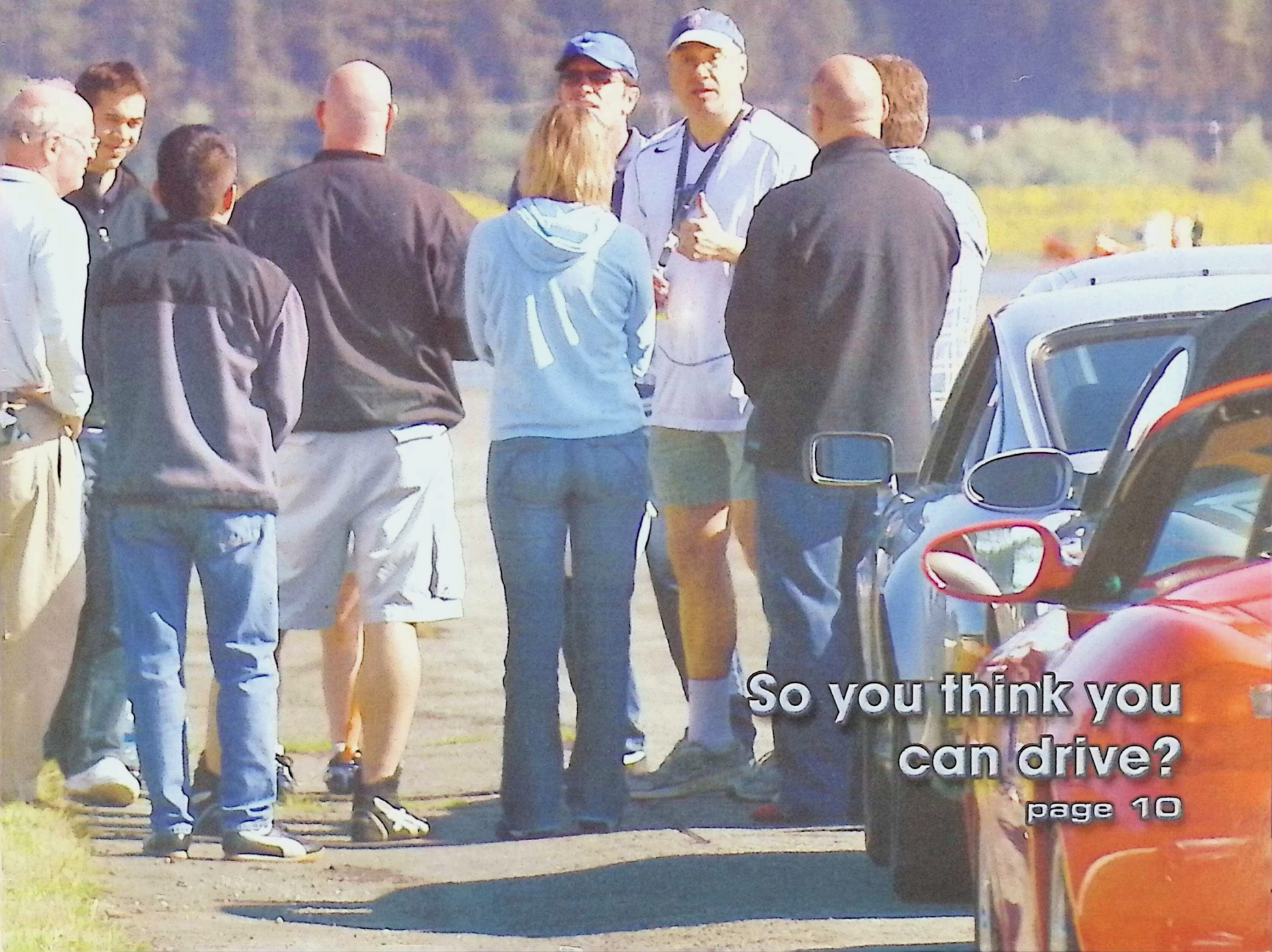


RENTON *Magazine*

Volume 4 / No 11 November 2009



So you think you
can drive?

page 10

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RETIREMENT, ASSISTED LIVING & ALZHEIMER'S CARE

This month, the bright and still-warm days of autumn are fading faster than leaves fall. Before we know it, Thanksgiving will beckon us to our families and friends.

People seem worried about any number of things.

Everyone is keeping an eye on the rain gage and the Howard Hanson Dam. I've been keeping an eye on the dam via its website, and marvel at how quickly the reservoir has been drawn down to create more capacity for impending rainfall. Day by day, even hour-by-hour, water is released, reducing the threat of flood.

Our local merchants and restaurateurs are anxious about the approaching holiday season. The next couple of months are make-or-break times for many of them. Will people shop? Will they decide to shop locally and support independent mer-

chants? Shopping locally matters this year, perhaps more than in other years.

Despite our local challenges, this remains a vibrant, interesting place to live. We have choices about local culture and can attend wonderful performances of music, dance and drama without driving into Seattle.

People from around the world have brought their customs, foods and flavors, adding to the dynamic diversity that makes this an interesting place to live, work and play.

There are so many good things about our community. Things that are obvious to people coming



Diana Kramer
PUBLISHER

here from somewhere else, but perhaps are ordinary to those who grew up here.

My first trip to Washington State was 1990. I returned home to Arizona and wrote a column in my newspaper contrasting, of all things, the state of highway rest areas. By and large, Arizona's were filthy. Some were patently unsafe. In contrast, Washington's were clean and welcoming. Frankly, I still marvel at them.

In our daily lives, we encounter small things that can make us grateful. It may be the laugh of a child or loved one, the refraction of light in rain or dew, and the engagement of interesting work.

We at *Renton Magazine* are grateful to you, our faithful readers and advertisers. Thank you for your interest and support.

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425.271.9300

President & Publisher | Diana Kramer
diana@pugetsoundpublishing.com

VP & GM | James Bavendam
james@pugetsoundpublishing.com

Executive Editor | David Suffia
david@pugetsoundpublishing.com

Reporter | Andrew Fickes
andrew@pugetsoundpublishing.com

Advertising | Clyde McDade
clyde@pugetsoundpublishing.com

Graphic Designer | Kerri Ladines

Columnists | Elaine Anderson
| Charlie Powell
| Elizabeth Stewart
| Kirby Unti

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correction: The September 2009 Issue of *Renton Magazine* incorrectly reported that inline skating is allowed at Coulon Memorial Beach Park. Park rules in fact state that "For Public Safety: Use of skateboards, roller skates, and roller blades are strictly prohibited." *Renton Magazine* regrets the error.

cover: Drivers meet with a lead instructor to discuss the goals and challenges of the next task. See story on page 10. 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

november 10



wisdom, weaving, songs, and legends

In this presentation at the Renton History Museum, Harvest Moon brings together her two loves: traditional basket weaving and storytelling. Much like the baskets she weaves, Moon's stories are carefully woven with words that hold a dash of wisdom. Suitable for high school through adult.

Tuesday, 5 p.m.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: Free to RHM
members



november 7

Senior Center Holiday Craft Bazaar

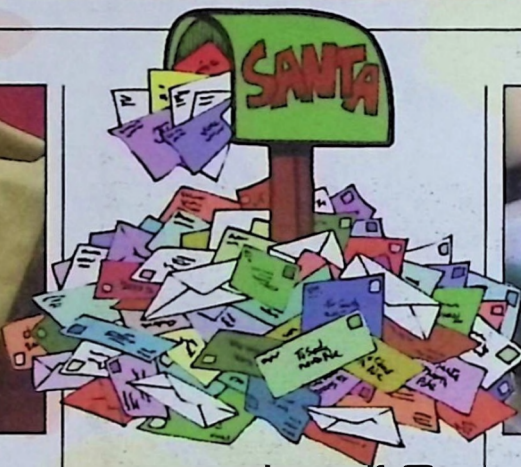
Seniors will present a variety of handmade crafts, music, and food for purchase by the public.

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

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

Admission:
Free



november 18-
december 14

Letters to Santa

The City of Renton Recreation Division has arranged with the North Pole to accept mail for delivery to Santa beginning Wednesday, Nov. 18 through Monday, Dec. 14. Staff will forward the letters to Santa. Children will receive a personalized letter in return from Santa. Letters should have the child's name and address for speedy delivery. Letters may be mailed to Renton Community Center, C/O Letters to Santa, 1715 S.E. Maple Valley Highway, Renton, 98057.

Visit www.rentonwa.gov/living and follow the "recreation" and then "special events" links to helpful writing tips.



november
20 & 21

Hassle-Free Holiday Bazaar

For two days, the Renton Community Center will transform into a holiday shopping market, with 100 vendors selling a variety of hand-crafted items. 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
(Shirley or Jennifer)

Admission: Free



november 26
Renton Rotary Thanksgiving
Day Celebration

Renton Rotary and the City of Renton employee volunteers, in partnership with the Renton Senior Center, will host its 15th annual Thanksgiving Day celebration. Tickets are required and will be available at the senior center's front desk Nov. 2.

Thursday, 10 a.m.-1 p.m.

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

Admission: Free



upcoming events



november 12

Plaza Renton Annual Dinner/Auction

Plaza Renton, in partnership with the Renton Community Foundation, presents "The Magic of Giving," with approximately 100 items to bid on. Fifty percent of proceeds will go to the Foundation's operating budget with the remainder going to good causes in the community. Dinner entrée selections include salmon, chicken and for dessert: cheesecake. Reservations are required.

Thursday, 6-9 p.m. 206-772-1016 (Jim)
 Spirit of Washington Event Center Admission: \$55 per person
 3rd and Burnett Avenue www.plazzarenton.com

November 20 - December 6

Bell, Book, & Candle

Valley Community Players presents this tale about a witch who casts a spell over an unattached publisher, partly to keep him away from a rival but also because she is attracted to him. He falls head over heels in love with her and proposes marriage. Unfortunately, witches cannot fall in love. This minute imperfection leads to a number of difficulties.

Fridays and Saturdays, 8 p.m.; 425-226-5190
 Thursday, 7:30 p.m.; Admission:
 Sunday, 2 p.m. \$15/adults;
 Carco Theatre \$14/students
 1717 Maple Valley Highway and seniors

november 20 & 21

erwilian cd release concert

Erwilian, a Seattle-based quintet steeped in traditional acoustic music, plays recorders, guitars, and drums and non traditional instruments, such as bouzouki and the hammered dulcimer. The band will celebrate the release of its new live CD, "Midwinter's Night," available for purchase at the concert. Tickets are available at the theater box office or www.brownpapertickets.com/event/82452.

Friday and Saturday, 7:30 p.m. | Renton Civic Theater, 507 S. 3rd St. | Admission: \$15/general; \$12/students and seniors | www.erwilian.com | 425-226-5529



BREAKFAST WITH Santa SATURDAY, DEC. 12

Children ages 2 to 12 are invited with their parents and grandparents to enjoy a special Saturday breakfast with Santa. The breakfast and program are prepared with the help of Renton Senior Activity Center volunteers. Two seatings are 9 a.m. and noon. Advance tickets are required and may be purchased beginning Monday, Nov. 2.

SATURDAY, 9 A.M. AND NOON

Renton Senior Activity Center 425-430-6633
 211 Burnett Ave. N. Admission: \$8 per person

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calendar of events

ENTERTAINMENT

Miss Seattle Pageant

Saturday, Nov. 14, 7 p.m.

The Miss Seattle Pageant is a scholarship competition for young women 17 to 24 years of age. The public is welcome to watch as contestants compete for thousands of dollars in scholarship money and prizes. Masters of ceremony for the event are KIRO TV morning traffic and weather anchors Jenni Hogan and Sam Argier. Doors will open at 6:30 p.m.

IKEA Performing Arts Center
400 S. 2nd St. / 206-226-0130 or 206-605-4479

Admission: \$20 advance tickets; mail check to P.O. Box 82563, Kenmore, WA, 98028 and pick up at will call

www.misseattle.org

Seven Dancing Sultanas

Saturday, Nov. 21, 7 p.m.

The Seven Dancing Sultanas, a belly dance fairytale for the whole family, is celebrating its fifth year. This production features some of Seattle's most celebrated belly dancers, actors, and the Seattle Wushu Martial Artists. The performance will benefit Cause It's Art.

IKEA Performing Arts Center
400 S. 2nd St. / 206-723-9039 (Constance)

Admission: \$12-\$15

www.brownpapertickets.com
www.causeitsart.org

Bellevue Youth Symphony Orchestra

Sunday, Nov. 22, 3 p.m. (Concert A) and 6 p.m. (Concert B)

Concert A debuts the string orchestra, flute choir, and sinfonia. Concert B features the premiere orchestra, flute orchestra, and youth symphony.

IKEA Performing Arts Center
400 S. 2nd St. / 425-467-4604 (JoAnne)

Admission: \$11/adults; \$12 at the door; \$9/seniors and students or \$10 at the door

www.byso.org

VETERANS DAY

Auburn Parade

Saturday, Nov. 7, 7 a.m. to 5 p.m.

The city of Auburn is host to one of the largest Veterans Day parades west of the Mississippi. It typically includes close to 200 entries and more than 25 marching bands. The day begins with a breakfast sponsored by the American Legion at 7 a.m., followed by a remembrance ceremony at Veterans Memorial Park (9:45 a.m.). The parade begins at 11 a.m., followed by the Auburn Noon Lions luncheon. See Web site for events.

Auburn Senior Activity Center
800 Ninth St. S.E. / 253-939-5789 (Roger)

Admission: \$6 per person for breakfast; other events are free

www.ci.auburn.wa.us, follow "special events" link under "community"

Cemetery Observance

Wednesday, Nov. 11, 11 a.m. to noon

Kent's Tahoma National Cemetery will hold its annual Veterans Day ceremony at the flag pole, featuring music and special guest speakers.

Tahoma National Cemetery

18600 S.E. 240th St.

425-413-9614 / Admission: Free

EMERGENCY PREPAREDNESS

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

Interacting with emergency responders

Thursday, Nov. 5, 10 a.m.-noon

This course gives those caught in the middle of an emergency the tools to respond and interact effectively with emergency responders. Through lecture and discussion, this class will cover a wide spectrum of possible scenarios, including calling 911, encountering police activity, and providing information to paramedics. The class is appropriate for ages 12 and up.

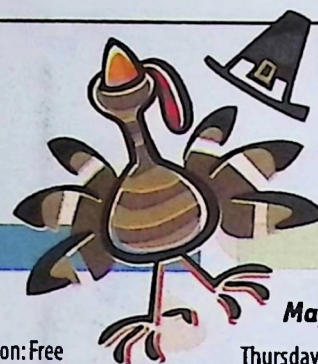
Fee: Free

Amateur radio (HAM) licensing

Saturday and Sunday, Nov. 7 and 8, 9 a.m.-4 p.m.

Amateur radio, often called ham radio, is both a hobby and a service in which participants use various types of radio equipment to communicate with other radio amateurs for recreation and public service. This course covers all of Element 2 of the FCC Amateur Radio Service materials. Students will be issued their amateur radio license from the FCC after successful completion of the course work and exam.

Fee: Free



Map your neighborhood

Thursday, Nov. 12, 6:30-8:30 p.m.

This course provides instruction on how to prepare, organize, and lead a 90-minute discussion with your neighbors on how to prepare for a disaster. Participants will learn how to work with their neighbors and take an inventory of the special needs and emergency resources available within their neighborhood.

Fee: Free

SENIOR EVENTS

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

Autumn Moon Dance

Friday, Nov. 20, 2:45-4:30 p.m.

Dance to the music of the Joani Noel Duo. Appetizers and dinner are included, sponsored by the Lakeshore Retirement Community.

Admission: Free

Thanksgiving Luncheon

Tuesday, Nov. 24, 11:30 a.m.

The senior center presents its annual Thanksgiving luncheon with all the trimmings, entertainment, a few door prizes, and pumpkin pie for dessert. Lunch is served at 11:30 a.m.

Admission: \$3 (donation for 60 and over); \$6 (charge if under 60)

If you have an upcoming event you want others to know about, we want to hear from you. Please send information about your event to news@rentonmagazine.com or call us at 425.271.9300.

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Farewell to the Kennydale mayor

We gathered some 200 strong to bid farewell to a man I affectionately came to know as "Coach". His real name was Bill Daly, and his time in Renton dates back to the days of Henry Ford Elementary School.

Four generations of Dalys have known Renton as their home, and the fifth is on the way. Bill was never much of a student but he always managed to keep up his grades; it meant he could play sports. He loved them all and received all-conference honors in both football and basketball. He was known at Renton High School for his 70-yard punt.

During his days at Renton High he had his eye on Mary Mitchell. Mary went on to WSU. Bill followed Mary to Pullman and was a walk-on punter for the Cougars. An injury would end his college career but not his relationship with Mary Mitchell.

Oct. 30, 1948, Mary Mitchell became Mrs. Bill Daly. The Dalys would bring three boys into this world: Shaun, Mike and Kevin. They grew up back in the days when it is fair to say they were raised by the neighborhood. The Bloods, Cooks, and Hansen and Ball families would gather for picnics, sandlot sports and camping.

Bill became an avid fast-pitch pitcher. He relied on the tried and true sling shot delivery, and there are guys still around who will tell you he had one pitch that was not hittable. It would come in at waist high and by the time it reached the plate you were swinging at nothing but air.

Bill played on as many as three teams at one time. He even came out of retirement in his 60s to play on a team with his boys. Bill and Mary never missed a game the boys played in.

Bill was not only well known in Kennydale for his sports prowess. He was also the ice cream man. Every kid



BILL DALY "COACH"

in Kennydale found his or her way to his back porch, where for 10 cents you could pick out an ice cream treat from the freezer.

Bill made a remarkable move when he left a good paying job at Boeing to work for the Renton School District as a janitor. It was the perfect job for a guy who loved to help others. He became one adored janitor.

Bill would lose the love of his life, Mary, in 1997. Many of us wondered how he would survive without the woman who did everything for him. Adding to the challenge, Bill would develop Parkinson's disease, which slowly would rob him of his balance.

I am here to tell you, Bill was the comeback kid. Now he was attending every sporting event that his six grandchildren played in. He was their No. 1 fan. He also made it a habit to be sure that everyone in the family was well supplied with maple bars, beef jerky, and hard candy. You could not leave Bill's house without some kind of goodie going home with you.

Bill also made it a practice to see to it that the family gathered often for meals. There were times when, unknown to each other, he managed to invite the whole family over. This was when life was at its best.

There were a lot of tears the day we gathered to say goodbye to the self-proclaimed mayor of Kennydale, but I assure you there will be plenty of joy in the years to come as we remember one of Renton's best.

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



Kirby Unti
COLUMNIST


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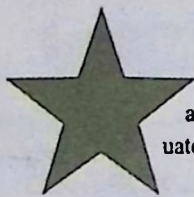
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3 SIBLINGS, THIRD GENERATION *Military*

BY DANA E. NEUTS



As the nation commemorates Veterans Day this month, Renton mom Shirley Rouleau takes pride in the dedication her children have shown to their country. All three are enlisted in the Army National Guard. Based in Washington state, John, 24, and Cathay, 23, have each served tours in Afghanistan and Iraq. Representing Oregon's Army National Guard, Jim, 21, is awaiting his first overseas assignment.

"I'm really proud that they are willing to do this with the possibility of being deployed," Shirley says.

The Rouleau children are the third generation in their families to serve the U.S. military. Their father Roger was a Navy pilot and served in the Navy reserves before becoming a recruiter for the Army National Guard in 1998. He is currently stationed overseas. Roger's parents and Shirley's father also served in the military.

John was the first to enlist in 2002 at the age of 17 while a junior at Hazen High School. He wanted to serve his country, he says, but he also wanted to earn money for college.

"For those that really want to go to college,

enlisting is a good choice," John advises. "It worked well for me. I graduated debt-free."

After two summers of military training and a semester at the University of Washington, John received his warning letter advising him that he would be deployed the following semester. After training, John and his unit were deployed in June 2004 for nine months. He served as gate guard security for both military and civilian sides.

"For a 19-year-old, it was a life-changing experience," John says. "I met a lot of good people."

In August 2008, two months after graduating from the UW with a bachelor's degree in economics, John was deployed again, this time to Balad, Iraq, where he was on protective services duty, transporting VIPs and working with the protocol team. During this assignment, John went on scouting missions under the direct threat of missiles and enemy troops. Despite the greater danger of his second deployment, John says his second tour was easier than the first.

"The first time was hard. It was scary not to have your support network close by," John explains. "I was more comfortable the second time."

John's sister Cathay enlisted at the age of



PHOTO COURTESY OF SHIRLEY ROULEAU

John, Shirley, Jim and Cathay Rouleau in their back yard during a recent visit.

JOHN ROULEAU'S ADVICE TO THOSE CONSIDERING ENLISTING

★ You have the opportunity to serve your country and to do something few people are willing to do.

★ Understand that you'll work with many different types of people, and be prepared for hard times.

★ ★ ★ ★ ★ It is worth the experience ★ ★ ★ ★ ★

17 as well. From May 2006 to May 2007, she served in Afghanistan as a mental health specialist. She was deployed again from August 2008 to August 2009, serving as a combat medic, riding in convoys with the troops. Shirley worries the most about Cathay because of her vulnerability in combat.

"She's always been a tough cookie," Shirley says of Cathay. "She has always said, 'Don't treat me differently because I'm female.'"

Shirley's youngest, Jim, enlisted at the age of 19. He had basic training at Fort Benning, Ga., and is attending college courses in Oregon to become an auto mechanic. He received his warning letter and is awaiting specific orders for his first deployment.

Meanwhile, Shirley tries to keep things running smoothly at home, including managing serious health care issues so her kids don't worry about her while they're gone. During their deployments, she looks forward to their limited contact through emails, phone calls and care packages.

"I am always really proud that my children decided on their own to do this. So many kids these days are not willing to," Shirley Rouleau says. "I am scared for them but proud at the same time."

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Hazen senior is National Merit semifinalist

BY ANDREW FICKES

Most often, taking the Preliminary Scholastic Aptitude Test barely registers as a footnote for students in high school – a warm-up for the real college admissions test. But for one senior in the Renton School District, PSAT scores have opened the door to recognition and possible scholarships.

In early September, Julie Vaisarova, a senior at Hazen High School, received word that she was a National Merit Scholarship semifinalist.

Vaisarova is among the 16,000 top scorers in the nation, representing the top 1 percent of students tested. Vaisarova scored 217 out of a possible 240.

While maintaining a 4.0 GPA in academics, she's also active in ballet and the school's

all women's choir. She's a teen docent at the Bellevue Arts Museum, where she provides information about exhibits for visitors.

"Keeping my grades up has always been a huge priority for me, as well as participating in extra-curricular activities," she says. "It was exciting to receive the semifinalist recognition, because I wasn't expecting it."

Vaisarova has sent in her finalist application for a National Merit Scholarship, complete with transcripts and a personal essay. Colleges she'd like to attend include Stanford, the University of Washington, Whitman in Walla Walla, and the Claremont Colleges in Claremont, Calif.

Vaisarova was born in the Czech Republic. Her parents emigrated to the U.S. in the early 1990s.

"If somebody had told me when I was Julie's age that my daughter would be a national merit scholar in America someday, I would have not believed them," says her



RENTON MAGAZINE / ANDREW FICKES

(L to R) Seniors Jack Li, Brian Goddard, Colin Jones, and Julie Vaisarova are proud of their achievements.

Advancing with high scores

Three seniors at Hazen High School have earned recognition for high scores on tests for Advanced Placement (AP) in college. Brian Goddard and Colin Jones were named AP Scholars with Honors for scoring 3.5 or higher on four or more AP tests. Senior Jack Li is an AP Scholar for scoring 3.0 or better on three or more tests.

Adam Rowe, a home-schooled student in Renton, was also recognized as a National Merit Scholar semifinalist. Renton Magazine was unable to reach him for comment.

mother, Romana Vaisar. "It's very emotional and I'm very proud of her. She's really dedicated to her classes and trying to achieve her dreams."

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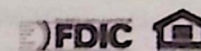
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When you need *Skills* behind the wheel

STORY AND PHOTOS BY JAMES BAVENDAM

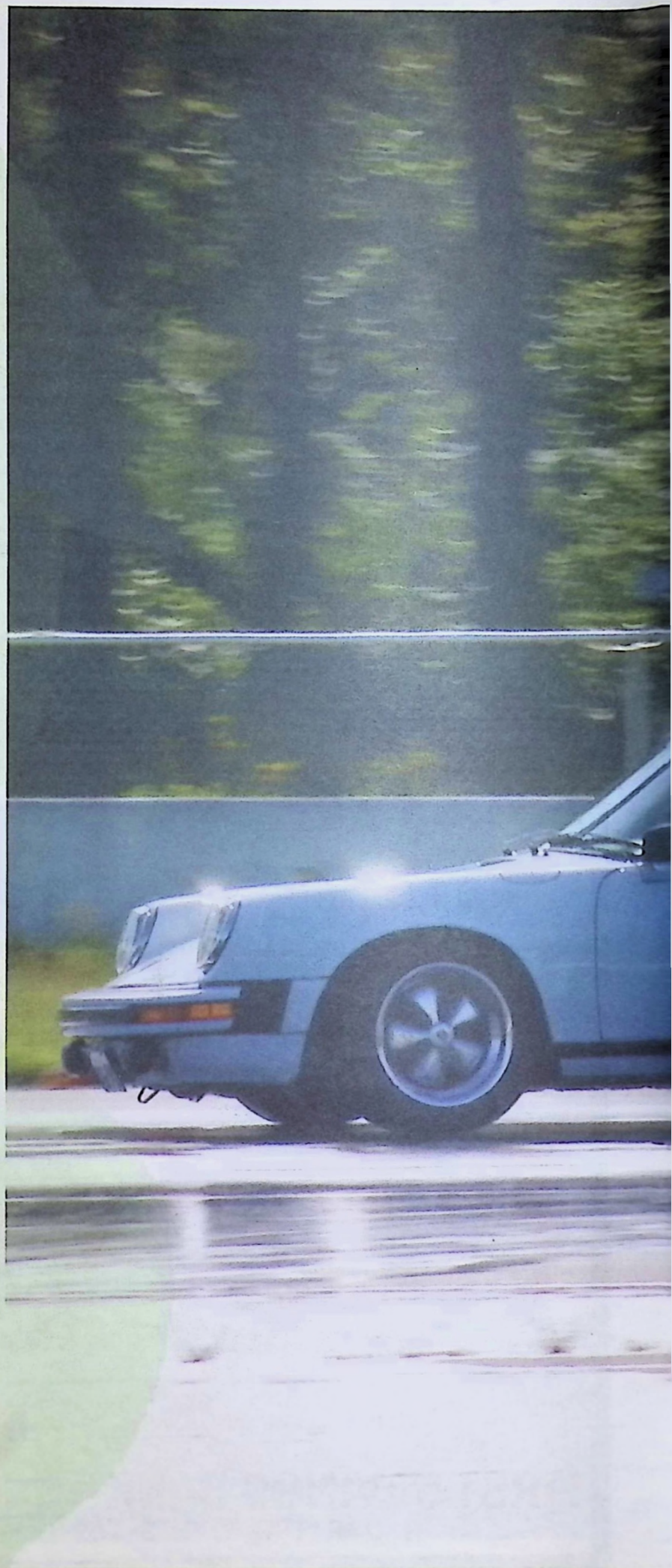
*G*ood drivers recognize and avoid situations that produce accidents. But occasionally, avoidance isn't enough. Your car starts to slide on a wet or icy street, something falls off a truck in front of you, or a child runs out from between two parked cars – demanding skills that few adults have actually practiced. Now you can practice these, safely and inexpensively.

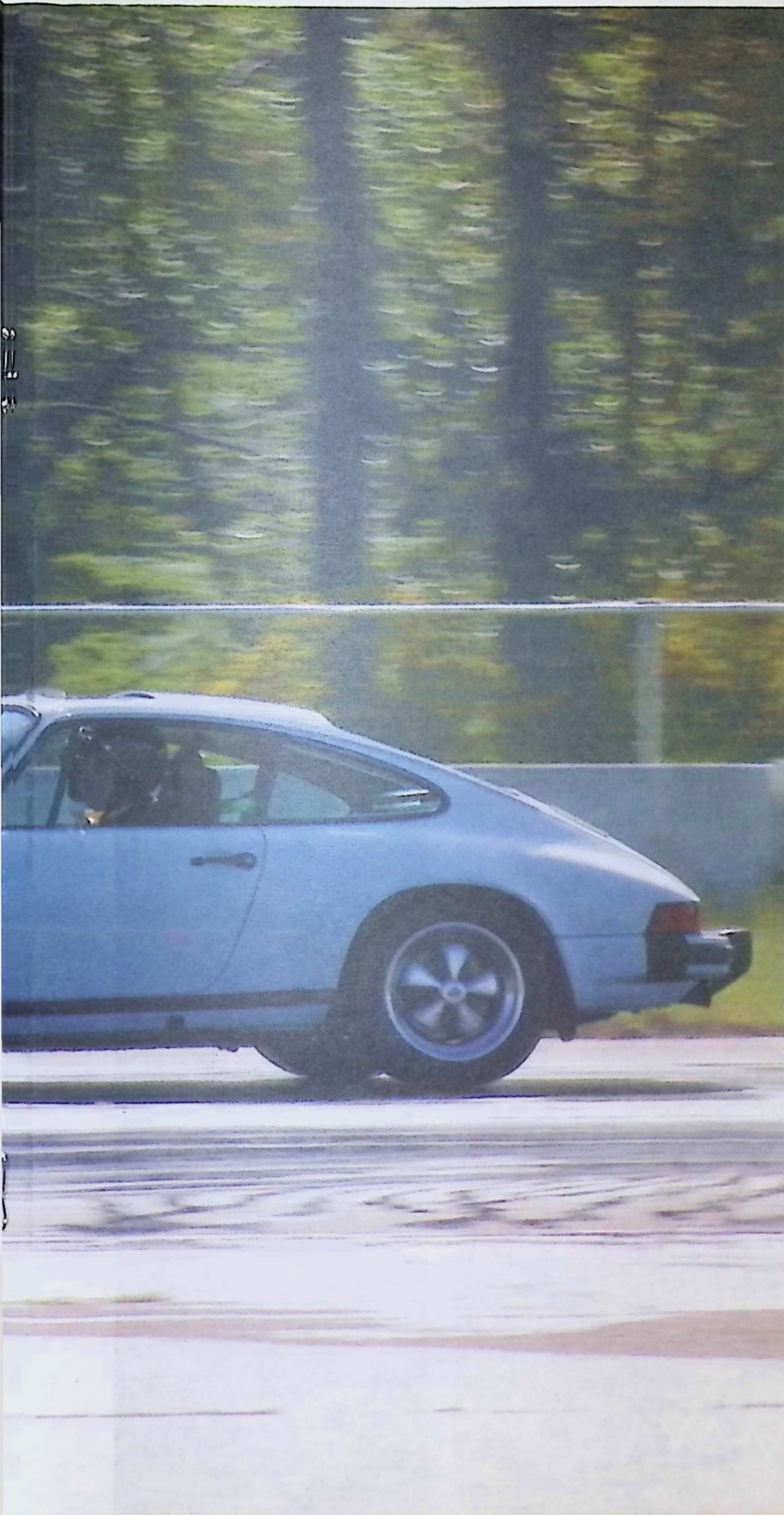
Many car clubs in our area offer ways for people to practice emergency handling and performance driving. Most don't require you to own a particular brand of car or even be a full member of the club. One example is the local Porsche Club (www.pnwr.org) that offers two kinds of driver training.

Accident avoidance →

Held about six times per year in Bremerton, "Driver Skills" offers a full day of driving in your own car with instructors. Participants reflect a broad cross-section of drivers ranging in age from 17 to late 60s, commuter vehicles to exotic imports, and both men and women. One event each year is for women only; one for families with young drivers.

Over the course of the day, participants learn to handle sudden turns, slick sur-





faces and emergency braking with confidence and skill.

Marla Hamilton-Lucas, who works in Renton, took the training in her 2007 BMW station wagon.

"At first it was a little intimidating," Hamilton-Lucas says. Some skills, such as weaving through cones (as if avoiding obstacles), were easy for her, but the emergency braking and skid pad were more challenging.

Hamilton-Lucas concludes, "I got what I wanted out of the event. I know a lot more about my car and I'd like to do it again. What surprised me was how intellectually challenging it was."

Seventeen-year-old Elise Kolde from Redmond says that her father insisted she take the class, just as he had with her sister before her. Actually, he didn't need to insist very much. Kolde had been looking forward to driving her father's Porsche in the class.

Kolde smiles. "I'm an adrenaline junkie. I thought it was going to be more like racing, but it was about being a better driver. It was great! I had an absolute blast! Anyone who drives on the street could get something from this."

Performance driving

Suppose what you'd really like to do is drive down a twisty, country road. No speed limits, no tickets, no gravel, no obstacles.

The Porsche club's Driver Education let's you do this at Pacific Raceways in Kent. The parking lot is an automotive candy store ranging from family cars to genuine exotics and race-prepared cars.

Importantly, it's not racing. There are no timed laps and passing other cars is limited. An instructor rides with you until you are signed off to drive alone. But even seasoned drivers use the instructors to hone their skills.

Mattia Boscolo of Auburn brought his 1991 Nissan 240SX.

"It was a lot of fun," he says. "It was a little slow at first as the instructor helped me get used to the track and learn the right lines through the corners. Later I drove a lot faster. I think one thing people learn is how to handle and not be afraid of their cars."

"It's a lot cheaper than speeding tickets and insurance increases. It releases a lot of day-to-day stresses. I was surprised how slowly I drove home because I had done it all at the track."

Ways to hone driving skills

Driver Skills training - Practice emergency handling. For Porsche Club events, see www.pnwr.org. Similar events are offered by the BMW, Audi, Corvette, Mini and other clubs.

Autocrossing - Use these skills to complete a challenging course defined by plastic cones. A timed speed event; top speeds are limited; one car on the course at a time; can be highly competitive. Offered by the Audi, BMW, Corvette, Porsche, Mini and other clubs.

Driver Education (or "track days") - Drive at higher speeds on a local racetrack. Not racing, but simply higher speeds in a controlled environment; these events stress building skills. Offered by the Audi, BMW, Corvette, Porsche, Mini and other clubs.

Commercial Driving Schools - Most areas of the country have for-profit schools that help you build skills for higher speeds, in your car or theirs. The school at Pacific Raceways in Kent is ProFormance Racing School.

www.proformanceracing-school.com

Racing - Genuine wheel-to-wheel racing, but with interesting cars, relative safety, and on a reasonable budget. Opportunities include SOVREN (www.sovren.org) for vintage racing, and SCCA for driver education, autocrossing and racing (www.scca.org). On a smaller scale, but no less exciting, are kart racing groups such as the World Kart Racing Association.

www.worldkarting.com

This group's needling is all done with love

X O X O X O X O X O X O X O X O X O X O X O X O X O X O X O

BY SARAH ZUGSCHWERDT

If "long-armed" sounds like a logger to you, and "piecing" makes you think of puzzles, you haven't been introduced to a quilter. Meet the Cedar River Quilters, a group that's been around since the early 1990s, stitching a reputation for outstanding service work.

Among recipients of the quilters' work are infants in the neo-natal unit of Valley Medical Center.

"We call them preemie quilts, but it's not just for preemies; it's any baby that's really sick," says the group's president, Sharon Murphy. "We've done that for 10 years."

"We commit to 250 quilts a year, and they go home with the babies. We do get letters that 'it just made it restful.' The setting is impersonal, and it just softened the environment," Murphy says.

Last year, two members found a way to involve the larger community in their efforts.

"During Renton River Days, when we had our quilt show in the library, a couple of gals put together small, little squares that they encouraged the public to come back to the table and arrange in a nine-piece fashion, something that would go together with another block," explains quilter Debra Aarhaus.

"From there, they could watch as the members sewed them together." Participants, who knew their blocks were going to be used



RENTON MAGAZINE / SARAH ZUGSCHWERDT

Cedar River Quilters Sharon Murphy, Marcia Johanson, Kathy Carlson, and Debra Aarhaus proudly hold a baby quilt.

in quilts for babies at Valley Medical, had "a lot of fun" putting their squares together, she says.

The quilters' efforts also extend to Bremerton Naval Hospital, where patients receive patriotic quilts that resemble large, cotton flags. Crafted in red, white and blue fabrics, each quilt is big enough "so even if they're a large soldier, they can certainly cozy up to it," says Aarhaus.

"Even though it's not an official community project, we have a lot of members that help out, support, and we have one member that delivers them," she says.

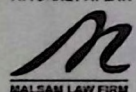
Donations are always welcome for all quilts, since the cost of the fabric and

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More information about the Cedar River Quilters is available from Debra Aarhaus at 425-271-3671.

batting often affects how many quilts can be produced. While service is certainly part of the fabric of this group, its mission includes much more.

"We laugh a lot," says member Marcia Johanson, "Friendship is a big part of it."

The first Tuesday of the month is spent working on projects, from the month's "challenge block" to the yearly raffle quilt, service or personal quilts.

Aarhaus explains that "Even quilters who have been quilting for a while need input from others on maybe what to do or a color or a technique. It's 'You need a little piece of yellow? I've got some!' 'Oh, I'll pay you back.' 'Oh no, don't worry about it!'"

The third Tuesday of the month is the group's business meeting, often with presentations by guest speakers. From these evenings come plans for multiple activities throughout the year, including service projects, the Renton River Days quilt show, fundraisers (such as the annual raffle quilt with tickets at \$1 for a drawing in

October) and outings, such as an annual retreat in September.

The group, whose members come from communities throughout South King County, is eager to add new members. Membership is open to young and old, ages 12 and up; dues are two dollars a month. Though currently all women, the group's members say men are increasingly becoming quilters, and they're welcome to join.

Having recently changed its venue to the Salvation Army, 206 S. Tobin St., Renton, the group's meetings are now wheelchair accessible.

Would-be members are encouraged to come by a couple of times to get the feel of the group, and to not be intimidated by lack of knowledge of quilting, or even of sewing. Desire is what counts, and each new member is paired with a mentor.

"We all share our skills and our knowledge," says Aarhaus, "and we're glad to do that!"



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With each apnea, oxygen levels fall, reducing supply to the heart and brain. Ultimately the brain awakens and corrects the breathing. However, these episodes often occur hundreds of times a night and can cause permanent damage to the heart system. Fortunately, treating sleep apnea can prevent this damage. Ask your doctor or call The Sleep Center at 425-656-5340 to determine if testing for sleep apnea is appropriate for you.

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yoga



RENTON MAGAZINE / SARAH ZUGSCHWERDT

The "Hands-to-Feet Pose" challenges students' flexibility while increasing muscle tone and circulation.

Yoga helps you get it *together*

BY SARAH ZUGSCHWERDT

Yoga, what many people simply think of as stretching, literally means "union." Using meditation, physical poses and breathing exercises, it seeks to join the mind, spirit and body together.

"I would recommend it to anybody who thinks they need to get in shape but thinks that they're too out of shape to get in shape," says Heidi Syvrud, manager of Bikram's Yoga of Renton.

"I'm telling you," she adds, "people all shapes and sizes come in here and they are able to just love themselves, realize what a gift their body is, and they appreciate it. It's beautiful."

In Hindu philosophy, the practice of yoga facilitates merging the self with the higher universal self, called Brahman. Though developed for spiritual enlightenment, most Westerners embrace yoga as a means to physical and emotional health.

As Syvrud explains, yoga practice will "Help you medically, [to] heal your body inside out."

Yoga uses "the tourniquet effect," says Syvrud. Poses use gravity and compression to temporarily stop the blood flow at certain points in the body. When released, the rush of blood naturally breaks up plaque in veins and arteries, improves circulation and even helps with varicose veins.

"There's different poses that elevate our heart rate, where your heart rate is pounding, the cardiovascular portion. You can

get a full workout because ... your muscles are working against each other. You use your body to work out," Syvrud notes.

Regular yoga practice (at least three times each week) is said to increase flexibility, balance, endorphins, and concentration; decrease stress; stimulate the lymphatic system; increase metabolism, and elongate joints.

"We've had people recommended to come here so they don't have to have rotator cuff surgery," Syvrud adds.

According to the American Yoga Association, there are over 100 types of yoga. Hatha style yoga is the most widely practiced, and is what people usually think of as yoga. It includes gentle movements, postures and breathing exercises, and is often the foundation of other yoga styles.

Vinyasa, another popular style, matches breathing to movements, and is a bit more vigorous than Hatha style. Ashtanga style and its close cousin, Power Yoga, are more fast-moving and physically demanding.

Bikram's yoga, a series of 26 Hatha style yoga poses performed in a 105-degree room that mimics India's climate, has gained recent popularity for how the heat facilitates deeper stretching and skin detoxification.

Newcomers to yoga are advised to find a class for beginners, or one that welcomes all levels. Dress in workout-type clothes that will allow for maximum movement, and bring a yoga mat (if not provided), water, and a towel.

Bikram's yoga is a bit different. Syvrud recommends wearing as little as possible, and also bringing a large towel if you'd like to cover the yoga mat. No large meals should be eaten for two hours prior to class. Once in the class, try not to compare yourself with others who may have been practicing yoga for much longer.

"Nobody is looking at you," says Syvrud. "It's just you and the teacher. Yeah, there's other people in the class, but everybody's so focused on themselves that you don't even see the other people ... You do what you can do to the best of your ability."

Claudia Ehrich of Renton, after practicing Bikram's yoga for just six weeks, said she's glad she took the plunge.

"People who practice yoga—they live longer, they're less stressed, they're more in tune with their body, they look a little more fit, [and] they eat better," says Ehrich. "When you walk out of there, you feel great!"

Yoga for you

A variety of yoga styles are taught at most local gyms as well as the recently-opened Newcastle YMCA, which serves Renton.

Bikram's yoga of Renton will move to a new, larger studio at 222 Williams Ave. S. on Dec. 1 and is offering annual memberships at half-price.

Time, talent, treasure-Ways you can help

With more people than ever needing help during the holidays, Renton area charities offer a number of ways to indulge your gift-giving spirit. If money is tight for your own family this year, there are many opportunities for volunteering your time and talents. It won't cost you a thing to volun-

teer, and the rewards are great. Many of these charitable organizations remind us too, that while we think about giving especially at this time of year, the need doesn't go away at the end of the holidays. You're invited to join them in serving people in our community all year round.

RENTON SALVATION ARMY

What's Happening: Thanksgiving Food Distribution

How you can help: Donate Thanksgiving food that will be distributed Tuesday, Nov. 24.

Deadline: Food donations no later than Friday, Nov. 20, at the Salvation Army Food Bank, 206 S. Tobin St. Monetary donations may be sent to P.O. Box 977, Renton, WA 98057.

Contact: Meka at 425-255-5969

What's Happening: Christmas Kettles Campaign

How you can help: Volunteer bell ringers will be stationed at local grocery stores throughout December. The Salvation Army asks that patrons give generously.

Deadline: Sign up to volunteer by or before Friday, Nov. 20.

Contact: DJ Svenson at 425-255-5974

What's happening: The Christmas Giving Tree

How you can help: Renton Salvation Army is looking for businesses that would like to sponsor a giving tree. Businesses post wish list tags on the trees provided by the Salvation Army, and employees purchase gifts to put under the tree according to the wish list tags.

Deadline: Toys and gifts are picked up from participating businesses on Dec. 18.

Contact: Meka at 425-255-5969

What's Happening: Christmas Toy and Food Distribution

How you can help: Volunteers are needed to distribute toys and food during the week of Dec. 21. Food and toy donations needed.

Deadline: Dec. 18.

Contact: Meka at 425-255-5969

Web site: <http://www.salvationarmyrenton.org/>

RENTON CLOTHES BANK

What's happening: Clothing needs

How you can help: The Renton Clothes Bank at 1025 S. 3rd St. is in need of winter-type clothing for kids, including sweaters, blankets, sleeping bags, gloves, and stocking caps.

Deadline: People may drop off donations Monday through Thursday from 1 to 5 p.m. at the back door.

Contact: Joyce Williams at 425-271-5091

Web site: <http://www.rentonclothesbank.org/>

VISION HOUSE

What's Happening: Adopt-a-family, giving trees, financial contributions

How you can help: Businesses can host a 4-foot tall, tabletop giving tree. Holiday tags on the trees tell about the different needs of kids at Vision House, including age and gender of the child and their mom's name. Individuals and businesses may also adopt a family and provide families with clothing, toys, and hygiene items. Financial contributions may be sent to P.O. Box 2951, Renton, 98056.

Deadline: Registration is open for adopt-a-family and giving tree programs. Vision House will pick up giving tree gifts the week prior to Christmas.

Contact: Kristi Slattery at 425-228-6356

Web site: www.NoHomelessKids.org

SOCIETY OF ST. VINCENT DE PAUL

What's happening: St. Vincent de Paul Thrift Store

How you can help: People may donate clothing, furniture, books, and household goods Monday through Sunday at 2825 Sunset Blvd. N.E. Store phone number is 425-226-9426.

Deadline: Items may be dropped off year round.

What's Happening: St. Anthony Parish St. Vincent de Paul chapter

How you can help: People may drop off food of all types, including stuffing, coffee, Jello, margarine, cocoa mix, sugar, flour, cranberry sauce, and instant potatoes. Monetary donations needed also to prevent evictions, hunger, utility shut-offs and more during the holiday season and beyond.

Deadline: Drop off canned good during the day Monday through Friday. Phone number is 425-255-3132.

Web site: Online gifts may be made at www.svdpsseattle.org

WAY BACK INN

What's happening: Way Back Inn, a transitional housing provider for homeless families,

needs monetary donations and in-kind donations to help with their mission.

How you can help: Items needed include cash donations to help operate housing units, gift cards for families, general household cleaning supplies, Home Depot/Lowes cards for housing maintenance projects, volunteers, and basic home furnishings.

Deadline: Items may be picked up by the Way Back Inn staff year round. Call Tonya Ward at 425-432-6766 to arrange for pick-up. Check donations may be mailed to P.O. Box 621, Renton, WA 98057.

Web site: www.way-back-inn.org

YWCA

What's happening: Adopt a family

How you can help: YWCA in Renton at 1010 S. 2nd St. is looking for businesses, families, or individuals who would like to adopt a family this holiday season. Also, YWCA accepts monetary donations and donated goods.

Deadline: People can donate all year round. People can adopt a family beginning in November.

Contact: Call YWCA at 425-226-1266

Web site: www.ywcaworks.org

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An apple a day – and every day

BY CHRISTIE KATONA

An apple a day keeps the doctor away. We've all heard that expression, and there is some truth to those words. Apples have been shown to help reduce the risk of cancer, help with weight loss, control cholesterol and add fiber to your diet.

Washington state is among the world's leading producers of apples with over 92 million boxes shipped each year. Most of our apples are exported to Mexico, Canada and Taiwan.

Apples were first cultivated in Asia, and the apple tree is related to roses. There are over 7,500 kinds of apples! Juicy and crisp, an apple makes a delicious snack on a brisk fall day.



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.

CHRISTIE KATONA

Caramel Apple Cheesecake

Serves 10-12

Use Granny Smith, Pippin, Fuji or Golden Delicious apples for this recipe.

crust

1 1/4 cups graham cracker crumbs
1/4 cup finely chopped walnuts

2 tbs. brown sugar
1/4 cup butter, melted

1 tsp. vanilla

directions

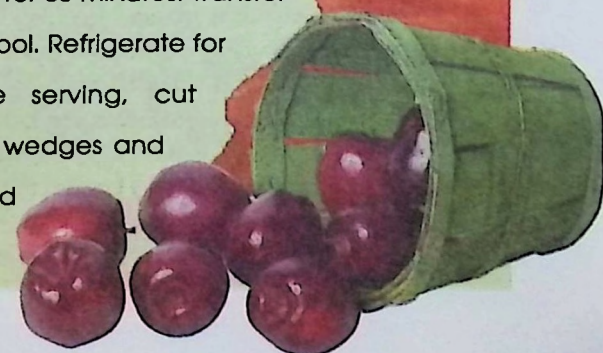
Preheat oven to 350. Mix crust ingredients together and press in the bottom of a 9-inch spring-form pan. Bake 10 minutes. Cool.

filling

3 tbs. butter
2 apples, peeled and thinly sliced
1/2 tsp. cinnamon
1/2 tsp. nutmeg
2 lbs. cream cheese, softened
1 cup sugar
5 eggs
1/2 cup sour cream
3/4 cup chopped toasted walnuts
1 jar (12 oz.) caramel ice cream topping

directions

For filling, melt butter in a skillet over medium high heat. Sauté apples until softened. Sprinkle with cinnamon and nutmeg and set aside to cool. With a food processor or an electric mixer, blend cream cheese, sugar and eggs until smooth. Add sour cream and cooked apples and pulse briefly to combine. Stir in walnuts and turn into prepared crust. Bake for 60 minutes. Transfer to a wire rack to cool. Refrigerate for storage. Before serving, cut cheese cake into wedges and drizzle with warmed caramel topping.



Spinach and Apple Salad

Serves 6

This salad goes well with chicken or pork. Toast the almonds on a cookie sheet at 350 for 10 minutes, stirring occasionally.

you will need

- 1 pkg. fresh baby spinach
- 1 small jar marinated artichoke hearts
- 2 large red delicious apples, cored, but not peeled
- 1/2 cup slivered blanched almonds, toasted

Dressing:

- Marinade from the artichokes
- 1/2 cup salad oil
- 3 tbs. red wine vinegar
- 1 tsp. Dijon mustard
- 1 tbsp. Parmesan cheese
- Salt and pepper to taste

directions

Drain artichokes and make dressing by combining ingredients using the steel knife of a food processor. Pour into a jar, cover and refrigerate. Cut artichokes into pieces and place in the bottom of a salad bowl. Slice apples into the artichokes and toss to coat with marinade to prevent discoloration. Place spinach and almonds on top. Before serving, toss salad with dressing and sprinkle with toasted almonds.



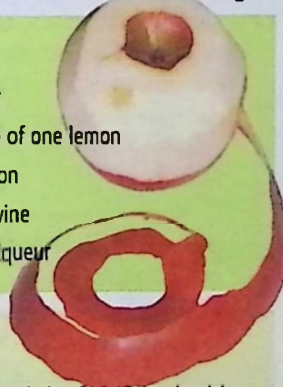
Apple Charlotte

Serves up to 8

If you have never eaten a "Charlotte" type of dessert, I would urge you to try this recipe. It has such wonderful flavor and texture and is perfect for fall or winter entertaining.

you will need

- | | |
|---|-----------------------------|
| 8 slices white sandwich bread, crusts removed | 1/2 cup sugar |
| 1/2 cup melted butter | Zest and juice of one lemon |
| 6 cooking apples, peeled and quartered | 1 tsp. cinnamon |
| 1/2 cup raisins | 3 tbs. white wine |
| | 2 tbs. Kirsch liqueur |



directions

Melt the butter in a large skillet. Cut the bread into 1 1/2 inch strips and sauté them in the butter so that both sides are well coated. Set six of the strips aside. Use the remaining strips to line a 1 1/2 quart soufflé or casserole dish. Slice the apples and sauté in the same skillet, adding more butter if necessary. Cook apples until beginning to soften, add the raisins, sugar, lemon juice, zest and cinnamon, mix well. Add the wine and cook until most of the alcohol has evaporated. Stir in the liqueur. Pour into the bread-lined dish and press down firmly on the apple mixture using the back of a spoon. Cover with the reserved bread strips. Bake at 375 for 40 minutes on the lowest rack of the oven. If the top should brown too fast, cover with foil. Remove from the oven and let stand for 10 minutes. Unmold onto a serving platter and serve warm with whipped cream.

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pet care

Choosing a pet sitter

BY DR. KATHLEEN CONNELL

Qualified pet sitters are good options when you're away from home and can't take your pet. But what should you look for?

Are they bonded? Do they carry liability insurance to cover accidents and negligence? How long have they been in business and what experience do they have? Completed any special training? Ask for references and interview candidates to find the one you trust.

Contracts should include dates of coverage, services, fees, payment and liabilities and delineate agreed-upon expectations for pet-care responsibilities.

Your sitter should have a backup in case he or she experiences an emergency and cannot care for your pet. Have the pet sitter come to your home to meet your pet before you leave.

Start your search early, as it may take some time to find just the right person. Sitters also become booked early during holidays and vacation, so plan ahead.

Besides recommendations from your veterinarian, friends and neighbors, you can check with two organizations: Pet Sitters International (www.petsit.com) and the National Association of Professional Pet Sitters (www.petsitters.org). They list local member pet sitters.

Will the sitter live in or just drop by? Whether you hire a live-in or visiting sitter, make sure you're clear on what's expected—walks, play sessions, grooming, giving medication or supplements and feeding. If other tasks are expected, such as getting



PHOTO COURTESY OF
HENRY MOORE JR., BCU/WSU

Make sure a pet sitter knows who your veterinarian is before you leave.

the mail, taking out garbage or watering plants, make that clear and expect to compensate sitters accordingly.

Instructions—Leave detailed information on pet care. Inform your sitter about your pets' specific medical or behavioral conditions.

Vaccinations and medications—Vaccinations should be current and provide proof. Provide any medications or supplements in clearly marked, child-safe containers and give clear instructions on how and when to medicate.

Entry—Provide keys or entry codes and make sure they work. Give instructions on alarm or security systems, circuit breakers and shutoff valves for gas and water. Leave an extra key with someone and give that person and your sitter each others' numbers.

Phone numbers—Provide your number and numbers for your veterinarian and veterinary emergency clinic, if you have one. Take along your sitter's number so you can check in periodically. Provide the number of someone you trust who your sitter can contact just in case. Call when you've returned to make arrangements for keys and payment.

Pet food, supplements and treats—Have sufficient pet food and other supplies available in well marked containers.

Authority to seek treatment—Provide your veterinarian authorization for your sitter to seek treatment for your pet if necessary. Your sitter should have a copy, and the authorization should indicate that you will be responsible for any fees.

Dr. Kathy Connell, DVM, owns and operates Foxglove Consulting in Olympia.

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around
the garden

A salmon's journey

What you can do to help



This is the time of year when salmon make the journey from their ocean feeding grounds back to the streams where they were born. What a marvelous feat! Salmon have been around for thousands of years and, until recently, hundreds of thousands have returned to our area to spawn. Now, in some years, we count salmon in the hundreds. Man-made and man-caused obstacles are responsible for this dramatic decline in numbers.

You may be wondering what this has to do with gardening. Bear with me! One of the major reasons for the decline in the number of salmon is water pollution, and our gardening practices have a huge impact on water quality. You may not live near a river or a stream, but everyone lives in a watershed, which is made up of inter-

connected bodies of water and wetlands that drain into a common final point. It is this interconnection that makes what drains out of your yard so important.

What can you do to minimize run-off pollution in your garden, and, therefore, in our rivers and streams? Use organic or slow-release fertilizer, which won't leach into the soil as readily as other types. Plant the "right plant in the right place," and your plants will be healthier. Healthy plants are more resistant to insect pests and diseases, and you'll minimize your use of pesticides. If you do need to use a pesticide, choose the least toxic type. Whenever possible, pull weeds by hand. If necessary, use a spot spray of herbicide, not a blast from a fire hose. Minimizing pesticide and herbicide use means

fewer chemicals will leach through the soil and into groundwater.

You'll use less water with soaker hoses than with overhead watering, and you'll have little or no runoff. Do whatever you can to make sure water goes into your soil and not down your sidewalks and driveway. Soil has the ability to filter pollutants, and runoff water doesn't receive this filtering effect. Generous amounts of mulch will help store water and prevent runoff, too.

After a hundred years of research, scientists still can't completely explain the mystery of salmon migration. Wouldn't you like to know the answer? We can help make sure salmon will be here for them to study for years and years to come.

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



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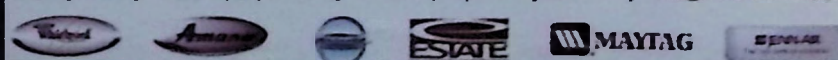
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 Valley Medical Center

VANCE'S STORY

"I thought it was heartburn," says Vance, 53, of the chest pain he experienced one afternoon. But within minutes Vance knew—he was having a heart attack.

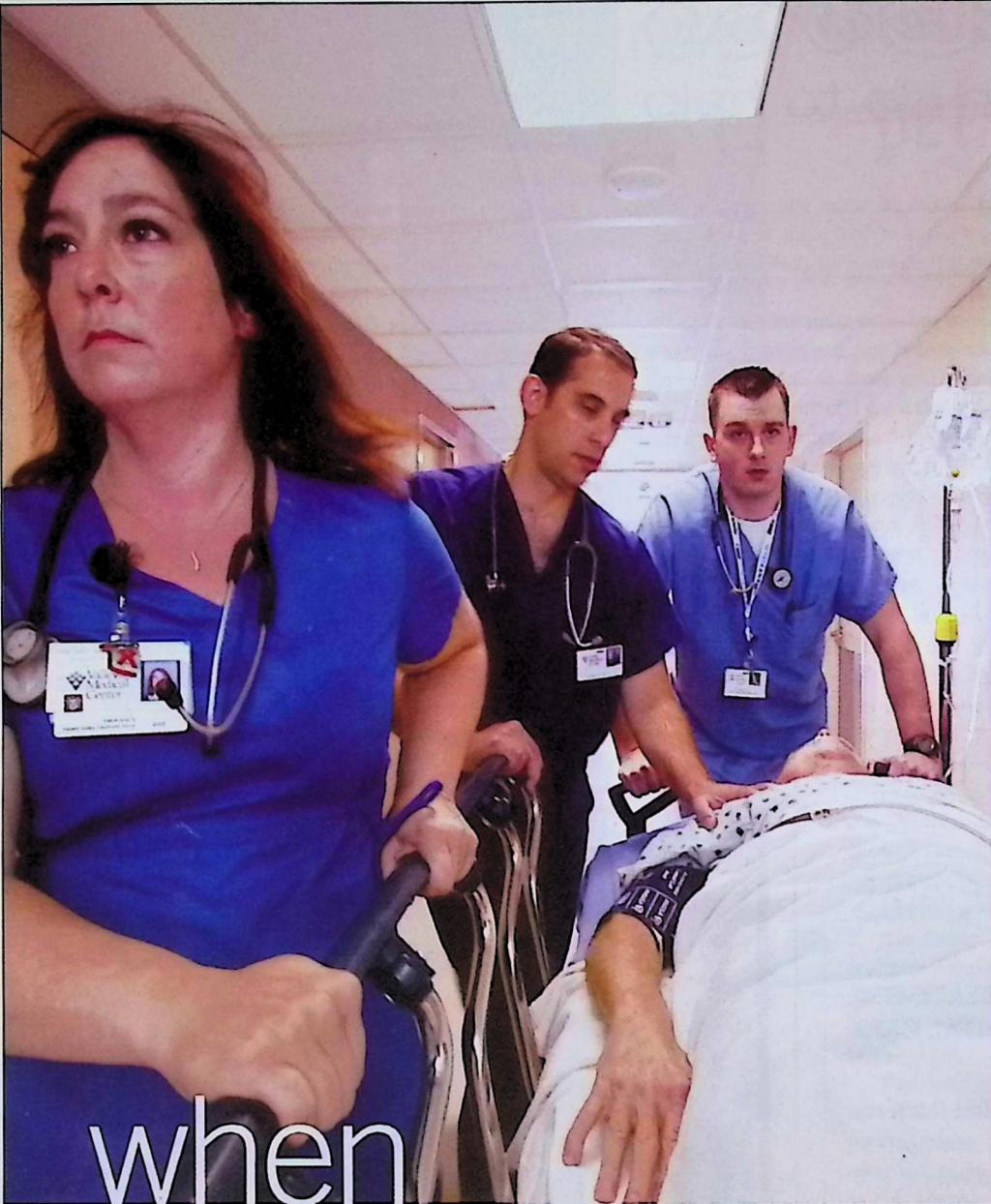
Fortunately, medics brought Vance to Valley Medical Center (VMC). Our hotline to medics combined with state-of-the-art diagnostic tools and a dedicated cardiac team means Valley Medical Center is poised to act the instant a patient comes through the door.

Our door-to-balloon time—from the moment a patient arrives to the time we remove a blockage—beats the 90-minutes-or-less national benchmark by half an hour. And in 2009, the American Heart Association awarded us the Get with the Guidelines Heart Failure Silver Performance Award.

"Vance had total blockage in the largest artery of his heart," says John W. Nemanich, MD, FACC and Medical Director of Interventional Cardiology at VMC. Vance's blockage was removed just 39 minutes from the time he came through our door.

"Valley saved my life. Plain and simple," says Vance.

When seconds count—you can count on Valley Medical Center. Learn more at www.valleymed.org/vance



when
seconds count

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