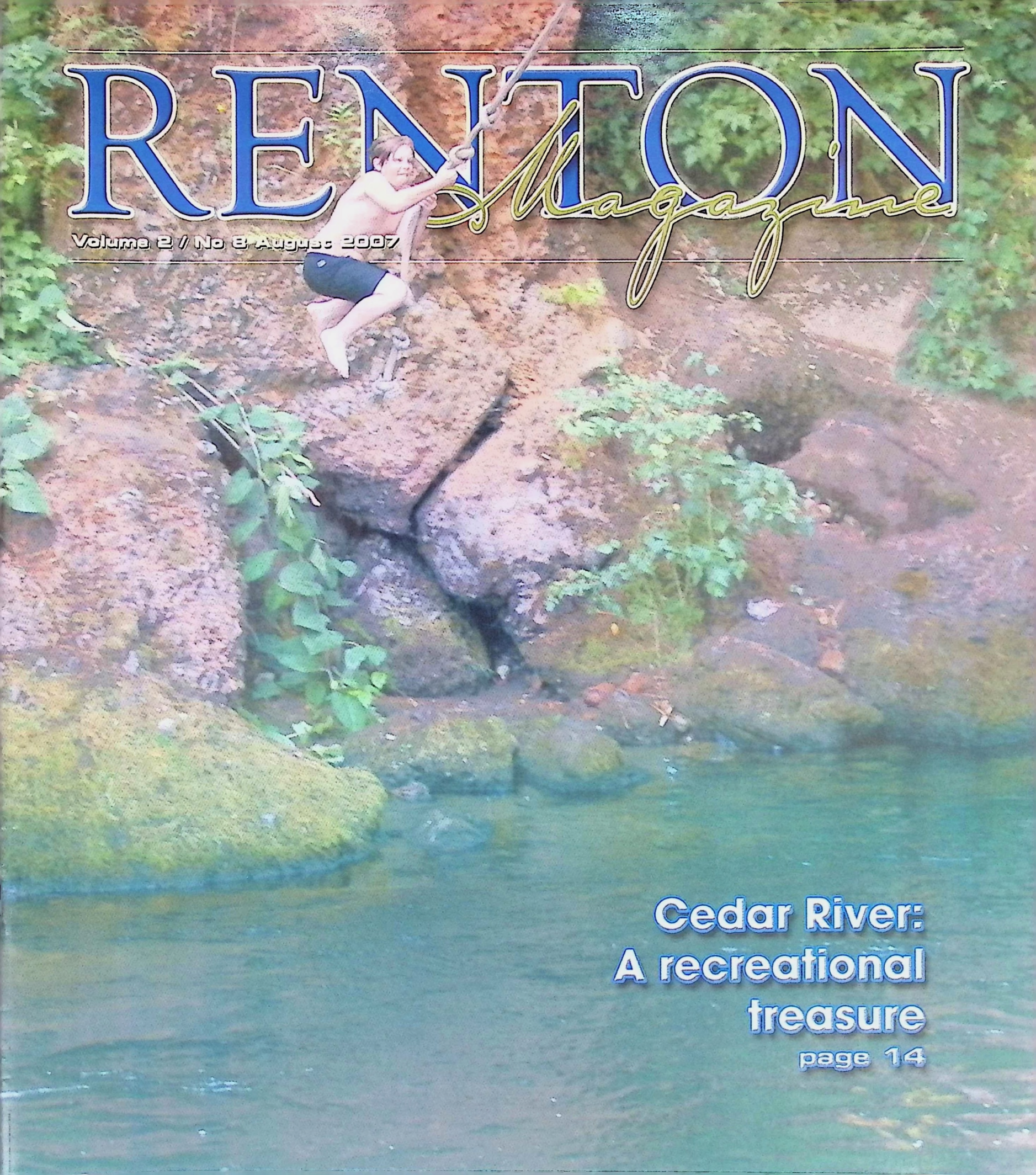


RENTON Magazine



Volume 2 / No 8 August 2007

Cedar River:
A recreational
treasure
page 14

KING and BUNNYS

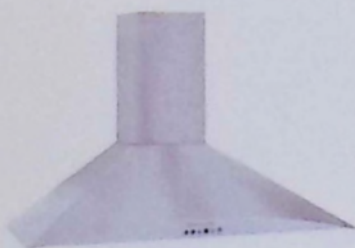
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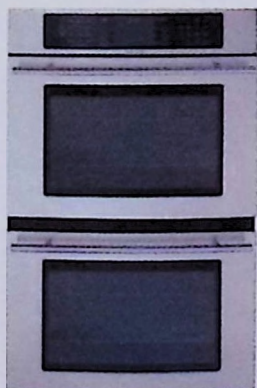
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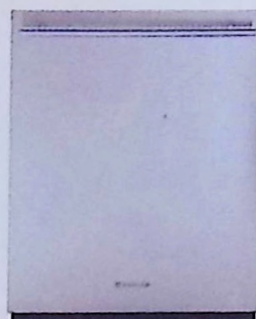
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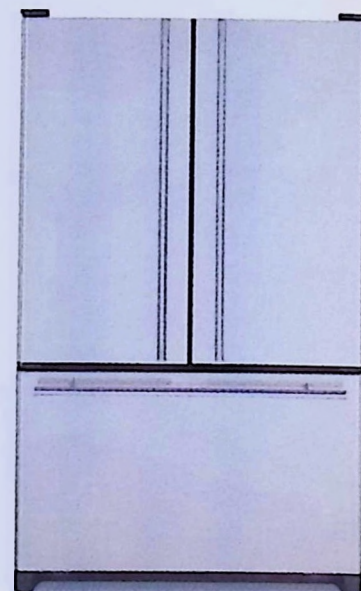
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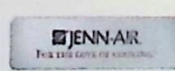
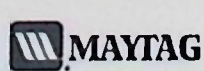
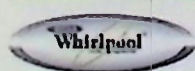
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publisher's note

The depth of involvement and commitment you find from those who work or live in the community are usually reflected in the quality of a city. Renton is blessed to have many residents and local business owners who continually volunteer their time, talent and treasure to projects that make this a wonderful community in which to live and raise families. And the future looks very bright!

The upcoming Downtown Art and Antique Walk this month is a great example of how volunteers can come together with an idea, and through hard work and determination, create an event that is popular with local residents and a huge benefit to the business community.

This is the second year for the walk, which showcases the talent of more than 50 Northwest artists at nearly 40 local business-

es throughout our downtown. Ryan Runge, Jennifer Davis Hayes and Britt Peterson, founders of Arts Unlimited, are a few of Renton's newer volunteers. They are dedicated to expanding the visual and performing arts in our downtown. Be sure to mark Aug. 25 on your calendar, and see the article on page 10.

* * * * *

Yesterday (July 31) was the final run of the Spirit of Washington Dinner Train from downtown Renton to Woodinville. Over the past 15 years, the Dinner Train has become



Denis Law
PUBLISHER

one of the region's most popular attractions, drawing an estimated 100,000 to Renton each year. The rail line is scheduled to be shut down by Burlington Northern Santa Fe Railroad, which is forcing owner Eric Temple to move the train to Tacoma.

Eric has been a model business owner for this city. He renovated the depot and surrounding area into one of Renton's most attractive spots. And during these years of successful operation, Eric has been very generous to the community, donating upwards of a million dollars in financial support to countless charitable organizations throughout the region.

The end of the Dinner Train is a big loss to Renton, but we're fortunate that Eric and his staff will continue their successful operation of the Spirit of Washington Events Center next to the Piazza.

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Publisher | Denis W. Law
denislaw@rentonmagazine.com

Associate Publisher | Diana Kramer
dianakramer@rentonmagazine.com

Executive Editor | David Suffia
davidsuffia@rentonmagazine.com

Reporter | Andrew Fickes
news@rentonmagazine.com

Advertising | Marie Shaw
marie@rentonmagazine.com

Graphic Artist | Kerri Ladines

Photographer | Dena Rasko

Columnists | Kirby Unti
| Elaine Anderson
| Dr. Bob Thompson

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cover: The Cedar River is a recreational treasure for local residents. See page 14 & 15. Photo by Denis Law / Cover design by Kerri Ladines.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Maplewood Golf Course
425.430.6800

Police Dept
(non emergency)
425.430.7500

Renton Community Foundation
425.264.0516

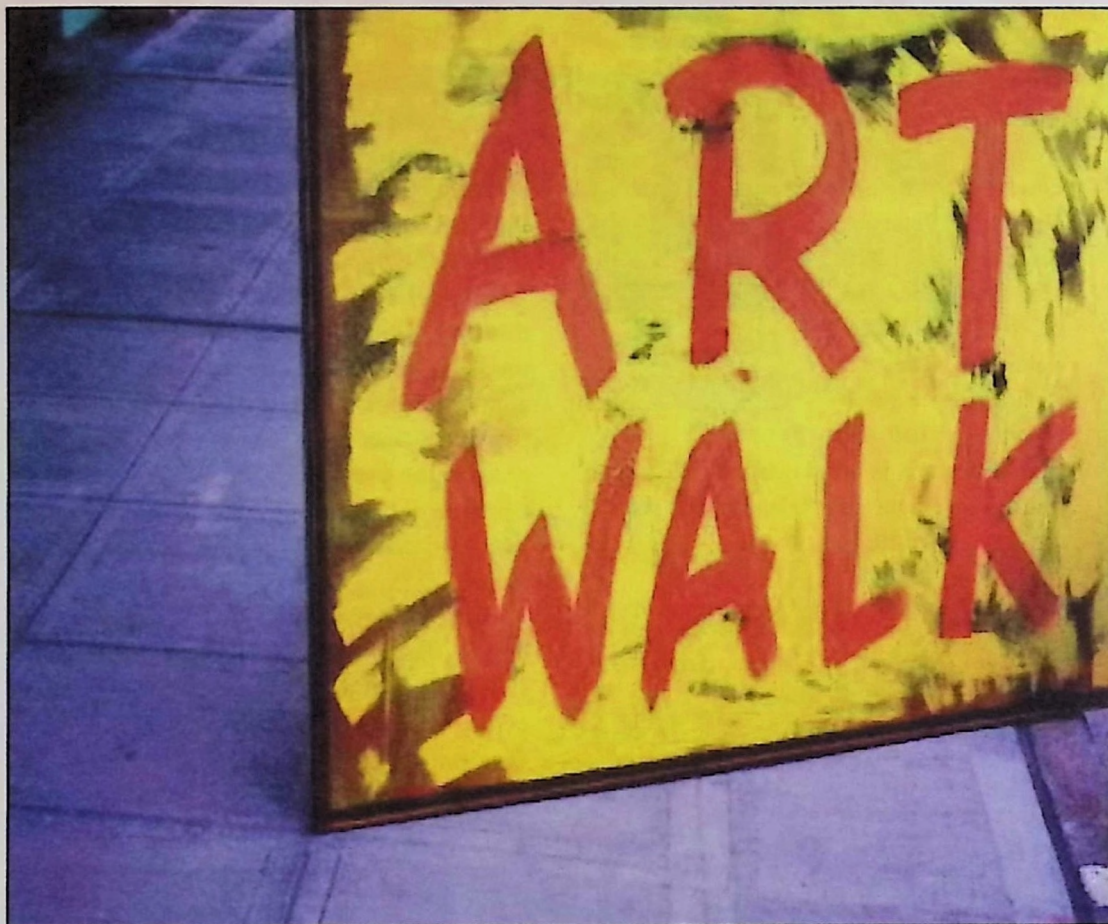
Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming august events



Downtown Art and Antique Walk

This annual event will liven up the streets of downtown Renton with paintings, pottery, glassworks, sculpture, and photography. It will feature more than 100 artists. Maps will be available at www.artsunlimited.org the week before the event.

august 25

Downtown Art and Antique Walk

Saturday from noon to 7 p.m.
Downtown Renton merchants
425-430-6589
Admission: Free



august 8 & 15

Coulon Family Concert Series

Wednesdays at 7 p.m.
www.rentonwa.gov
425-430-6700
Gene Coulon Memorial
Beach Park
1201 Lake Washington Blvd. N.
Admission: Free



august 15

Tennis Carnival

Wednesday from
3:15 p.m. to 5 p.m.
425-235-9495
McKnight Middle School
1200 Edmonds Ave. NE
Admission: Free



august 26

Diamond Lil's Hot August Chrome Classic Car Show

Sunday from 10 a.m.
to 3 p.m.
206-300-5254
Diamond Lil's
111 S. 3rd St.
Admission: Free to spectators



september 1

Back to School Sock Hop

Saturday 7:30 p.m. to
midnight
425-255-9211
The Rockin' Horse
Dance Barn
11820 150th Ave. SE
Admission: \$12 per person

upcoming august events



Kennydale Beach Splash Day

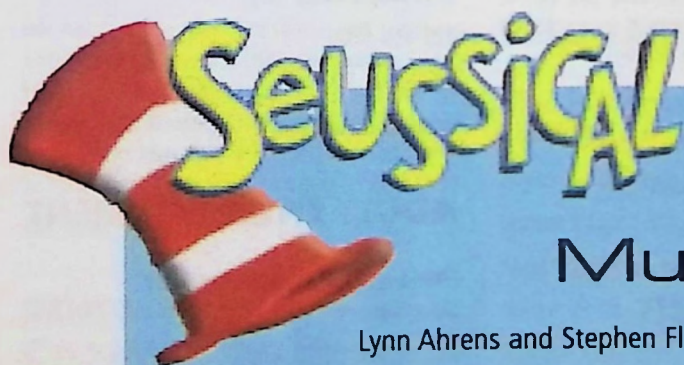
This annual event is open to children 14 years and younger. Various games and competitions will include water balloon toss, lifejacket races, sand castle building, kickboard races, and a cannonball competition. Arts and crafts will also be available. Registration begins at noon.

August 8

Wednesday from noon to 3 p.m.
425-430-6700

Kennydale Beach Park
3601 Lake Washington Blvd. N.
Admission: Free

now playing



22nd Annual Summer Teen Musical "Seussical"

Lynn Ahrens and Stephen Flaherty have brought to life favorite Dr. Seuss characters, including Horton the Elephant, Gertrude McFuzz, Lazy Mayzie and the Whos of Whoville! Entertainment for the whole family to enjoy.

Aug. 3 through 12

Fridays, Saturdays at 7:30 p.m.; Sundays at 2 p.m.
Carco Theatre, 1717 Maple Valley Hwy.

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425-430-6751 / www.rentonwa.gov



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August 04, 11, 18, 25

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calendar of events

COMMUNITY EVENTS



Roofest 2007

Saturday, Aug. 25 from 10 a.m. to 3 p.m.

Roofest 2007, an annual greyhound-only event, will be hosted by the Great Northwest chapter of Greyhound Pets of America. Auctions, raffles, food, and various vendors will be included in the day's festivities. Retired racing greyhounds will also be available for adoption.

Kennydale Memorial Hall
2601 Edmonds Ave. NE

253-927-5043

Admission: \$3/entry fee, \$10 for family of four
www.gnwgreyhounds.org

Renton Farmers Market

Tuesdays through Sept. 18 from 3 p.m. to 7 p.m.

Downtown Renton comes alive with the tastes of summer at the Renton Farmers Market. The market welcomes more than 50 vendors and farmers selling locally grown farm products, including organic fruits and vegetables, cut flowers, baked goods, herbs and more! Live entertainment and chef demonstrations are featured each week.

Piazza Park
South 3rd Street (downtown Renton)

425-679-1502

Admission: Free

www.rentonfarmersmarket.com

FAMILY ENTERTAINMENT

Renton Cinema at Liberty Park

Aug. 4 - ET

Aug. 11 - School of Rock

Aug. 18 - Raiders of the Lost Ark

The best in movies on Saturday nights. Seating opens at 7 p.m. Only low-back chairs and blankets

allowed in the front viewing section.

425-430-6600

Liberty Park
1101 Bronson Way N

Admission: Free

www.rentonwa.gov

Picnic Pizzazz...A Kids' Entertainment Series

Aug. 2 - Zucchini Brothers

Aug. 9 - The Bucketman

Aug. 16 - Linda Severt's Juggletunes

Bring your picnic lunch to enjoy free, fun-filled entertainment at Kiwanis Park on Thursdays from noon to 1 p.m. Sponsored by Renton Kiwanis Clubs.

Kiwanis Park
815 Union Ave. SE

425-430-6600

Admission: Free

www.rentonwa.gov

Mad Science: Fizzy Physics

Tuesday, Aug. 14 from 11 a.m. to noon

Have you ever seen a bottle rocket? Launched a rocket without an engine? Did you know that you can use Alka Seltzer to make a cannon? How about a Diet Coke fountain? All this and so much more as our mad scientist presents an edu-taining event designed to delight children and amuse parents.

Renton Community Center
1717 Maple Valley Hwy

425-430-6700

Admission: Free

www.rentonwa.gov

ADULT ENTERTAINMENT

Friday Flicks and Music at Southport

Fridays, Aug. 17, 24, and 31
from 7:30 p.m. to 11 p.m.

Check www.southportevents.com for movie and band listings. Beer garden and food is provided by Touchdowns Sports Bar and Grill. A portion of the proceeds will benefit the Renton community through the Kiwanis Club of Renton.

Southport (between Gene Coulon Park and

Boeing)
1083 Lake Washington Blvd. N
425-282-5833 ext. 300
Admission: \$5 suggested donation
www.southporteevents.com

SENIOR EVENTS

RENTON SENIOR ACTIVITY CENTER

211 Burnett Ave. N.
425-430-6633
www.rentonwa.gov/living/default.aspx?id=40

Tuesday At The Movies

Tuesday, Aug. 21 at 12:30 p.m.
Feature Movie: Happy Feet
(running time: 98 minutes)
Admission: Free

Bean Bag Baseball

Friday, Aug. 10 and 24 at 10 a.m.
Attention, baseball fans! Come join the already popular game of Bean Bag Baseball. Bring your spirit and your friends.
Admission: Free



Tropical Paradise Dance

Friday, Aug. 17 from 4 p.m. to 7 p.m.
Put on your leis, flowered shirts and Hawaiian clothes and escape to a "Tropical Paradise." Eddy Fukano and duo will provide dancing music! The Wahine Ilikea Dancers, featuring Mahina Lazzaro, will perform after supper. Supper is served from 4 to 5 p.m. Tickets must be purchased by Aug. 15.
Admission: \$6

RENTON CHAMBER EVENTS

New Teachers Breakfast

Tuesday, Aug. 28 from 7:30 a.m. to 9 a.m.
Help the Renton Chamber of Commerce welcome new teachers to the Renton School District and support education in our community. Contact the

chamber at 425-226-4560 if you would like to sponsor a teacher for \$20 or if you would like to provide items for the new teacher welcome bags. Keynote speaker will be Bonnie Dunbar, former NASA astronaut and president of the Museum of Flight.

Renton Technical College
3000 NE 4th St.

425-226-4560

Admission: \$15/members; \$30/non-members
www.gorenton.com

SEPTEMBER EVENTS



Grateful for Grandparents!

Friday, Sept. 14 from 6:30 p.m. to 8 p.m.
Celebrate Grandparents Day at the Renton Community Center with entertainment and a dessert bar. Take home a special keepsake made by you to remember this event. Emmy award winner Tim Noah presents a captivating musical experience to delight audiences of all ages.

Renton Community Center
1717 Maple Valley Hwy
425-430-6700

Admission: \$6
www.rentonwa.gov

WINE AND BEER TASTING

Wine Tasting at the Met Coffee and Wine Bar

August 2-Covington Cellars
August 9-Eaton Hills Winery
August 16-Vin du Lac
August 23-Rock Meadow

Join The Met Coffee and Wine Bar in August for a variable selection of wines from 5 p.m. to 7 p.m.

The Met Coffee and Wine Bar
232-C Burnett Avenue South
425-687-7989

Admission: \$5
www.themetwinebar.com

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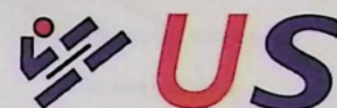
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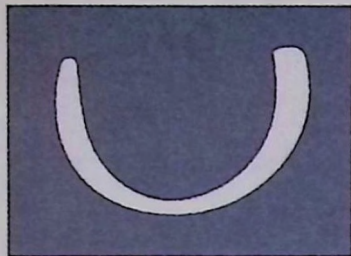
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editor's viewpoint

Cedar River is at the heart of Renton

Cedar River bisects the center of Renton, dividing north from south, but it's also a unifying force that draws Renton residents and visitors to the city's center like a fluid magnet.

I grew up just two blocks from the river, so it holds a special place in my heart and memories. I learned how to fish there; I discovered the underwater world of periwinkles and crayfish there; I skipped rocks on its surface; waded and swam in it; floated it in an inner tube and a canoe; and I learned the difference between a mallard and a merganser there.

Nowadays I'm still drawn to the Cedar River, walking and biking

along the city's brick-paved trail for exercise. I still marvel at the runs of salmon, steelhead and other species that return to the river every year to spawn new generations.

The Cedar is at the core of the city's annual River Days Festival that draws thousands. Few patrons of the main city library, which spans the river, can resist stopping



David Suffia
EXECUTIVE EDITOR

for a moment to peek down at the Cedar's headlong tumble to Lake Washington.

Liberty Park — used by thousands for softball, tennis, basketball, skateboarding, picnics, and just relaxing — is made more special because it sits on the banks of the river.

Renton would still be Renton without the Cedar River, I suppose, but I think it would be so much less.

To learn more about Cedar River, its history and its recreational pleasures, don't miss the feature story in this month's issue of Renton Magazine.

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*One per registered group

JOHN F. BUCHAN
H O M E S

Only my barber really knows

I am frequently asked the question, "How long have you lived in Renton?" I usually respond by saying that, "I am newcomer"



Kirby Unti
COLUMNIST

and then go on to explain that Kim and I arrived on May 18, 1980. Most people know that was the day Mount St. Helens blew up. It sure makes it easy for us to remember when and it helps us to mark time. Twenty-seven years in a town like Renton is nothing when many Renton families date back to before the turn of the 20th Century. I don't have a true Renton bloodline, but I sure have discovered the benefits of living in the same town over an extended period of time.

Renton is a community and it still has a small town feel about it. People care about what happens in the neighborhood, get involved in our schools and participate in supporting a wide breadth of community programs. I continue to tell people one of the blessings of Renton is we are discovering how to work together for the good of the community.

My kids have known no other town. They are grateful to call Renton home and it will take something of great significance for them to leave. Their friendships date all the way back to preschool.

Twenty-seven years serving the same church has meant that I am now baptizing the children of those I first baptized when I came to Renton. It is a real honor to be a part of people's lives from the cradle to the grave. I love to tell children that I knew their moms and dads when they were kids. It creates a special bond.

One of the great joys is, I have also had the same barber for all of these years. Yep, Gordon Endicott has been cutting my hair for darn near the entire time. I even followed him when he moved shops. I don't even have to tell him when I sit down. He knows I like a nice close hair cut. It started out being a cut for summer

time. I like it so much it now is my year round do.

Gordon is not only my barber. I had the privilege of performing his marriage to his beautiful wife Christy. I have also shared in the raising of their son Aubrey. Life has not come easily for Aubrey. He has typically chosen the long way around the block. Middle School approached being the end of Aubrey's public education.

Fortunately the Renton School District has an alternative route. One of the greatest joys of my being in Renton has been to watch Aubrey succeed when very few people would have given him much of a chance. Aubrey graduated from Black River High School this past year with honors. He found a place for himself in this world when, in conjunction with Renton Technical College, Aubrey went into the area of surgical technology.

Aubrey now spends his days with some of the top surgeons in the area. Imagine a kid, who few people believed in, hanging out with doctors and nurses who respect him for his smarts and dedication.

Aubrey is a kid with a bright future. Nothing gives a guy who has hung out in a community for the last 27 years greater joy than knowing a young person has gone from failure to success. And what really adds to my joy is knowing there are a lot of Aubreys in the Renton community. When all kids are our kids, every kid has a chance of making it.

Congratulations Gordon, Christy and Aubrey.

People continue to ask me, "When are you going to leave Renton?" My standard response is, when I receive a sign of equal magnitude to Mount St. Helens. Thanks, Renton, for 27 great years.

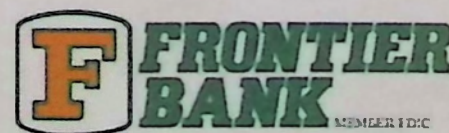
Renton Magazine columnist Kirby Unti is pastor of St. Matthew's Lutheran Church in the Renton Highlands.

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Art AND Antique Walk mixes art and business

BY ANDREW FICKES

There will be less walking, more art and both visual and performing arts at the second annual Downtown Art and Antique Walk Saturday, Aug. 25.

The walk, from 11 a.m. to 7 p.m., will be in Renton's downtown business core, from Logan to Main and Second to Fourth. Ryan Runge, Jennifer Davis Hayes and Britt Peterson, co-founders of the newly established Arts Unlimited, introduced the walk last year to bring businesses and artists together for mutual support.

"With this event we wanted to activate the art scene and bring people into the downtown core," says Davis Hayes.

"Seeing the mix of people showing their work last year was exciting," she said. "The buzz that night was great."

"I enjoyed last year taking pictures," said Runge. "Some would be of an artist talking to another artist and another would be of a merchant grinning from ear to ear for getting traffic through their door."

Runge and Davis Hayes both say artistic opportunity in Renton is great but there's room to grow.

"People are dying for galleries in downtown Renton," said Davis Hayes.

Last year's walk received support from 36 businesses and 72 artists. More than 300 people attended. This year's event will have more than 40 businesses showing work and more than 100 participating artists from throughout the Northwest.

As of mid-July, sponsors were Allied Arts, Renton Municipal Arts Commission, Merrill Gardens at Renton Centre, CD Danza, Logistic



PHOTO COURTESY OF MICHAEL MADDEN

Michael Madden, local Renton Artist, will showcase his interpretive Seattle Jazz-era paintings at the walk.

Solutions, Renton Magazine, and Antique Country Station.

Last year's event was held during the Renton Farmer's Market and in a larger area.

"We are focusing (this year) on a smaller radius with extended hours so that it's more walker friendly," said Runge.

Original works by Mark Tobey, Morris Graves, Paul Horiuchi, Kenneth Callahan, and Helmi Juvenon will be shown alongside newer Northwest artists.

"Young artists can look up to these guys and see where other artists have succeeded," says Runge.

To provide a mix of visual and performing arts, Evergreen City Ballet and Spotlight Dance Center are opening their venues for performing artists.

Michael Madden, a local Renton artist, has for years exhibited his diverse paintings at various venues in Seattle. Arts Unlimited, he says, has given him the

opportunity to show his work closer to home. The pieces he'll show during the downtown walk, depict the game of pool and Seattle's jazz music era from the early 1940s and 1950s.

"By doing these art shows with Arts Unlimited, I've been able to meet other artists in the area, exchange ideas and techniques, and see what's out there and what's current," he says. "Renton is an up and coming arts community and it needs to be brought out so people in Renton know about it."

Merrill Gardens at Renton Centre will make some 7,000 square feet available.

"It's just another opportunity for people to find out what Renton is all about," says Shelley Thompson, Merrill Gardens general manager. "The artists we had in our space last year were so talented. You don't know what's out there unless there's an art show like this."



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COURTESY OF THE RENTON HISTORY MUSEUM, #1988.115.2701

An audience at the Grand Theater, circa 1930.

Hollywood comes to Renton

BY ELIZABETH STEWART

When Benjamin Fey and his 24-year-old son Erwin took a Sunday drive around Lake Washington in 1924, they were looking for a winning location to open their own movie theater. Benjamin had moved his family from Ohio to Seattle five years earlier, buying a half-interest in the Madison Theater on Capitol Hill.

On this day they approached Renton over a plank bridge across a swamp that would become Boeing in 1941. There happened to be a theater already under construction on Third between Burnett and Smithers avenues. A few days later the Feys had a contract to lease their first theater. The Feys' movie empire did not have an easy start—they didn't realize there was already a theater right around the corner, and Renton's population was under 4,000. A fire even postponed the Renton Theater's opening until Feb. 1925, but B.

W. and Erwin Fey were big dreamers.

Their Renton film empire spanned cinema history from the silents to multi-million-dollar Hollywood blockbusters. When they opened their first movie palace, most theaters had pianists or organists on their payrolls; Marie Connelly was well known for her organ playing at the Grand. Benjamin and Erwin were innovators, however, so before the "talkies" they played a record of the popular "Indian Love Call" through the theater's public address system as the actor Richard Dix sang on-screen in a silent movie.

When Miss Connelly decided to sell the Grand, the Feys quickly snatched it up and installed Movietone talking film equipment. The Grand re-opened in May 1930, the first theater in Renton to show movies with sound. At the same time, only seven years after the first neon signs were installed in the United States—on a Packard car dealership in Los Angeles—the Feys unveiled a huge new neon sign on the Renton Theater. Also in 1930 B. W. Fey purchased two lots fronting Third Street, on which the Roxy Theatre would open in 1936.

The Feys made these investments during the Great Depression, at a time when businessmen had every reason to be nerv-

ous about the economy, so their gestures represented an extraordinary vote of confidence in Renton's future.

"Since we are located in a modern city like Renton, and a city with all the assured future that Renton has, we must keep up to the procession—or just a little in advance," B. W. Fey said of his expensive new sign. "We feel that this is a good time to show the faith that is in us."

They never hesitated to spend money to improve their buildings and attract new customers, as long as the investments came with plenty of free publicity. In 1931 B. W. Fey claimed his hobby was "giving the kids free matinees as often as [I] can find an excuse for it," to the delight of families on tight budgets. Benjamin Fey died in December 1938, but Erwin stood ready to guide the family's cinema palaces—the Renton, the Grand, the Rainier, and the Roxy—into Renton's expanding future.

The Renton History Museum now has the Feys' Roxy Theater neon sign exhibited in its main gallery. The museum is open Tuesday through Saturday, 10 a.m.—4 p.m.

Elizabeth P. Stewart is director of the Renton History Museum, 425.255.2330. www.rentonhistory.org.

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New "wonder drug" isn't new at all — it's aspirin

*T*here seems to be a lot of new attention focused on good ol' fashioned aspirin, so much that it has recently been touted as a "wonder drug." Evidence is rapidly growing that supports aspirin's use in lowering the rates of heart attack, stroke, colon cancer and even Alzheimer's disease. It is hard to believe that the same little orange flavored St. Joseph's baby aspirin my mom gave me years ago whenever I had a fever also helps prevent my 86-year-old father from having another heart attack, 35 years after his first.

It has long been known that aspirin has a role in the prevention of cardiovascular disease. Researchers have found that regular aspirin use lowers women's risk of suffering a stroke by 17 percent. Aspirin's benefit for men was to reduce their chance of heart attack by 32 percent.

People with a family history of heart disease or stroke, or risk factors such as diabetes, high blood pressure, high cholesterol and obesity should ask their doctors about the benefits of daily low dose (81 mg)

aspirin.

Consulting with your doctor might also head off trouble for the estimated 5 percent of people for whom aspirin could pose problems such as bleeding ulcers or an allergic reaction.

There is mounting evidence that the benefits of aspirin go beyond the cardiovascular system. There is scientific research today showing that daily aspirin slows the development of colon cancer, the second leading cause of cancer death in our country, and preliminary data suggests that regular aspirin use may prevent certain cancers from occurring at all. In addition, recent population-based studies report that an aspirin a day will either slow the progression or even prevent dementia, such as Alzheimer's disease.

While the scope of benefits from daily aspirin ther-



Dr. Bob
Thompson

apy for most adults may be far greater than we could have imagined, there is an age group for whom aspirin should be restricted. Children under 12 should not take aspirin when presenting with flu-like symptoms as this could lead to a life-threatening condition called Reye's Syndrome, which causes multiple organ system failure and even death.

According to a study supported by the U.S. Center for Disease Control, being published in the American Journal of Preventive Medicine, doctors should do more to promote aspirin use in adults, both men and women, and discourage smoking. These measures, along with childhood vaccines, are the most efficient means to prevent disease in the United States. Ask your health care provider today about the risks and benefits of daily, low-dose aspirin for you or a loved one.

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

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around the garden



BY ELAINE ANDERSON

Whether you've allowed your lawn to become dormant or are keeping it green through the hot summer months, you haven't been doing any fertilizing or overseeding.

Start planning now, because September will be the month to begin feeding and seeding. (This refers to established lawns. Mid-March through mid-April

Lawn need help? Plan now for fall

is the best time to install a new lawn, although this can be done in early October as well.)

Lawns should be fertilized four times a year, in mid-April, the beginning of June and September, and mid-November. It's wise to have a soil test done so that you'll know what nutrients your lawn needs. You might need to feed only nitrogen to your grass, and without a soil test, you could spend money on nutrients you don't need. Let's assume nitrogen is what you'll be applying. Plan to use one pound per 1,000 square feet of lawn in September and again in November. More is not better, so if your lawn is healthy, never apply more than this.

Make certain your lawn receives one inch of water each week. In September, we can't yet count on a good weekly rain, so supplemental water will be needed in order to fertilize at this time. Bring your lawn out of dormancy before you feed it. And, remember that light, frequent watering encourages shallow roots, which is not what you want. So, one inch, once a week should be your mantra. Here again, more is not better. Over watering is the cause of all sorts of undesirable conditions!

If your lawn is healthy, you won't have much of a prob-

lem with weeds. The occasional weed is best removed with a trusty hand digger. If weeds do seem to be winning the battle, make sure to identify the weed (or, heaven forbid, weeds if there's more than one type), so you'll know the proper herbicide to apply. Avoid the use of combination fertilizer/weed killer (weed-and-feed) type products, because they apply herbicide in areas where it's not needed, not an environmentally safe practice.

What if removing all those weeds leaves bare spots in your lawn? After mid-October, it will be too late to seed these spots, so plan to do that between early September and October 15. Keep seeded areas watered until the rains return.

Your lawn will be headed toward good, green health!

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



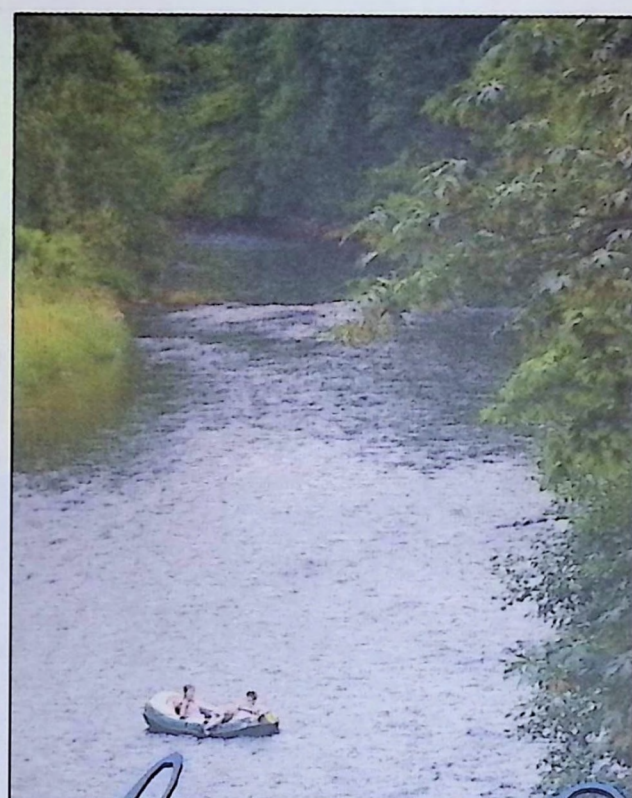
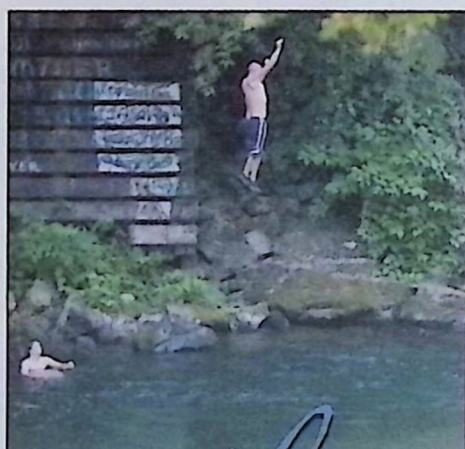
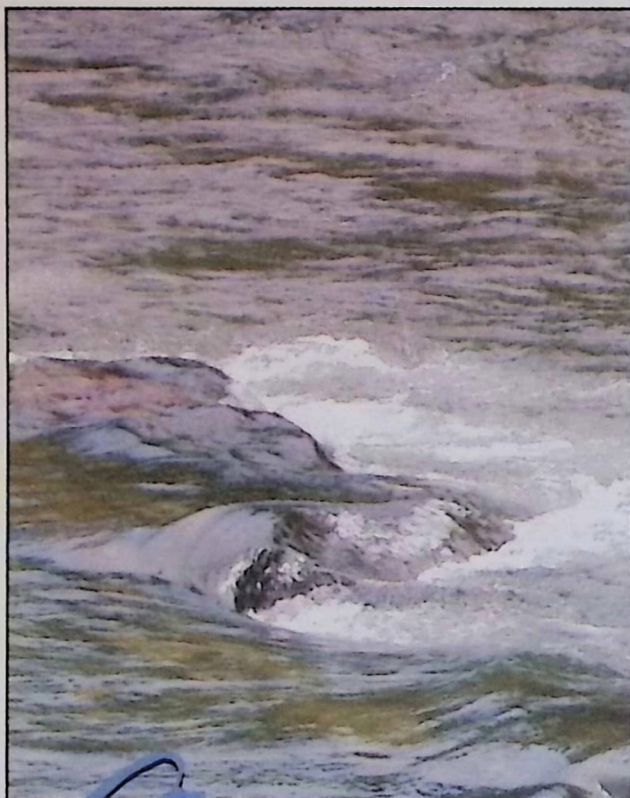
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A river runs through us

By David Suffia / Photos by Denis Law

*L*ong before there was Renton, there was the Cedar River, and it's difficult to imagine the city without the river running through it.

The stream that today spills through downtown Renton is a connection of the past to the present and future, a recreational playground, a fisheries conservation treasure, and a wildlife sanctuary.

Archeologists have documented Native American presence along the river dating back to at least 7400 B.C. In recorded history, the Duwamish tribe had a summer encampment along the river in what is now North Renton.

Cedar River didn't always look as it does today in its rush through Renton to Lake Washington. In fact, for most of its history the river didn't even run into the lake.

Until 1917, the Black River flowed out of the south end of Lake Washington. The Cedar River ran into the Black River, which flowed west to join the Duwamish River, which spilled into Elliott Bay.

When the Army Corps of Engineers completed the Ballard Locks and the Lake Washington Ship Canal, it lowered the level of Lake Washington. That caused the Black River to dry up and disappear. At the same time, a new course was dredged for the Cedar River, making

it flow in a straight line through downtown Renton and empty into the south end of Lake Washington.

Even before then, the City of Seattle began diverting some of Cedar River's water to supply Seattle residents. Today, the Cedar supplies about 70 percent of Seattle's water.

However, the river continues to be a recreational treasure for Renton. The Cedar River Trail stretches for 4.5 miles along the side of the river, connecting to trails heading east. Joggers, hikers, bikers, dog walkers and others flock to the trail, enjoying its tranquility and close-up view of nature.

Spotted along the trail are some of the city's finest parks, including the 24-acre Cedar River Trail park at the mouth of the river, where there is picnicking along with play equipment and a non-motorized boat launch. The nearby Cedar River Boathouse has kayak and canoe rentals and instruction.

Upstream, along Wells Avenue South, is little Jones Park, a green urban oasis with picnic tables and children's playground equipment.

Popular Liberty Park, a couple of blocks east, has baseball fields, picnic tables, children's play equipment, tennis and basketball courts, and a large skate-

board arena. The trail runs through the park.

Renton's unique main library is right next door, built on a span over the river. Lots of people stop outside the library and look down at the river to watch migrating salmon and steelhead at various times of the year. There are placards on the span explaining how to identify the species, and explaining their life cycles.

Upstream a little farther, on the other side of I-405, is Cedar River Park, which features Carco Theatre, a baseball diamond and more access to the river trail.

The trail then runs through the Cedar River Natural Zone, a wonderful natural setting that protects wildlife. Along the way is little Riverview Park, which has picnic areas and a footbridge over the river.

At the east end of the Cedar River Trail are the city-owned Maplewood Golf Course, one of the most heavily-used courses in the state, and Ron Regis Park, with areas for soccer, baseball and cricket. For an exotic treat, drop by Ron Regis on a summer weekend and watch white-clad cricket players who hail from all over the British Empire.

Lots of people enjoy the river in hot summer months by just wading right in.

Be careful. There are some strong currents and deep holes that can be dangerous, especially for youngsters.

Others like to simply sit down on one of the benches along the Cedar River Trail and eat their lunch while they watch ducks and other wildlife.

Don't miss the close-up view of steelhead trout and Chinook and Coho salmon migrating up the Cedar to spawn at various times of the year. From the Cedar River Trail, you can almost count the scales on the huge fish struggling against the current. Check the information panels at the library for the best times. It can be a spectacular view, as the bodies of the male salmon turn cherry red in their migratory trek.

Of course, you may have to share the view with some other local residents with a vital interest in the fish. If you walk the trail out past the golf course in the fall, you may see dozens of bald eagles feasting on the spent remains of the salmon.

At other times of the year, you can watch fly fishermen wading in the river and plying their artful pastime. If you are tempted to join them, please make sure you have the proper licenses and check with the state regarding the rules.

Whatever your pleasure, you can probably find it along the Cedar River.

Fly-fishing on the Cedar River



BY MICHAEL HAMILTON

*M*any will tell you it's the location; 16 minutes from downtown Seattle or Bellevue; six miles northeast of Seattle-Tacoma International Airport; at the crossroads for three interstate freeways and four state highways; and, one of the prettiest darn trout streams you'll ever find running right through the center of downtown.

OK. This last "did you know" is not the usual Chamber of Commerce tidbit that you see advertised. But for a growing number of avid fly fishers, the Cedar River is an urban gem that is hands-down "ahead of the curve" when it comes to summer fly-fishing.

"The caliber of fish residing in the Cedar is astounding," notes Northwest fishing guide Dave McCoy, owner of Emerald Water Anglers. "Between cutthroat and rainbows, there are some extremely large fish, upwards of 24 inches, and many are the most beautiful trout I have personally caught anywhere."

On this day in mid-June, a light breeze – unseasonably warm – rustled the trees. McCoy was showing me some of his favorite water, "secret spots" he would say, as we walked and waded through riffles casting dry flies tight against the bank.

"Fish on", he shouted as a big-shouldered, beautifully speckled rainbow trout leaped out of the water like a circus act from its watery lie beneath a boulder. "Cedar River rainbows are fat, feisty and full of spirit. Landing these fish once you hook up is a lot of fun."

After a brief tussle, the 'bow came to hand, relaxed in the net, and the true wonder of nature revealed itself.

From June 1 to the end of August, the Cedar River is open to catch-and-release fly fishing only from Landsburg Diversion Dam, 22 miles upstream from downtown

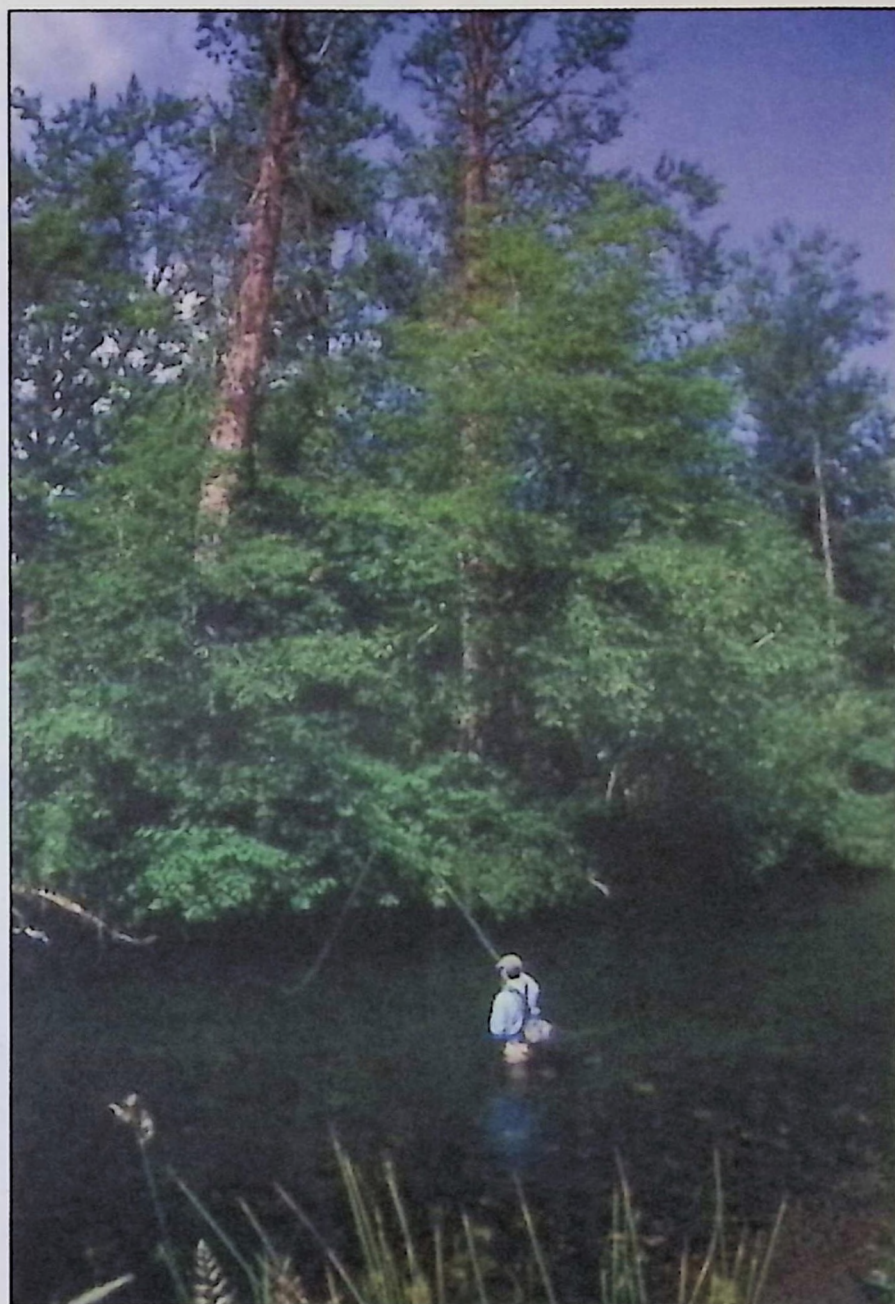


PHOTO COURTESY OF DAVE MCCOY

A fly fisherman tries to tempt a summer-run steelhead on Cedar River.

Renton. You can walk and wade nearly the entire river from the Renton community center to the Landsburg Bridge.

Summer flows are too low for hard bottom drift boats. Walking reveals the river's intimacy as it meanders beneath a canopy of beautiful cottonwoods and maples. While much of the Cedar River is in the back yards of homes, this doesn't take away from the stream's uniqueness. Come late summer, the largest sockeye salmon migration in the lower 48 fills the river with shades of red.

After lunch streamside, we saw an eagle soar high above and looked down to find deer tracks in the sandy bank.

"Watching anglers discover what this little stream is all about and what it offers locals in the form of escape from the city while remaining quite near is really won-

derful," remarked McCoy. "This should be a beacon to the state fish and wildlife department that careful management of some streams can produce trophy trout fisheries for all to enjoy."

Back at my car, I changed out of my waders and slipped on a pair of slacks, dress shirt and shoes. I drove to my afternoon meeting relaxed, feeling flush with satisfaction and a world away from cell phones and e-mails. Fish caught or not, a few hours fly fishing the Cedar River was an enlightening and educational experience which will inevitably make the next trip even better.

Dave McCoy is owner and head guide of Emerald Water Anglers, LLC, Seattle, www.emeraldwateranglers.com

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senior news



PHOTO COURTESY OF RENTON SENIOR CENTER

Debbie Little, Renton Senior Center's recreational specialist, views Mt. Baker atop Mt. Freemont in the Mt. Rainier National Park.

No age limit for seniors who 'take a hike'

BY ANDREW FICKES

When Joe Toynbee began hiking in July 1966, he wanted to enjoy healthy exercise, scenery and fellowship. Now 78, Toynbee is still hiking — with a strong heart and limber body.

"I feel that I'm a much healthier person today," he says.

A member of Seattle's legendary Mountaineers, Toynbee has logged 24,000 miles and 3,400 trips since 1966. In recent years he has led 800 trips, including trips for the Renton Senior Activity Center's hiking program. The program, which began in 1991, takes seniors to the many trails in the Northwest.

Each hiking season runs from May to October and features five one-day trips and an overnighter.

"The seniors who do this activity are outdoorsy and they're drawn together," says Debbie Little, the senior center's recreation specialist. "I myself build a special rapport with

these people. You learn in-depth things about these people while you're out on the trails. There's real good camaraderie."

Jayne Heneghen, a hiker for two years, says hiking gives her something to look forward to.

"We have something on our calendar besides doctor appointments, which is nice," she says.

Heneghen also loves camping with her family, and says her grandson gets a charge out of knowing his grandmother hikes.

"He now can tell me, 'Grandma, take a hike,'" she says.

Heneghen, who also volunteers at the senior center's greeting station, says one of her favorite trips was to Chuckanut Mountain near Bellingham, where the group went last year.

"The scenery was just so gorgeous," she says.

Buzz Johnson, a former resident of Dover, Delaware, jokingly says that the highest peak in that state is five feet. So, when he moved to Renton the prospect of mountainous terrain excited him. He's been hiking in the pro-

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PHOTO COURTESY OF RENTON SENIOR CENTER

(Above photo) A group of senior hikers take a break near Icicle Creek in Leavenworth. (Below photo L to R) Jayne Heneghen, Buzz Johnson and Joe Toynbee are all thankful for the fellowship and good health the hiking program provides.



We have something on our calendar besides doctor appointments, which is nice.

~ Jayne Heneghen

gram for five years.

"The price is good for these hikes and it's good exercise," he says.

For a day hike, cost per person ranges from six to seven dollars. The overnighter, which includes two hikes and an overnight stay at a quality hotel, costs \$65 for residents and \$70 for non-residents.

Toynbee says the majority of the hiking is at a moderate level of difficulty. The most recent day outing to Lake Annette near Snoqualmie Pass was a seven-mile roundtrip hike with a 1,500-foot elevation gain.

Age of the hikers is not a consideration.

"Physical condition is paramount, age

is not," Toynbee says. "A decent amount of conditioning is required before each trip. Proper gear, adequate boots with decent tread and a walking stick is also good to have."

A top-of-the-line, adjustable, fiberglass walking stick starts at \$50.

The next trip, an overnighter to Olympia, begins with a hike on the Loop Trail at Woodard Bay Natural Resources Conservation Area. After staying overnight at LaQuinta Inn, the group will hike the five-mile roundtrip Mima Falls Trailhead. The outing is set for Tuesday, Aug. 14, and Wednesday, Aug. 15.

More information is available from Little at 425-430-6632.

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Renton school's board of directors serve with pride

BY ANDREW FICKES

To be a school board member is to reach the pinnacle of volunteer service in education, says Lynn Desmarais, president of the Renton School District Board of Directors.

As policy makers of the district, board members are the liaisons between the schools and the city's taxpayers. Renton's five-member board will oversee a \$110 million budget for the 2007-2008 school year, serving the needs of some 14,000 students and 1,500 employees.

It's the equivalent of a very large business, and current board members bring a range of business experience to the job: Al Talley is a local entrepreneur; Marcie Maxwell, a realtor with Windermere; Desmarais, a retired Boeing engineer; Dave Merrill, a Boeing computer specialist; and Todd Franceschina, a commercial property manager.

"We work really well together," said Desmarais, who was elected president by the rest of the board last December. "We have common interests. We believe in the strength of the district and want to see it continue to grow, and it's just an honor to be a part of that."

Desmarais, who has served for six years, is up for reelection in November along with Merrill and Franceschina. All three are unopposed.

Desmarais describes her fellow board members:

Merrill is the "techy" of the group. Franceschina, the youngest director, makes sure to attend all his children's activities. Talley, the oldest director, is the "voice of wisdom." His volunteer service includes mentoring three students through Communities in Schools.

Maxwell, with more than 20 years of volunteer experience, is a legislative representative for the Washington State School Director's Association.

For his part, Merrill says the most enjoy-

able part of being on the board is watching kids succeed.

"We've rebuilt a number of the schools over the last eight years and to see the pride in the kids' eyes has been a little bit of payment," he said.

Franceschina came on the board the last school year to complete former director Joy Poff's term.

"My family has lived in Renton since the late 1930s," said Franceschina. "I was born and raised here, went to public schools in Renton. I was at a time in my life where I wanted to give back to the community in which I live."

When Desmarais started on the board six years ago, she had children in middle and high school. She has PTA experience and is also a mentor for Communities in Schools.

"Being on the board is an extension of our volunteer service that we're already doing," she said. "We're big-picture people. We start out working for our own kids, but when it comes right down to it, we're really serving all kids."

One of the most significant duties for school boards is selecting a superintendent. In July of 2006 the board chose Mary Alice Heuschel from a field of six finalists for the district's top position. Heuschel had taught at West Point and in schools in Germany.

"She has decades of magnificent leadership and is a terrific leader," said Desmarais.

In recent years, Renton's successive boards have overseen the investment of approximately \$500 million, renovating and rebuilding schools. All 13 elementary schools and McKnight Middle School were rebuilt over the past 12 years, and Renton High School was extensively renovated. The next building bond issue, to be put before voters in February 2008, will focus on maintaining school fields and buildings.

With Heuschel's experience and the many updates to the district, Desmarais is confident Renton schools has a bright future.

"I think in five years, Renton School District will be a prototype for school improvement and quality education in the State of Washington," says Desmarais.



LYNN DESMARAIS



AL TALLEY



DAVID MERRILL



MARCIE MAXWELL



TODD FRANCESCHINA

Renton School District good news announcements

Teacher helps with text

Black River High School math teacher Susan Sylvain collaborated with Dr. Marcia Tate on a new book, *Math Worksheets Don't Grow Dendrites*. Sylvain and Black River High will be acknowledged in the book. Dr. Tate is a leading national researcher on brain theory and has provided workshops for Black River staff.

Black River choir debuts

Black River High School's first-ever choir recently performed its first concert. The choir, six boys and 13 girls, performed nine numbers including five solo performances. About 120 people attended the concert, held at the school.

PTSA scholarships awarded

The Renton PTSA Council and four Individual PTAs recently handed out scholarships totaling \$6,500 to deserving high school students. Council scholarships were awarded to seven students; Highlands, Kennydale, Maplewood Heights and McKnight PTAs also award scholarships.

Students ponder finances for scholarship

Twelve district high school students have been awarded a JayMarc Development "Rich Dad, Poor Dad" scholarship of \$1,250 each. The scholarship was established in 2003 by Jay Mezistrano, co-founder of JayMarc Development. Applicants are required to read "Rich Dad, Poor Dad," a book by personal finance author Robert Kiyosaki, and write a thousand-word essay on how the book can influence their financial future.

Three elementary schools receive recognition

Bryn Mawr, Cascade, and Kennydale Elementary schools

have won education improvement awards for increasing test scores on the Washington Assessment of Student Learning (WASL) for three years in a row. The Title I Improvement Award, provided through the No Child Left Behind Act, includes \$4,200 for each school to be used to support continuing efforts to increase student achievement. The schools were recognized based on student performance on the WASL. Students ponder finances for scholarship.

Lindbergh student wins scholarship

Bailey Bangerter, of Lindbergh High School, has been awarded the Valley Orthopedic Associates Research Foundation scholarship for \$1,000. Bailey won the scholarship based on her academic achievement, school recognition and awards, extracurricular activities, leadership roles, community involvement, and her desire to enter the field of medicine.

Thirty years later, a diploma

Penny Brown was a 12th-grader at Hazen High School in 1977 when her parents moved to Crawfordville, Ind. Penny had most of her senior year completed at Hazen, and even though she needed only a half credit to graduate, the move couldn't wait. Penny never enrolled in a new school in Indiana; and so, never received a high school diploma. After returning to the Northwest, Penny made up the missing credit at a community college and, 30 years later, received a Hazen High School diploma along with the rest of the class of 2007.

These Good News Announcements are prepared by the Renton School District Community Relations department. Contributions may be offered by contacting Randy Matheson at 425-204-2345 or at randy.matheson@renton.wednet.edu.

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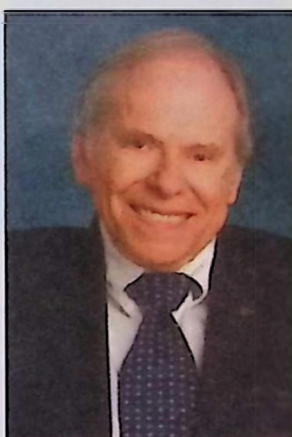


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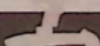
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recipe of the month



CHEF ANITHA SAMUEL

I am Anitha Samuel from India, at present pursuing culinary arts at Renton Technical College. I have a great passion for cooking.

This led me to change my field from microbiology to culinary arts.

Baked beans are a good accompaniment with pork ribs. I made this baked bean recipe for the annual barbeque held at Renton Technical College in July. I really enjoy going to the Top of the Hill market to purchase my pork products from Shawn and Ted's Meat Market; and tomato sauce and fresh, vine-ripened tomatoes at Top of the Hill produce. They are located on the corner of Jericho and 4th Street in the Highlands.

Baked Beans

Yield - 10 Servings

you will need

Pinto beans	1 lb	Apple cider vinegar	1 tbsp	Tomato slices	6 each
Onion (small diced)	4 oz	Worcestershire sauce	2 tbsp	Onion sliced	1
Molasses	3 oz	Smoked ham	2 oz	Tabasco	to taste
Brown Sugar	3 oz	Butter	1 tbsp	Salt and pepper	to taste
Ketchup	8 oz	Olive oil	2 tbsp		
Prepared mustard	2 tbsp	Bacon	5 strips		

directions

Soak the beans overnight and then cook for about 45 minutes until done. Drain well.

In a saucepan, heat the butter and oil. Sauté the diced ham and onions.

Add the ketchup, molasses, brown sugar, mustard, apple cider vinegar and Worcestershire sauce. Simmer it for approximately 30 minutes until the desired consistency is achieved.

Season the sauce with salt and pepper and add Tabasco to taste.

Add the sauce to the beans to coat thoroughly

Place the beans in baking dish. Layer the beans with strips of partially done bacon, thinly sliced onions and tomatoes.

Cover the beans with parchment paper and foil and bake in a 350° F oven for approximately 30 minutes until the beans are tender.

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RENTON MAGAZINE / Dena Rosko

Princess Power, a six-book series, is Suzanne Williams' latest release. The series continues her exploration in the fantasy genre.

Williams writes in a private office of her split-level home in Fairwood. A bookcase contains a comprehensive collection of her titles.

children's author promotes the joy of reading

BY ANDREW FICKES

Breaking into the publishing industry can be challenging for first-time authors, but Suzanne Williams, a former elementary school librarian, had her first book accepted just nine months after she began writing.

"When I first started writing I called it a hobby," she says. "It was a way of making me feel like it was something I didn't have to succeed at right away. I published at age 37; I quit working full-time for the Kent School District at age 47."

Williams has written 22 children's fiction books, including picture books and chapter books, with sales of about 300,000 in the United States, Europe, and Asia.

"I've always had an interest in writing, but it was kind of latent until later in life," she says. "As a kid, I would write plays with my sister. I also wrote stories and poems in the fifth and sixth grade."

Williams lives in the Fairwood area of Renton with her husband, Mark, a principal trombonist for the Pacific

Northwest Ballet and Auburn Symphony. She grew up in Eugene, Ore., and graduated with a sociology degree and master's degree in library science from the University of Oregon.

The sociology training has come in handy for her writing, she says.

"The psychology of people comes up in creating characters."

Williams' first outing in children's fiction was an instant hit. Titled "Mommy Doesn't Know My Name," the picture book was developed from a comment by Williams' daughter Emily after Williams called her "pumpkin." Emily replied, "I'm not a pumpkin, I'm Emily."

"I like to think of that book as a valentine to my daughter," she says. "I hit a universal with that one. Every time you can write something that people can identify with—there's an 'aha' experience."

Emily just turned 21, and Ward, Williams' oldest child, is 24. His personality often appeared in Williams' earlier writings, too.

Williams said being a librarian for 24 years gave her

the opportunity to do ongoing market analysis of children's fiction.

"Part of being a children's writer is getting out there and seeing what's current," she says. To stay current with the trends, Williams has moved to fantasy.

"Fantasy continues to be a very hot genre since Harry Potter," she says.

Williams' newest series, "Flower Blossoms, is about fairies. The first three stories, 75- to 100-page chapter books for ages 7-10, will be published in the summer of 2008.

Williams continues to connect with children through school visits and book signings. She visits 15 to 30 schools both in and out of the state each year, sharing her love of reading and writing with children and their teachers.

As a librarian, Williams always feared that someone would tell her, "I don't enjoy reading." The joy of reading is something she hopes everyone pursues.

To read more about Williams and her books, visit www.suzanne-williams.com.



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RENTON MAGAZINE / Dena Rosko

Jim Church oversees the oldest exclusive Nissan dealership in the United States.

Jim Church: A young veteran of the car business

BY DAVID SUFFIA

At 28, Jim Church is already a 17-year veteran of the automobile business. He started at the bottom, pulling weeds and raking leaves around the Younker Nissan dealership when he was 11. Now he's a co-owner.

He did have a head-start, since his father, Gene, owned Younker for many years. But Jim didn't have anything handed to him. He worked hard over the years to learn the business and earn respect.

"I started working for my dad when I was 11, picking weeds. I worked as a car detailer. I worked in the parts and service departments over the years. I worked in sales. It taught me responsibility and now, when an employee has a problem, I can say, 'I know what you're going through.'"

Younker, located at 3820 East Valley Highway S. in Renton, is the oldest exclusive Nissan dealership in the United States, according to Church. It was started as Younker Motors by Sam Younker in 1949 and was located on Rainier Avenue South in Renton.

"My dad went to work as a salesman for Sam in 1973, and he began buying the dealership from him in the late 1980s," the younger Church says.

People come back and they want to deal with a sales person they've trusted before.

~ Jim Church

His father passed away about four years ago and now Jim and his mother Penny are co-owners of the dealership.

"I always wanted to sell cars but my dad told me I needed to get an education first," he recalls. "When I started selling cars later I was pretty good at it and he said, 'I wish I'd let you sell cars years ago.'"

Administration of the dealership takes most of his time now, but Jim says he still gets involved with sales when long-time customers come in and ask for him.

"People come back and they want to deal with a sales person they've trusted before. I'm proud that we've won the owners' award of

excellence for owner satisfaction from Nissan for the past two years."

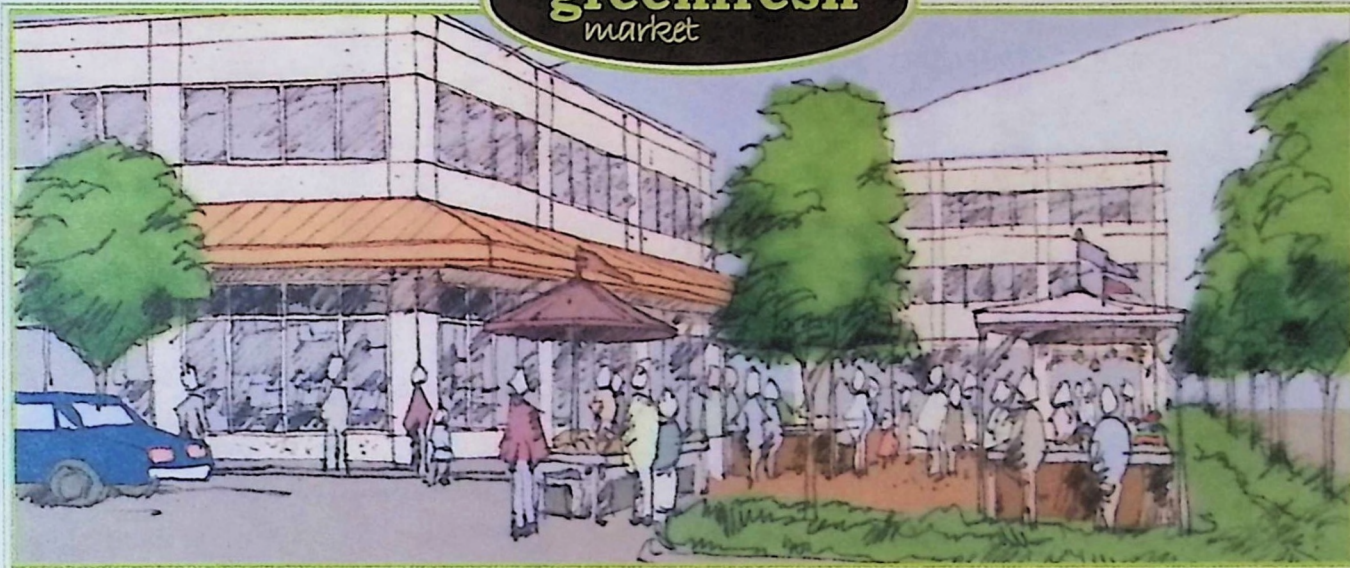
Jim became a local celebrity as a youngster when he began doing radio commercials for Younker with his father. He still does them.

Younkers has been at its current location since 1968 but will be moving across the street in about eight months to a new 30,000-square-foot dealership, almost double the existing location.

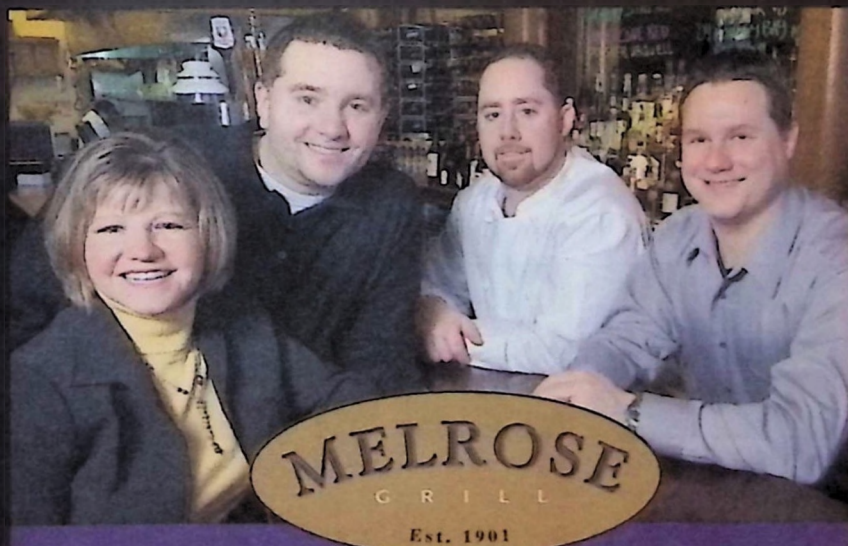
Church, who lives in the Fairwood area, says his dealership has about 50 employees and \$38 million in annual sales. While it remains exclusively a Nissan dealership, "there might be future opportunities for growth," he adds.

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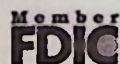
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PHOTOS COURTESY OF SARA SPEARS

Sara Spears' greyhounds Warrier (far left), Roxy, and Eddy are considered her best friends. She hopes to pass her love of greyhounds to others at Roofest.

GREYHOUND LOVERS to Gather FOR ROOFEST 2007

*G*iving retired racing dogs a chance at adoption instead of euthanasia is the goal behind the third annual Roofest Saturday, Aug. 25.

The greyhound-only event, from 10 a.m. to 3 p.m. at Kennydale Memorial Hall (2601 Edmonds Ave. N.E.) is sponsored by the Greater Northwest chapter of Greyhound Pets of America.

GNGPA holds the event to raise money to offset costs of preparing greyhounds for adoption. Last year, Roofest raised about \$4,000, attracting approximately 120 greyhound lovers and 140 greyhounds.

"We rely totally on donation," says Sara Spears, a GNGPA board member.

GNGPA is one of 56 chapters in the United States that strive to find homes for retired racing greyhounds. Approximately 26,000 greyhounds are bred each year for racing. At the same time, 20,000 are taken off the track. No longer useful, many face being put to sleep.

Since its organization in 1987, Greyhound Pets of America has found homes for 65,000 greyhounds.

"Last year, our chapter found homes for 73 greyhounds," says Spears.

Spears, has adopted five greyhounds over the past 13 years. Her latest two are Warrier, a male, and Roxy, a female.

"Roxy won her first race and went downhill from there," she says. "Warrier retired a winner."

Roofest 2007 will feature 10 vendors as well as silent and live auctions and raffles. Approximately eight to 10 greyhounds will be available for adoption. Admission is \$3 per person or \$10 for a family of four.

"We screen a person's home prior to adoption to see if they're a good fit," Spears says. "We request that the home has a fenced yard and the adopter is aware of the greyhound breed."

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Most pet diseases are preventable

BY CHARLIE POWELL

*M*ost animal owners are keenly aware that their pets can contract disease, and that in many cases diseases can be prevented with vaccines and other measures.

Unfortunately, working for a state veterinary association and one of the nation's only 28 veterinary colleges has brought me in contact with some pet owners who don't know about prevention, and a few who don't care.

That's a shame, because taking a pet into your home means

you are responsible for its health and well-being.

Ask your veterinarian about what vaccinations are recommended for your pet. Veterinarians are trained in disease control. For most, there are modest fees associated with an office call and vaccinations.

Alternatively, Washington State University's College of Veterinary Medicine has vaccination recommendations posted online at www.vetmed.wsu.edu/depts-vth/vaccinations.aspx.

Some veterinarians offer free vaccinations if owners agree to bring their pets in twice a year for a well-pet examination. Animal Healthcare Center in Renton is one. There may be others doing the same. Well-pet exams are no gimmick. They are fast becoming the best way to provide optimal health for your pet.

One vaccine recommended for dogs by WSU is the DA2PP-C. This vaccine protects against canine distemper, adenovirus type-2, parainfluenza, parvovirus, and coronavirus. Most vaccines work well. One example of a totally preventable disease is parvovirus.

Parvovirus and other diseases are a constant threat to your pets. If a pet isn't vaccinated, there is a high likelihood that it will contract one or more common diseases.

When parvo hits, it's always tragic. While most dogs can survive parvo, they may need somewhat extensive supportive care to do so. Even then, the dog may fail to thrive for the rest of its life.

The parvo vaccination works very well, as do many others. So why are a few people seemingly

resistant to vaccinating their pets? For most, I suspect it is simple procrastination. For others, it may be cost, even though most vaccinations are very modestly priced or, as mentioned above, free.

Some folks just don't care and will just get another pet if the one they have gets sick. And finally, there is a small, but strong group of anti-vaccination advocates who question the efficacy and safety of vaccines for their pets or even themselves and their children.

This last group often lists a number of reasons for its beliefs, most of which are rooted in sincere emotion and tempered with incomplete or inaccurate information. Some feel a "natural" infection somehow confers a better immunity than a vaccine.

No vaccine is without risk. History reveals some vaccine problems in both individuals and populations, but for the most part it is difficult to argue with the fact that many diseases that were once common often become very rare after vaccination programs.

Most people reason that the risk from most vaccines is less than the devastation of the disease process.

At the very least, it is important to discuss preventing diseases in your pets with your veterinarian. Consider it from a pet's point of view. As I said, when we accept them as companions, we also assume responsibility for their care.

Charlie Powell is public information director for the College of Veterinary Medicine at Washington State University.



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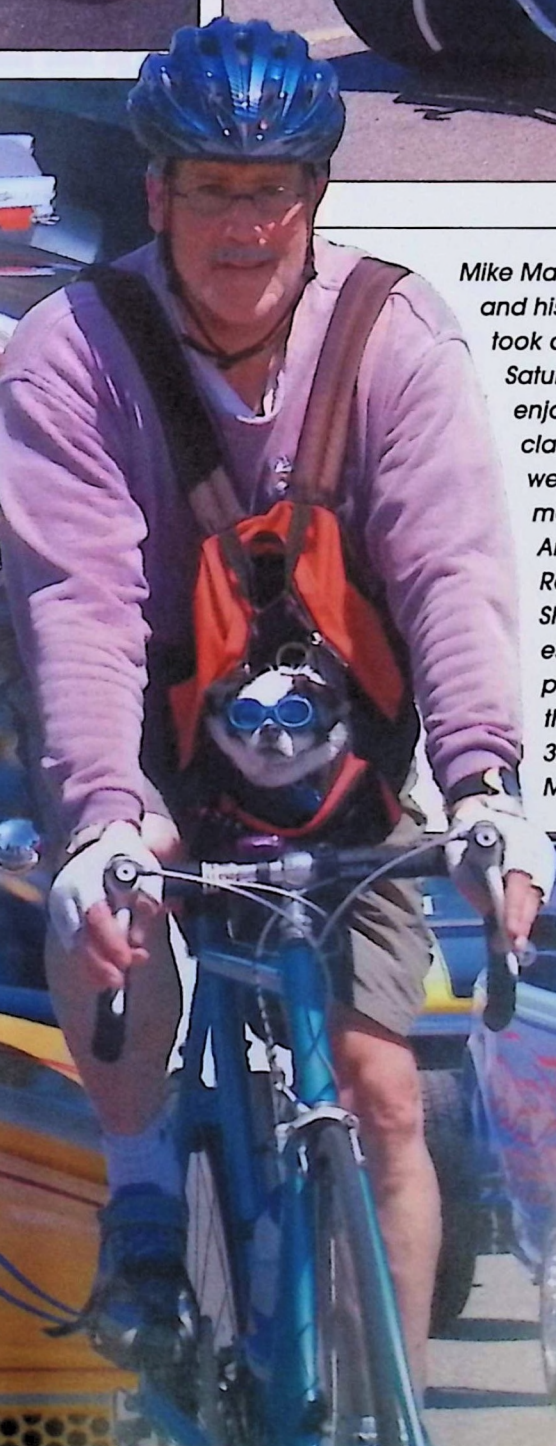
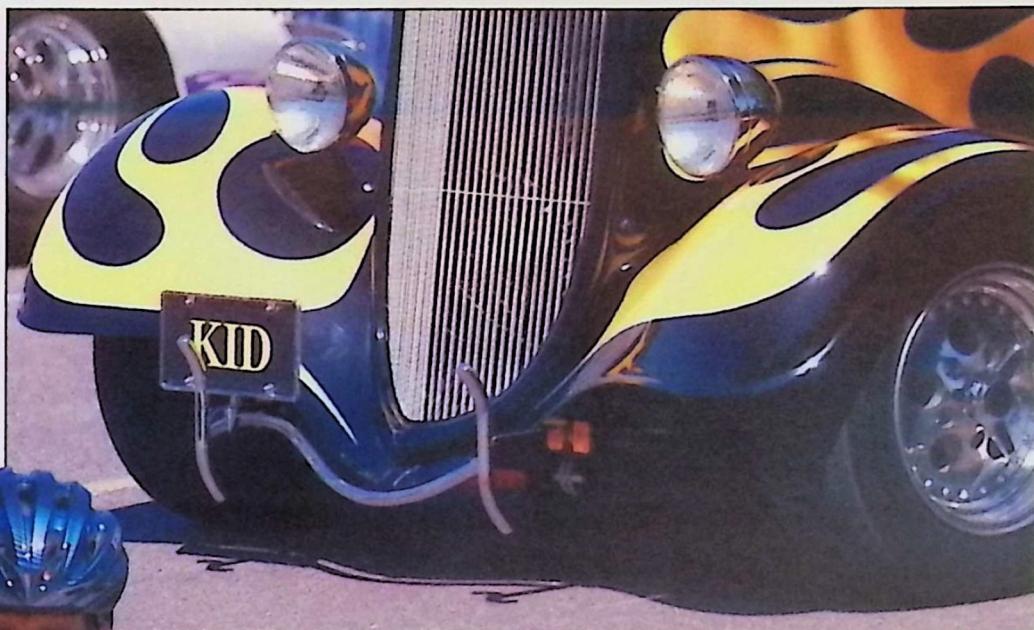
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Return to Renton Car Show



Photos by Denis Law

Mike Martyn, of Renton, and his little companion, took a break from their Saturday bike ride, to enjoy hundreds of classic cars that were on display last month at the 17th Annual Return to Renton Benefit Car Show. An estimated 2,000 people browsed through a record 325 cars at Renton Memorial Stadium,

ranging from restored classics, dating back to the early 1900s, to brand new models. Promoters handed out 40 trophies and the event concluded with a traditional cruise around the "Renton Loop."

This year's show raised approximately \$19,000 from sponsorships and entry fees with proceeds going to support youth programs distributed through the Renton Police Department. This annual event has raised more than \$100,000 since its inception in 1990.





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