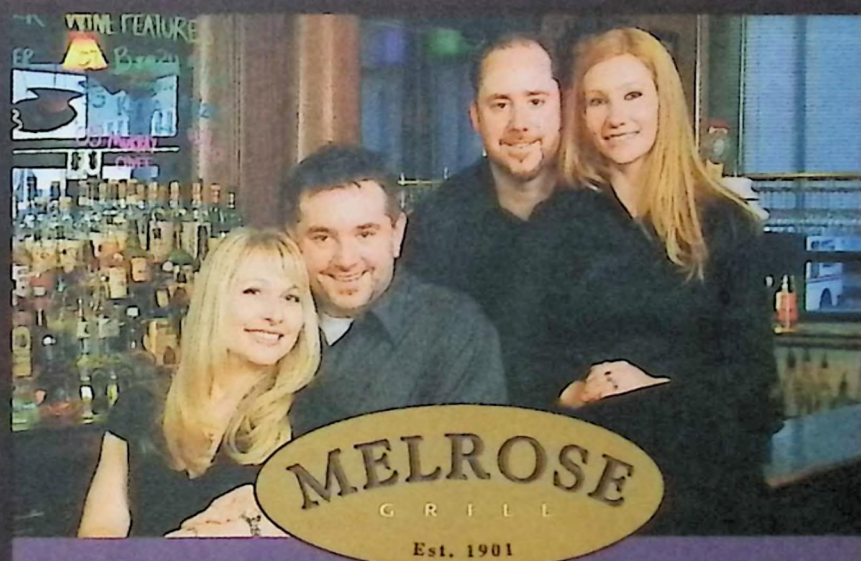
- Oct. 2005: National Iraqi vote approves new constitution
- Dec. 2006: Hussein is executed
- Jan. 2007: Bush announces 20,000 additional troops will be sent to Iraq
- Apr. 2008: David Petraeus is chosen next leader of U.S. Central Command

*Military deaths include combat, non-combat, POWs and MIAs



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Iraq War veteran Zach Wooten enlisted in the U.S. Army at age 18 and has served two tours of duty.



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Norma Cugini

Renton Citizen of the Year

BY DAVID SUFFIA



RENTON MAGAZINE / DAVID SUFFIA

Norma Cugini was honored for her many years of service as a volunteer.

Norma Cugini sits at a table in her Renton Hill home with a panoramic view of the city spread out behind her, from downtown to Lake Washington and beyond.

She looks puzzled for a moment when asked why she has been involved in so many philanthropic and civic efforts over so many years, as if she'd never really thought about it.

"We do it because we're able to," she says finally. "It just gives me a warm fuzzy feeling to give."

Recently named Renton Citizen of the Year, Norma Cugini grew up in north Renton, attending Sartori Elementary, Renton High School, and the University of Washington. She and her husband Alex reared "three good and intelligent children here, and we're proud of all three." The Cuginis live in the home they built on Renton Hill 55 years ago.

Norma will turn 80 shortly before Christmas and is as dedicated to Renton and its future as ever. The list of her contributions to the community, both in time and money, is long and broad.

She has served on the boards of directors for the Renton Salvation Army and the Renton Civil Service Commission. She helped launch the Downtown Renton Association and the King County Sexual Assault Center. She was one of the first co-chairs of the Renton Annual Art Show, and one of the first volunteers at the Renton Farmers Market.

Norma also was a founding director and later president and chairman of Renton Community Bank, a member of the West One Bank board of directors, and a board member for the Pacific Northwest Ballet and Seattle Opera.

'Alex and I have worked hard and made some good decisions, and when you have enough, you should try to help others.' ~ Norma Cugini

She and her husband donated money to the Renton Senior Center for a sun room to honor her father, James Denzer, because "he was instrumental in starting the senior center." They've also donated money to Renton Technical College in honor of Alex's mother.

Perhaps her favorite endeavor is serving on the board of the Renton Community Foundation. The foundation's Circle of Giving awards grants to local organizations, ranging from the food and clothing banks to Allied Arts and the schools.

"It is so gratifying to see how happy people are to receive the grants.

"I am very proud of the honor of being named Renton citizen of the year. I was named an outstanding citizen a few years ago and I thought that was my high point, but this is very special," she said.

"Alex and I have worked hard and made some good decisions, and when you have enough, you

should try to help others. I am so thankful that Alex encouraged me to become involved and do things in the community."

The Cuginis' families have long histories in Renton. Her great-grandfather came from England around 1903 and worked in local coal mines. His grandparents came from Italy in 1900. The Cugini family became involved in the timber business and for many years owned and operated the Barbee Mill sawmill on Lake Washington.

Norma and Alex met "in the darkroom of the Renton High School photography club" when she was a freshman and he was a sophomore," she giggles. "Then it was 15 years before we were married, after Alex was in the service twice, and we went to the university."

"Renton is changing so much now," she says, turning to look at the view of the city below. "But then it's changed so much over the years already. Now you can almost see it change day by day."

SISTERS from page 9

of the America's Got Talent contest in Los Angeles.

"The Maury Povich show was a lot of fun," says Haben. "I made a lot of friends there. And even though I was sick that day, I did pretty well."

While singing solo is fun and has attracted attention for Haben, she says

that singing with her sisters is when she's most comfortable.

"It's fun to perform with my sisters, because we're family," she says.

The sisters together go by the name EriAm, which stands for Eritrean-American. It reflects their lineage from Eritrea to America.

With the help of Cann and the support of their parents, the sisters connect-

ed with executive producer John Silva and last June began recording a 14-track album that incorporates the sounds of R & B and soul. The summer was filled with eight-hour recording days. Three songwriters contributed tracks; four songs were originals from the sisters.

Cann says he and Mulugheta are in negotiations with several labels for distribution, including Warner, EMI, Geffen,

Disney and Nickelodeon.

"Our short term goal for the girls is showcasing their talent and increasing their fan base, while enjoying family and school life," says Mulugheta. "The long term goal is to create a strong sisters band that is a household name and becomes a role model for many youngsters."

More information on the sisters is at www.habenabraham.com.



BY ELAINE ANDERSON

The fiercest competition happening right now isn't on the football field; it's in the pumpkin field. All over the world, farmers and backyard gardeners are vying for the title of "Grower of the World's Largest Pumpkin."

The word pumpkin comes from the Greek word *pepon*, which means "large melon." Pumpkins are actually a type of squash and a member of the *Cucurbita* family, which also includes cucumbers.

In pursuit of the Great Pumpkin

They are grown on six of the seven continents. There are no giant pumpkins in Antarctica, not even small ones.

Pumpkins are far and away the most recognizable symbols of Halloween, with most of them appearing in the form of a jack-o'-lantern. However, hundreds of years ago, people in Ireland and Scotland used turnips (big turnips) to carve jack-o'-lanterns. I'm sure they were delighted to arrive here and discover pumpkins, which are much more suitable for carving scary faces.

There's no evidence the pumpkin was part of the first Thanksgiving feast, but it most likely was on the menu within a few years. The colonists used the pumpkin in soups, stews, and desserts. They even made pumpkin beer.

Pumpkins are not difficult to cultivate. They tolerate a wide variety of growing conditions, and they do well in our area. They're worth growing, too, because they are a good source of vitamins and minerals and particularly of beta-carotene, vitamin C, and potassium. Pumpkin was once recommended as a cure for freckles, but I don't know if the freckle-faced were supposed to eat it or rub it on their skin.

Growing giant pumpkins is a different matter. This is a

serious pursuit. Selective breeding has provided a Nova Scotia farmer with a patented strain, "Atlantic Giant." Growers of giant pumpkins agree that sowing seed from "Atlantic Giant" is the first step in pursuit of the world record. That's about the only thing they agree on, however, and there are a variety of methods and recommendations for growing the great pumpkin.

Great-pumpkin growers from all over the world enter the annual competition, but the winners always come from the United States (at least I couldn't find anything to indicate otherwise). The 2007 winning pumpkin was grown in Rhode Island and weighed in at 1,689 pounds, a new world record. I wonder, though, what does one actually do with a pumpkin that size?

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

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Renton School good news announcements

Students use teamwork to achieve WASL success

All of the 28 students in Brian Teppner's fourth-fifth grade split class at Sierra Heights Elementary School last year joined together as a team to achieve success on all sections of the Washington Assessment of Student Learning (WASL). The students decided at the start of the school year to help each other in their classroom studies and preparation for the spring WASL tests, which included reading, writing, mathematics and science.

Their success included:

100 percent of all students passed the reading assessment, including those in the English Language Learner program—students who are currently learning English while taking the WASL and the responsibilities of classroom learning.

100 percent of fifth-graders passed the mathematics WASL.

95 percent of fifth-graders passed the science WASL.

100 percent of fourth-graders

passed the writing WASL. More than half of them received perfect 12 of 12 scores.

100 percent of fourth-graders in the "leveled math group" exceeded standard on the mathematics WASL.

Teppner is a national-board certified teacher, who is serving this year as a science teacher on special assignment to support student learning through professional development for teachers throughout the district.

Heuschel elected to regional board

Renton schools superintendent Dr. Mary Alice Heuschel was recently named to the board of directors of the Northwest Regional Educational Laboratory (NWREL).

Heuschel joins 29 other educators, district superintendents, and chief state school officers in helping guide the work of the laboratory—most of which is centered on the five states of Alaska, Montana, Idaho, Oregon, and Washington. Heuschel was elected by superin-

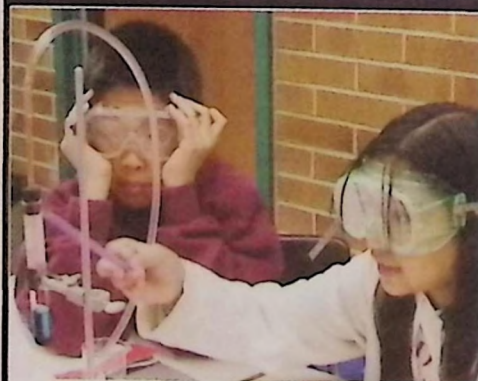
tendents throughout Washington.

NWREL is a private, nonprofit corporation with 932 Northwest agency and organization members, working to improve learning by building capacity in schools, families, and communities through applied research and development.

Lindbergh's cross-country boys making their mark

Lindbergh High School boys' cross country team recently took second place in the Nike pre-nationals meet in Portland against 100 teams from across the United States. The team also took first place at the Fort Steilacoom Invitational and first place at the Mount Baker Invitational against teams from Washington and British Columbia. Lindbergh's team is ranked third in the state and fifth in the Northwest region, which includes Washington, Oregon, Idaho, Montana, Alaska and Hawaii.

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BY CHARLIE POWELL

Who or what deserves compassion most?

"I just don't understand it," said the person. "People give thousands of dollars to save a starving dog, and they won't give a dime to help all the abused kids in society."

It's a comment many in veterinary medicine have heard before. Typically, it arises when a high profile case of animal abuse attracts media attention. What follows the report is often a tidal wave of small donations that add up to a lot of money.

In the case of "Chocolate," a Tri-Cities dog with both front legs fractured and running at large for some weeks, donations easily topped \$25,000 in the first two days.

Yes, people often do give to animals before people, but not always – a fact often lost. High profile child abuse or abandonment cases also attract media and many donations. But for the kids living in squalor known only to CPS, DSHS, and perhaps public health, it's correct to

say they don't get their due.

Among abused and neglected animals, actually a very small number attract media or donations. This is especially true when one considers the vast numbers that are in animal control facilities.

Why do we need to set limits on our compassion and giving? Each gift to any cause is important and welcomed. Deriding another's gift or lack thereof is counterproductive. We should instead embrace a culture of giving back to those less fortunate of any species and not judge.

Before giving to an animal cause check out: <http://www.charitynavigator.org/>. Founded in 2001, Charity Navigator is the nation's largest and most-utilized charity evaluator. Charity Navigator accepts no funding from the charities they evaluate. They also refuse to charge users for their trusted data.

One aside, Charity Navigator doesn't rank university foundations.

Next, determine what you want your gift to do. Also consider that if your donation is above the costs of an immediate cause, what will be done with the excess? In the case

of Chocolate, donations came in so quickly and with so many different donor stipulations, a bank had to take over the accounting and tracking. That's a good thing since there was more than needed for his care and the remainder started a fund for other dogs in need like Chocolate.

Frankly, I see a desperate need out there for a national animal Good Samaritan Fund. I get many calls each month from people with animals in need who can't afford the advanced care. There is no pool of money available to all. Washington State University's College of Veterinary Medicine has a very limited Good Samaritan Fund open to any animal by application with a \$1,000 cap. Sadly, because of limited resources, most applications are rejected. To get an application online see: <http://www.vetmed.wsu.edu/depts-prd/GoodSam/>. You can make donations there, too.

Charlie Powell is the public information director for the Washington State Veterinary Medical Association and Washington State University's veterinary college.

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RENTON MAGAZINE / JAMES BAVENDAM

Paula Harms leads the weekly tai chi class at the Renton Senior Activity Center.

BY DANA E. BLOZIS

described by many as an internal martial art, the ancient practice of tai chi has become better known in recent years for its health and wellness benefits. Called the "ultimate low-impact exercise" by Consumer Reports in February 2000, tai chi teaches proper breathing techniques, balance and strength in the form of slow, beautiful, dance-like movements.

Because of tai chi's many health benefits, the Renton Senior Activity Center (211 Burnett Ave. N., Renton) offers classes to adults 50-and-up to help improve balance and increase energy. Debbie Little, recreation specialist, said the center has

Tai chi can help to:

- Reduce stress
- Lower blood pressure
- Increase flexibility
- Improve cardiovascular fitness
- Improve muscle strength
- Relieve chronic pain
- Develop a sense of calm
- Improve sleep
- Increase energy, stamina and agility
- Slow bone loss in women
- Improve balance and coordination
- Improve everyday physical functioning
- Reduce falls

Tai chi: The ultimate low-impact exercise

offered the popular class for more than 10 years.

"People enjoy it, and it is a low-impact activity," Little said. "It is something they can do on their own at home."

The Tuesday afternoon class is taught by Paula Harms, 71, a retired Kent teacher. According to Little, Harms is popular with students, who follow her from class to class. Her current class, which runs through the middle of December, has about 20 students, primarily women, although several men attend the weekly sessions with their wives.

"It's a fun class," Harms said. "I have enjoyed it so much!"

Tai chi is a weight-bearing exercise that requires control for good balance and the use of the participant's entire body, keeping the muscles active and assisting with circulation.

While demanding in terms of focus, tai chi can be practiced by virtually anyone regardless of age or health, Harms said. She encourages students to find their comfort zone, so that tai chi is relaxing and beneficial to each individual.

This may include adapting the movements to fit individual

abilities.

Tai chi offers mental benefits, including relaxation and calmness.

"Tai chi should be wonderful for your brain," Harms said. "It gives you a kind of mental calm."

To enhance the experience, Harms plays soft, rhythmic music during class. "It gives a sense of ease and relaxation," Harms said. "I keep it as a background, and that encourages freedom and flow of movement."

Harms said the class is particularly good for adults, who tend to focus more effectively than children. It is also good for those with debilitating illnesses, such as multiple sclerosis and cancer, in easing some symptoms.

Harms' current class includes a 65-year-old woman with Parkinson's disease, who is hoping tai chi will help her maintain stability and improve breathing. An 83-year-old class member, who has been studying tai chi for nine years, claims she's been able to discontinue most of her medications as a result.

For those new to tai chi, Harms encourages adults to take a class in order to learn the movements and proper form. These moves can then be practiced at home, so that the student gains ongoing physical, mental and emotional benefits from the exercise.

Little agreed, "Tai chi is a lifelong exercise."

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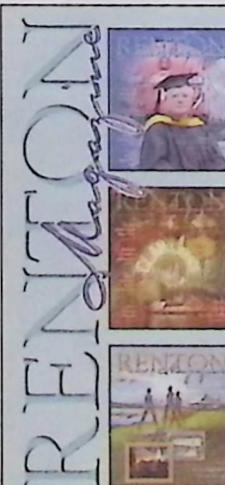
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COURTESY RENTON HISTORY MUSEUM, #1988,122.2784

Henry Moses (kneeling, far right) and his brother Joe (standing, far right) attend an OldTimers' Picnic, ca. 1940.

BY ELIZABETH P. STEWART

November is Native American Heritage Month, a good time to remember that the town that would become Renton was first a settlement and trading crossroads for the Duwamish people. A common American myth holds that the noble American Indian slowly disappeared as people of European descent spread

Renton's Moses family: Here from the first

across the U.S. But the Duwamish people's ongoing quest to maintain their culture demonstrates what a misguided myth that is.

The Duwamish people made the fertile area around the Black and Cedar rivers their home for hundreds – if not thousands – of years, fishing, gathering berries and roots, trading, and raising their children. White settlers quickly appropriated their lands in the mid-19th century, with the assent of Washington's territorial governor, so that by the dawn of the 20th century, the Moses family remained one of the few Native American families that owned land in Renton.

Jimmie Moses was born on Alki Point before the arrival of the Denny Party, and so in his lifetime experienced the wrenching change that occurred when two such different cultures—white European and native—tried to come together on the same land. He participated in huge potlatches at Miller's Beach near Des Moines and grazed his horse at salt grass stands near Boeing Field.

Jimmie and his wife Jennie managed to keep a small portion of their ancestral lands on the Black River behind the present-day Renton High School. Jimmie passed that land and his memories of Duwamish culture on to sons Joseph, Charles, and Henry before his death in 1915.

Henry Moses became a beloved member of Renton High School's championship basketball team and cared for his widowed mother in their family home. As late as the 1960s—within living memory—the Moses family remained an integral part of both Duwamish and Renton life.

Having sold his family's Renton land in 1939, in later years Henry returned from his Tacoma home to attend potlatches and tribal councils, as well as old-timers' reunions of predominately white pioneers. Later his wife Christina hesitated to characterize him as a Native American activist, but, she said, "He would have been happy to see the Indians getting some of their rights back."

If Henry Moses and his family missed the revitalization of Duwamish activism, present-day members of the tribe have not forgotten them. The Duwamish Longhouse and Cultural Center will open at 4705 West Marginal Way this month, 114 years after the last longhouse burned. In this cultural center, Renton's Moses family will take their place among many other ancestors whose efforts preserved Duwamish culture for future generations.

Elizabeth P. Stewart is the Director of the Renton History Museum. She can be reached at info@rentonhistory.org, or 425-255-2330.

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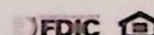


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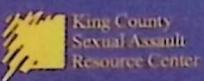
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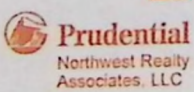
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renton library news



Staff picks at Renton Public Library

BY BETTE ANDERSON (AND STAFF)

Books, books, books – so many good reads for fall. Do you need suggestions for something to read or listen to? The staff at the Renton Public Library wants to help. We have a page on our website (<http://library.renton-wa.gov>) called “Staff Picks” where you will find titles and brief comments about books and audio books that we have enjoyed. Clicking on the picture of the cover or on the title will take you to the library’s online catalog for that item so you can place a hold. Check at the beginning of each month for new recommendations.

Here are some suggestions to get you started:

“The Saffron Kitchen” (audio CD) by Yasmin Crowther: In her debut novel, Yasmin Crowther tells of a family distraught over current events and haunted by a troubling past. Sara is a young woman about to start a family of her own, but after a horrible accident, her mother abruptly decides to leave England and return to her homeland of Iran. The past and present relationship of this mother and daughter are beautifully intertwined by the author, and the audio production further enhances this

powerful tale.

“The Children’s Blizzard” by David Laskin: On the morning of Jan. 12, 1888, the thermometer in North Platte, Neb., read 28 degrees – 30 degrees warmer than the previous day. People were able to run errands and send their children to school for the first time in days, unaware of an approaching blizzard. When it arrived many people, including schoolchildren, were trapped and faced with the decision of whether to risk staying put or trying to go home through the deadly storm. Recommended for readers who enjoy tales about frontier life, survival stories, or books by Timothy Egan.

“The Professor and the Madman: a Tale of Murder, Insanity, and the Making of the Oxford English Dictionary” by Simon Winchester: Who would imagine that a book about the creation of a dictionary would encompass murder, insane asylums, the American Civil War and the inside scoop on some of the finest intellectual minds of the 19th century? This is not a dull, slogging “literary history,” but a fascinating look at one of the most extraordinary undertakings of any era – compiling the history, definitions, and usage of every word in the English language.

Bette Anderson is the Renton Public Library director and can be reached at 425-430-6610.



RENTON MAGAZINE / JAMES BAVENDAM

Fall scenes from Cedar River, Gene Coulon Park and Renton's Harvest Festival. You did go to the Harvest Festival, didn't you? Clear days seemed to extend fall color well into October.

