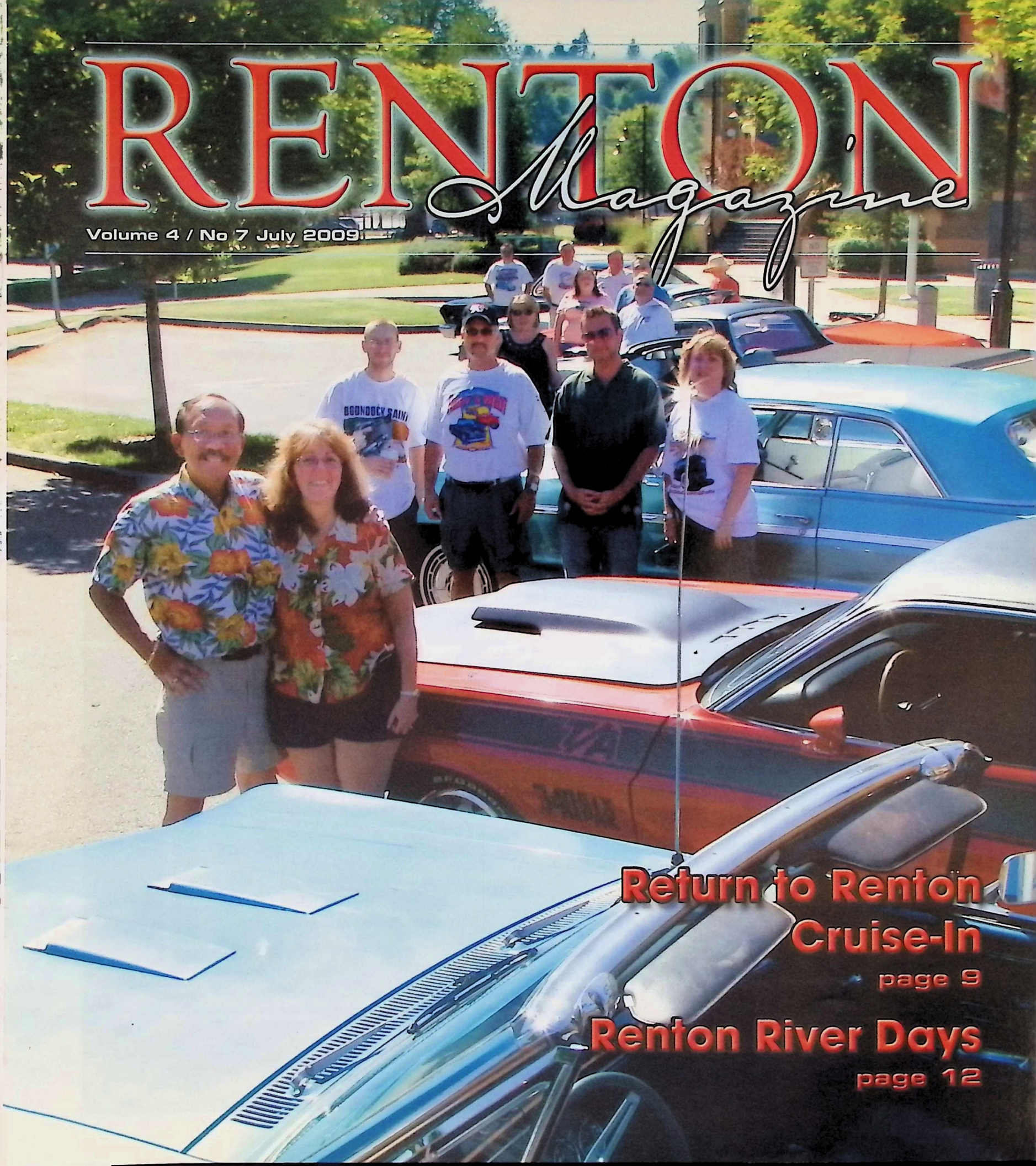


RENTON *Magazine*

Volume 4 / No 7 July 2009



**Return to Renton
Cruise-In**

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Quality Asian Grocery & Gifts Since 1928

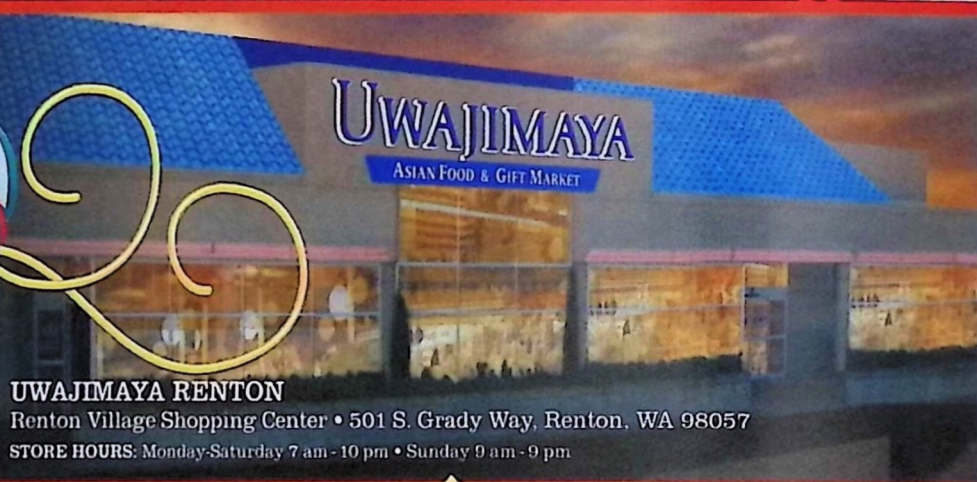
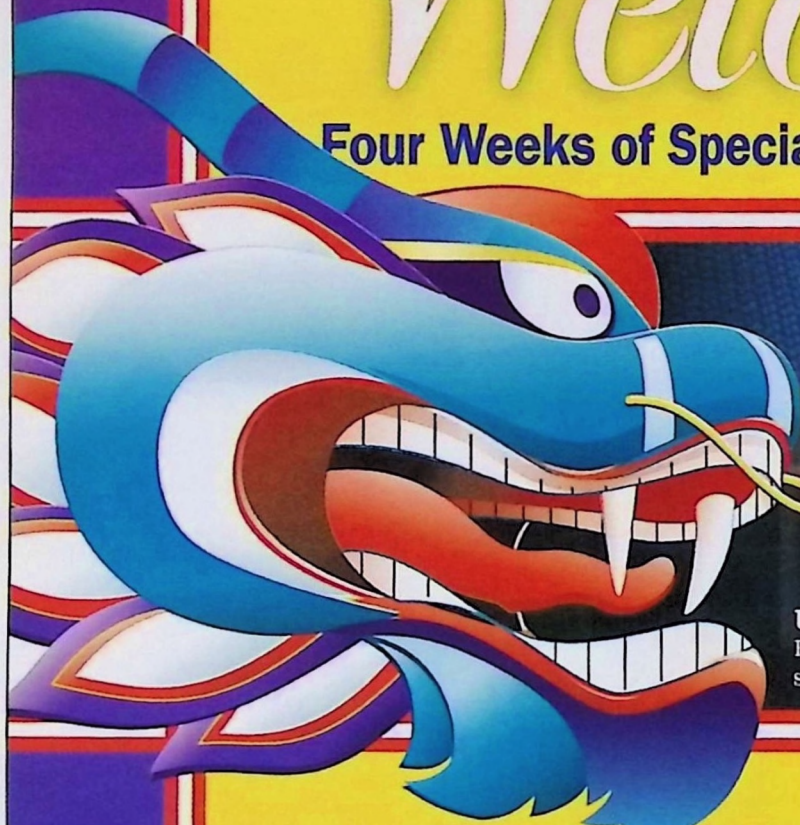
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We think about our communities and the attendant quality of life in a variety of ways. Some people measure the quality of education. Others pay attention to parks, or employment. Some are focused on safety and security, or health care. It's really a combination of all of them, as well as availability of goods and services.

I once lived in towns so small that the closest children's shoes or socks were 45 miles away. The busiest person in town worked for UPS.

Today, our local merchants and restaurateurs are nervous. They may put on a happy face, but they are anxious, given the challenges that surround them. They are focused on remaining resilient and positive, trying to figure out what mix of products and services will appeal to shoppers – and provide enough margin for them to survive.

Local cities, chambers and business groups are working on "shop at home" campaigns to help them.

I came across "the 3/50 project" recently and wanted to pass the idea on to you, because it's simple and direct. It doesn't need any coordination to launch, because it starts with each of us – one person at a time.

It asks this question: "What three independently owned businesses would you miss if they disappeared? Stop in. Say hello. Pick up something that brings a smile. Your purchases are what keep those



Diana Kramer
PUBLISHER

businesses around."

Next, "If half the employed population spent \$50 each month in locally owned independent businesses, it would generate more than \$42.6 billion in revenues. Imagine the positive impact if three-quarters of the employed population did that."

And the clincher: "For every \$100 spent in locally owned independent stores, \$68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only \$43 stays here. Spend it online and nothing comes home."

I'm not suggesting we spend money we don't have. But where we spend money matters.

For more information, visit www.the350project.net. The idea is elegant and brilliant. And important today.

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cover: In anticipation of the July 12 Return to Renton Car Show, event organizers and long-time entrants show off their cars at Renton High School. From left bottom to top: Susan Mark, Randy Koe, Paul Runge, Gordy Runge, Nancy Runge, Ryan Runge, Gayle Richards, Kevin Raiche, Lark Buchanan, Ken Buchanan, Jim Medzegian, Joanne Medzegian, Steve Jackson, Rick Cottom. See page 9. Photo by Celeste Gracey.

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

JULY 22 & 24-26

Renton's Fabulous Fourth of July Celebration

July 4

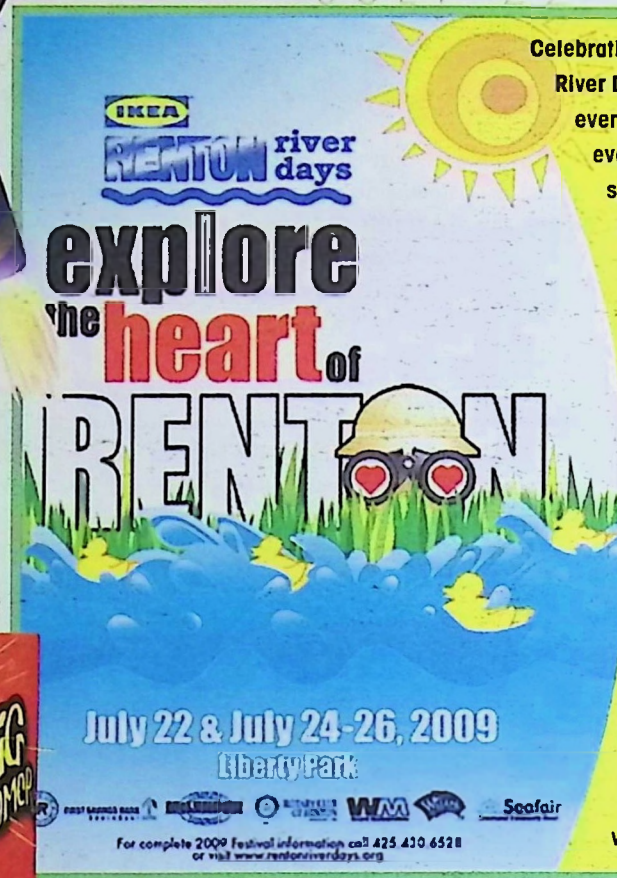
The City of Renton and The Landing invite the community to celebrate Independence Day with friends and family at Renton's Gene Coulon Memorial Beach Park. Daytime events will include free inflatable toys and face painting for kids plus a line-up of stage entertainment. Fireworks will begin at 10 p.m. on the shores of Lake Washington.

Saturday, noon

Admission: Free

Gene Coulon
Memorial Beach Park
1201 Lake Washington Blvd. N.
425-430-6700

Visit www.rentonwa.gov and
click on "Renton's July 4th"
under "arts and entertainment"



IKEA RENTON river days

explore the heart of RENTON

July 22 & July 24-26, 2009
Liberty Park

For complete 2009 Festival information call 425 430 6528 or visit www.rentonriverdays.org

Celebrating its 24th year, Renton River Days offers activities and events for kids, seniors, and everyone in between. Main sponsors are IKEA, City of Renton, First Savings Bank Northwest, McLendon Hardware, Rotary Club of Renton, Waste Management, and Wizards of the Coast.

Wednesday - Sunday; event and activity times vary

Liberty Park
1101 Bronson Way N.

425-430-6528

Admission: see Web site for specific costs

www.rentonriverdays.org

COULON FAMILY CONCERT SERIES PRESENTS

GENE COULON MEMORIAL BEACH PARK | WEDNESDAYS, 7 P.M.

1201 LAKE WASHINGTON BLVD. N. | 425-430-6700 | ADMISSION: FREE



July 1

Renton City Concert Band

Renton's 60-piece community band, under the direction of Mike Simpson, will perform music spanning from big band to Broadway to classics.



July 8

PA-TE

This group performs an eclectic mix of musical styles ranging from R&B, classic rock, jazz, blues, and some Brazilian and Italian contemporary music.

Music is drawn from artists including the Beatles, Ray Charles, Jimmy Buffet, Eric Clapton, and Etta James.



July 15

Jon Casey

Casey has played with such musical talents as Marilee Rush and Hoyt Axton. In 1996, he recorded a CD entitled "Fast Cars," and his single, "Bayou Country," was No. 1 on European country charts.

Return to Renton Cruise-In

JULY 12

Cruise back in time and check out classic vehicles at the 19th annual Return to Renton benefit car show. Highlights will include entertainment, vehicle displays, an art show, food, and raffle. This event is free for spectators.

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

The Piazza
Burnett Avenue S. and S. 3rd Street

425-430-7589

Admission: Free

Downtown Renton ART AND ANTIQUE WALK

The Fourth Annual Downtown Renton Art and Antique Walk will liven up downtown streets with paintings, pottery, sculpture, and photography from more than 75 artists. Meet artists while rediscovering downtown Renton. Parking is available in the city center parking garage at 2nd and Logan and in city lots along Main Avenue, South Burnett, and Wells Avenue.

August 22 206-407-8719

Saturday, 11 a.m.-5 p.m.

Admission: Free

Downtown Renton

www.artsunlimited.org



COULON FAMILY CONCERT SERIES

GENE COULON MEMORIAL BEACH PARK | WEDNESDAYS, 7 P.M.

1201 LAKE WASHINGTON BLVD. N. | 425-430-6700 | ADMISSION: FREE



july 22

**Colleen Raney with
Hanz Araki and Cary Novotny**

Colleen Raney, an emerging Irish singer, began performing at age 4 with her eldest brother. Years of traditional Irish step dancing and music combined with a contemporary sensibility have forged a sound and style that is uniquely her own.



july 29

The Dennis Mitchell Band

The Dennis Mitchell Band, with founding member Mike Mitchell – an original Kingsman of "Louie, Louie" fame, delight hard-core fans with the best of rock 'n' roll and a blend of wailing blues. This energetic band has woven its blend of music, hot licks, and stinging guitar with the likes of Eric Clapton, Stevie Ray Vaughn, Joe Bonamasa, and John Mayer.

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calendar of events

COMMUNITY EVENTS

2009 Renton Farmers Market

Tuesdays through Sept. 15, 3-7 p.m.

The public is welcome to get a taste of summer at the annual downtown Renton Farmers Market. The market welcomes more than 50 vendors and farmers selling locally grown farm products, including organic fruits, vegetables, cut flowers, baked goods, and herbs. Live entertainment and chef demonstrations are featured each week.

The Piazza, South Third Street

425-430-7214

Admission: Free

www.rentonfarmersmarket.com

Moonlight Movies at Liberty Park

The City of Renton provides families a chance to sit back and be entertained by movies at Liberty Park.

Friday, July 10: Little Big League (PG)

Friday, July 17: Mamma Mia (PG-13)

Friday, July 31: Kung Fu Panda (G)

Friday, Aug. 7: Harry Potter and the Sorcerer's Stone (PG)

Seating starts at 7 p.m. Movies start at dusk. Only low-backed chairs and blankets are allowed in the viewing area.

Liberty Park, Bronson Way N. and Houser Way N.

425-430-6700

Admission: Free

COMMUNITY THEATER



24th Annual Summer Teen Musical: Footloose

July 24-Aug. 9

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

When Ren, a city boy, moves with his mother to a small farming town, he is not prepared for the inevitable adjustment period at his new high school nor for a ban on dancing instituted by a

local town preacher. Ren rebels against the ban. Footloose celebrates the wisdom of listening to young people.

Carco Theatre

1717 S.E. Maple Valley Highway

425-430-6751

Admission: \$15/adults; \$10/students and seniors

Click on "carco theatre" under "arts and entertainment" at www.rentonwa.gov

THEATER FOR KIDS

**The Hi-Liners Downstage Center
presents:**

The Jungle Book Kids

Friday, July 10, 6 p.m.; Saturday, July 11, 1 and 6 p.m.; Sunday, July 12, 1 p.m.

The jungle is jumping with jazz in this Disney classic. Join Mowgli, Baloo, King Louie and the gang as they swing their way through madcap adventures and thwart Shere Khan.

Alice in Wonderland, Jr.

Friday, July 10, 8 p.m.; Saturday, July 11, 3 and 8 p.m.; Sunday, July 12, 3 p.m.

Join Alice's madcap adventures as she chases the white rabbit, races the dodo bird, gets tied up with the Tweedles, raps with bubble-blowing Caterpillar, and beats the Queen of Hearts at her own game!

Carco Theatre

1717 S.E. Maple Valley Highway

206-617-2152

Admission: \$10

www.hi-liners.org

CHILDREN ACTIVITIES

Play Day in the Park

Wednesdays, 11 a.m.-1 p.m.

Co-sponsored by the Renton Police Department, this program provides children ages 2 to 12 a place to play with games, inflatable toys, and crafts. Children must be accompanied by an adult.

July 1-Kiwanis Park, 815 Union Ave. N.E.

July 8-Philip Arnold Park, 720 Jones Ave. S.

July 15-Kennydale Park, 2428 Aberdeen Ave. N.E.

July 29-Tiffany Park, 1902 Lake Youngs Way S.E.

Aug. 5-Teasdale Park, 601 S. 23rd St.

425-430-6700

Admission: Free

Summer Fest 2009

Through Aug. 14

Monday-Friday, 10 a.m.-6 p.m.

This program is for ages 6 to 12. The City of Renton is planning games, crafts, contests and more at playgrounds and parks. The events are free with no sign-up required. Youngsters may come and go.

425-430-6700

Kennydale Park, 2428 Aberdeen Ave. N.E.

Kiwanis Park, 815 Union Ave. N.E.

Philip Arnold Park, 720 Jones Ave. S.

Teasdale Park, 601 S. 23rd St.

Tiffany Park, 1902 Lake Youngs Way S.E.

Admission: Free

LIBRARY ACTIVITIES

Renton Public Library

100 Mill Ave. S.

425-430-6610

Family Drop-In Craft Day

Tuesday, July 28, 2-3:30 p.m.

This program is for ages 6 and up. Parents and children may come to the library for an afternoon of crafts, snacks and a chance to create original works of art.

Cost: Free

Jeff Evans' Magic Show

Friday, July 17, 2 p.m.

Magician Jeff Evans has a book of tricks that will dazzle the audience, ages 4 and up. Tricks include science stunts, wacky inventions, and magical mayhem.

Cost: Free

Bead Swap and Jewelry Crafts for Teens

Thursday, July 9, 2-3:30 p.m.

This is an opportunity to create one-of-a-kind jewelry pieces, key chain fobs, and swap beads. Register by calling 425-430-6825.

Cost: Free

SENIOR EVENTS

4th of July Celebration Luncheon

Thursday, July 2,

11 a.m. (music) and 11:30 a.m. (lunch)

The Renton Senior Center presents its annual Fourth of July celebration luncheon complete with bean bag baseball, hot dogs, and apple pie. All are welcome to come with their red, white and blue. Ray Johnson will provide music during lunch.

Renton Senior Center

211 Burnett Ave. N.

425-430-6633

Cost: \$3 (donation 60 and up);

\$6 (charge if under 60)

July's Blue Sky Dance

Friday, July 17, 2:45-4:30 p.m.

Entertainment provided by performer Randy Litch, plus tasty appetizers.

Renton Senior Center

211 Burnett Ave. N.

425-430-6633

Cost: \$4 at the door

24th Annual River Days Senior Picnic

Thursday, July 23, 11 a.m.-1 p.m.

The Renton Senior Center will hold an annual River Days picnic for seniors at the Renton Community Center. The Old Time Fiddlers and Harley Braumbaugh will perform. Main entree is barbecued hamburgers and for dessert, strawberry shortcake. The law office of Dan Kellogg and Aegis Living are the sponsors. Doors open at 10:30 a.m. Tickets are required and may be purchased at the Senior Center beginning July 1. Tickets will not be available at the door.

Renton Community Center

1717 SE Maple Valley Highway

425-430-6633

Cost: \$1

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 info@pugetsoundpublishing.com or call us at 425-271-9300.



Soulful Sounds of Summer

Free Concerts
July 7-August 29

"Take-Out Tuesday" Lunchtime concerts from Noon-1pm

Wednesday Evening "Date Night" concerts from 6-8pm

Saturday Relaxation concerts from 3-5pm

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KentStation.com



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RETIREMENT & ASSISTED

kirby unti

Eating and drinking together

I just returned from a six-day trip into the San Juan Islands, where I gathered with ten men for a retreat. We stayed at a friend's cabin on Crane Island, which is tucked in between Shaw and Orcas islands. The only ways to get to the island are by boat or plane. It is a serene place where the only sounds you hear come from nature itself. One forgets how noisy our world is until one finds one's self hearing only the slapping of the water, the wind in the trees, and the birds exchanging conversation.

This year, in appreciation for the generosity of the Bices making their place available to us, we turned it into a work party. We spent the day power washing, staining, hanging gutters, repairing cupboards, building a kayak rack, patching the inflatable and general cleaning.

At night we sat down and feasted together. We brought along our own chef, Eric Black, who prepared several gourmet meals. We also had in our company a couple of wine connoisseurs who knew the perfect wine to go with the meal. The only thing lacking was a good dessert chef. In between meals, we snacked on a smorgasbord of the highest quality junk food that 10 men could assemble. We topped off the day with a marshmallow roast, complete with chocolate bars and graham crackers around the firepit.

What is it about eating and drinking together that bonds people? I can assure you for weeks to come we will all be telling stories of our time together at Crane Island. When we see one another in church or in the community, there will no longer be



any sense that we are strangers. I do not doubt that years from now, into the conversation will come the remark, "Remember when we were up at Crane Island?"



Kirby Unti
COLUMNIST

Meals are how we celebrate the most important events in our lives. Meals are at the center of our holiday and holy day gatherings. It is over candlelight meals that we fall in love. Meals are where we conduct our most important business meetings. Meals are where friendships are renewed and conversations go on until the waiter hints that it is time to move.

In a world of fast food and infrequent gatherings around the family table, perhaps it's time to give greater consideration to how important it is for us to break bread together. We must not let the potluck dinner complete with the green cottage cheese salad make it onto the endangered species list.

Living in a wired world where there is less and less face-to-face time together, I highly recommend that you spread out the table cloth, pull out the candles, take the hot bread out of the oven, offer a toast of gratitude and enjoy a nice feast with family and friend. It just might be the glue that holds us together as people.

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

NOSTALGIA

STORY AND PHOTOS BY CELESTE GRACEY

for the cruise

Return-to-Renton car show revs up

A group of hot-rodders gathered near the old Renton cruising loop. The smell of oil and hot asphalt burned the air as their engines boomed. They reminisced about different times.

"It was just wall-to-wall cars," said Renton's Kevin Raiche. If you saw someone you liked, you talked to them. It was that kind of nostalgia that inspired the Return to Renton Car Show.

"We were just kind of joking about stuff and we thought, 'Wouldn't it be great to live the old-time days again and ride along the loop?'" said Ben Remak, the show's founder.

Though the show could attract as many as 650 cars this year, organizers hope to maintain the same low-key atmosphere that comes from the show's roots in the cruising culture.

Though the show initially included a ceremonial drive around the loop, it became more of a hassle than it was worth. Those who

remember cruising Renton saw the tradition had become little more than a parade, said organizer Ryan Runge.

"(Cruising) was a chance to meet people," Remak said. "It was harmless fun driving around, wasting gas."

When the show started in 1990 times had changed. Cruising had become associated with violence and drugs, and police had cracked down on it, Lark Ken Buchanan said.

Since cruising was illegal, Remak decided the best way to get police support for the show was to use it as a fundraiser for the Renton Police Department youth programs, he said.

"Everything we made went back to the youth education program."

After having moved the show several times, organizers hope to settle it in downtown Renton, where it will be held for the second time this

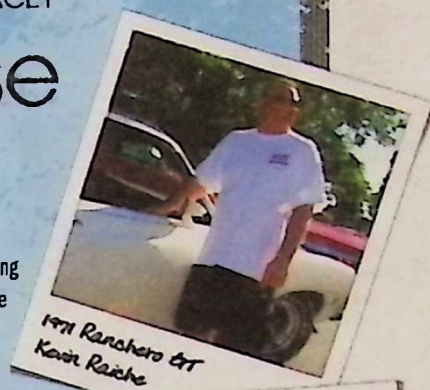
year.

"Bringing it downtown allows us to bring more cars, and it brings more people to the businesses," Ryan Runge said.

Organizers hope to keep it fun with award categories such as "Caution! Under Construction" and "Most Likely to Get a Ticket." There will be about 34 categories this year.

Organizers are planning music entertainment, and the show is also open to truck and motorcycle entries.

"It's a nice low-key show," said Renton's Randy Koe. "It doesn't have to be perfect."



1971 Ranchero GTT
Kevin Raiche



1982 Corvette Sting Ray



RETURN
TO RENTON CAR,
TRUCK AND MOTORCYCLE SHOW

Sunday, July 12, 10 a.m.-3 p.m.
Registration opens at 8 a.m. at the
Piazza Park on the corner of South
Third Street and Burnett Avenue South.

For more information visit:
<http://gorenton.com/play/return-to-rentoncarshow>



RENTON MAGAZINE / DAVID SUFFIA

Jenny Farrell gives her son Seamus a hand on his way to the top of Liberty Park playground equipment. The playground is a popular destination for parents with small children.

BY DAVID SUFFIA

*L*iberty Park has been the center of Renton's outdoor recreation activities for generations. Throngs of residents use the park's tennis, baseball, softball, basketball, skate park, walking path, picnic, and playground areas, especially during the summer.

Located next to Cedar River and the main Renton Library at 1101 Bronson Way N., the park covers 12 acres. The land was purchased by the city



RENTON MAGAZINE / DAVID SUFFIA

Liberty Park's skateboard park is a popular destination for daredevils of all ages. Its concrete convolutions are a challenge, so make sure you wear a helmet and protective elbow and knee pads to avoid injury.

Liberty Park is a Renton treasure for the ages

from the Sartori family in 1914 and turned into the city's first park. Originally called City Park, the name was changed to commemorate World War I veterans.

Liberty Park is where thousands of youngsters first learned how to pitch a horse shoe, shoot a basket, hit a baseball or tennis ball, or just hang out and relax in the summer sun.

It is the primary venue for Renton River Days, when it is transformed into a huge open-air fair with food and craft booths. In the summer, it's the scene of family picnics and barbecues. The softball and baseball fields draw everyone from youngsters to oldsters.

The park has playground equipment for tots, and picnic areas with tables, electricity, running water and barbecues. There are three lighted tennis courts and a lighted basketball court and tennis practice wall.

The park's newest addition is the skate park for daredevils on skates and skate boards who plunge up and down its concrete convolutions. The skate park replaced a community swimming pool a few years back.

Walk out the door of the city's main library, which spans Cedar River, turn left, and you're in Liberty Park. Walk along the Cedar River Trail, and you go right through Liberty Park. Years ago, before the new library was built, there was a classic Carnegie Library on the other side of the park.

Liberty is easily accessible on foot, by bus, or by car, with 180 parking spaces.

"Liberty Park has attracted multiple generations and has matured into one of Renton's most treasured amenities," says Leslie Betlach, city parks director. "This park was the impetus and is the anchor of the Cedar River Greenway which now includes eight developed parks, a golf course and 260 acres of open space."

The greenway stretches from city-owned Maplewood Golf Course in the east to Lake Washington on the west, all connected by the Cedar River Trail, and dotted with Liberty and other parks.

You can reserve a ball field or a picnic area at Liberty Park by calling 425-430-6700.

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Renton library enhances outreach services

BY ANDREW FICKES

There is no mistaking Mildred Nau's reading regimen. She is simply voracious.

At 96, Nau always has her head in a book following breakfast, lunch, and dinner.

"I read and eat and eat and read," she says. "But that's fine, I'm happy."

Nau and the other residents at Archstone Adult Family Home in Renton have the Renton Public Library to thank for their continuously replenished supply of large-print books, books on tape, and videos.

"The library coming here has been a god-send," says Jeanette Goins, co-owner of Archstone with son Michael. "Kris [Baker] comes here every month and also on special request. This program is really excellent for people who can't get out and about anymore; it strengthens their sociability and their self-worth

and also keeps them connected to the outside world."

Baker is the library's new outreach librarian, a recently-created position to enhance library service for two demographics: homebound adults and children in school.

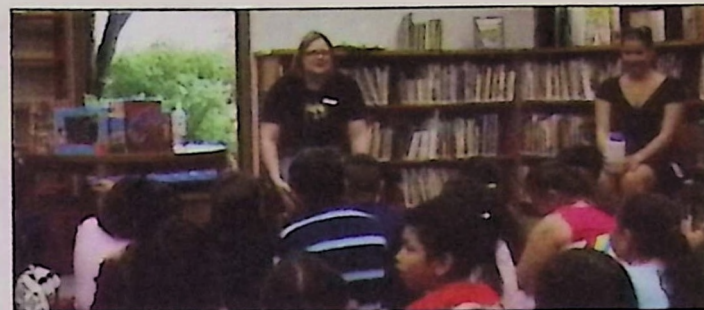
Baker, former youth services librarian for Pierce County libraries, began her new job on March 16. She collaborated with children and teen librarian Jessica Marie to create a first-ever adult reading program that began June 22 and will run through Aug. 31. The children's reading program will coincide with the adult program.

Baker is organizing instructional computer classes, scheduled for fall for novice computer users.

At the Highlands Library, Baker has installed a new "teen day" on the last Tuesday of each month through August.

"My goal is to start with small things that are sustainable and build up on those," she says.

In addition to her Archstone visits, Baker



RENTON MAGAZINE / ANDREW FICKES

Kris Baker (middle left) introduces fourth graders at Highlands Elementary School to the Highlands Library and the books and services it provides.

delivers books to five individuals and is willing to deliver to other adults unable to leave their home, either by disability or an extended illness.

Two women receive 20 to 25 large-print romance books once a month from Baker. Another adult reader is blind and benefits from books on tape or CD.

"The program is tailored to what people want," she says. "As we grow this program we will eventually incorporate volunteers to deliver books."

The beauty of a homebound service program, says Baker, is that the library is essentially brought to the person. Anything a regular library visitor can access, these adults can access as well, says Baker.

And that's just icing on the cake for Nau.

"I can't see worth a nickel," Nau says, while enjoying the natural setting at Archstone. "So, I have trouble reading, but I read until I'm done. I'm very thankful I can renew my books as much as possible."

For more information about homebound adult services, contact Kris Baker, outreach librarian, at 425-430-6835.

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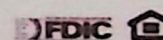
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BY SARAH ZUGSCHWERDT

RIVER DAYS

Promises more than a

IKEA'S RENTON RIVER DAYS

offers a boon of summertime entertainment in its 24th running, July 22-26.

Wednesday is Kids' Day at Liberty Park. From 11 a.m. to 5 p.m., youngsters can roam the 40 booths of free activities, jump on inflatables, get their faces painted, watch stage performers and generally have a blast.

The Wenatchee Youth Circus caps off the event, performing two shows at 1:30 p.m. and 6 p.m. Admission is allowance-priced at \$1 per person. To keep Kids' Day free for struggling families, the River Days board is asking community members to "Sponsor a Child for River Days" with a \$5 donation sent to festival headquarters (1055 S. Grady Way, Renton, WA 98057).

Thursday, the annual Senior Day Picnic at the

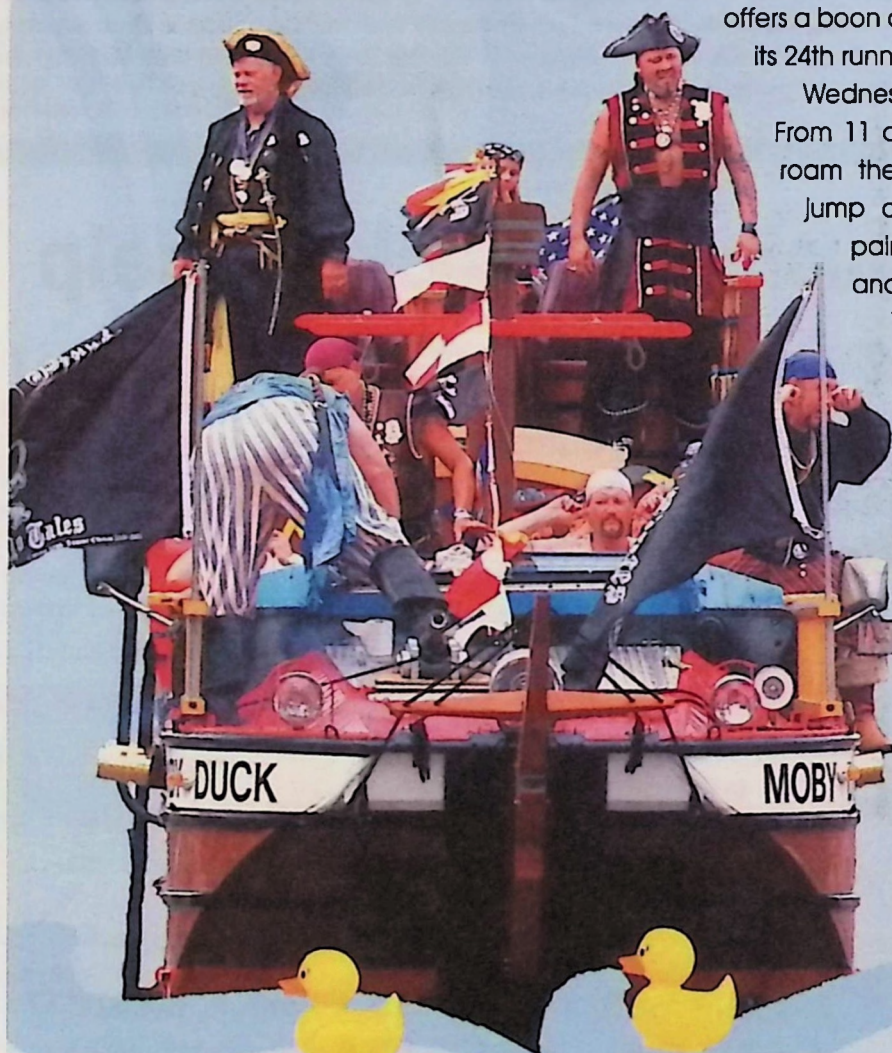
Renton Community Center gets underway on Friday, registered teams of four tee off in the Chastain Memorial Golf Tournament.

Friday marks the opening of the main festival at Liberty Park, with the Renton, Art Market, community booth, River Quilt Show (inside the library), Annual Art Show (a juried show at the Community Center). Two entertainment acts will host three days of music, including drums, salsa, jazz, blues, gypsy jazz, Merengue, dance, bluegrass, rock "n" roll, and disco.

Pancakes are the morning specialty at the Renton Lions Club breakfast fundraiser at the Renton Senior Activity Center, starting at 10 a.m. They'll fill empty stomachs until 10 p.m. as the 150 entries in the Renton River Days parade begin their enthusiastic promenade down 3rd Street.

After the parade wraps up, festivalgoers lace up their shoes for the Volkssport 6K and 20K "Fun Walks" through Renton, hit the court for the Chalk Art Contest, or support participants of the youth soccer tournament at Renton High School.

The Strolling Stilt Dancers will wander Liberty Park to entertain young and old, as the



RIVER DAYS

plush of activity

RENTON MAGAZINE / DIANA KRAMER

Who's more popular? The Seafair Pirates or jazz musician Darren Molamedy? Here's another great thing about Renton River Days: you don't have to choose! Catch Molamedy at 5 p.m. Friday, July 24 and the pirates in the parade on Saturday, July 25.

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latest addition to River Days—life-size Zambini puppets. Festival organizers also hope to bring back the Australian Outback Experience, a variety and exhibit show about life “down under.”

Sunday's Rubber Ducky Derby, a charity fundraiser of the Renton Rotary Club, will squeak into action at 4:30 p.m. at the Houser Street Bridge.

Parking is available at the Renton Community Center, at the base of Renton Hill, and Renton Memorial Stadium (a three-block walk on the Cedar River Trail). Downtown parking is limited; however, the new City Center Parking Garage between Burnett and Logan Streets offers ample parking.

Free shuttle service will run on Saturday and Sunday, starting at 9 a.m., picking up at these sites: South Grady Way Park and Ride, Renton Memorial Stadium, City Center Parking Garage, Renton Community Center and Liberty Park, by the tennis courts.



Want to help?

Volunteers, ages 16 and older, are needed throughout the Renton River Days festival. You can sign up by calling 425-430-6528 or e-mailing festival director, Sonja Mejlender, via the River Days Web site. The Web site also has online application forms, which can be faxed or mailed.

More information:
www.rentonriverdays.org or
425-430-6528

Health Topics

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Q: What are Dry Eyes?
How do I treat them?

A: Dry Eyes can present as a gritty, burning, or foreign body sensation sometimes due to environmental or behavioral factors. Sitting in front of a fan, near a circulating air conditioner or heat vent can aggravate dry eye. Working on a computer can dry out eyes, too. Simple steps like increasing room humidity, reducing circulating air, or repositioning the computer monitor can help. Computer users can reduce dry eye further by frequently looking away from the monitor or voluntarily blinking. Artificial tears, a primary treatment that is widely available, can prolong tear stability, protect the ocular surface, and enhance natural tear layers.

For more information or to make an appointment, please call The Eye Center at Valley Medical Center: 425-656-5345



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Rowing your way to *mystic* connections

BY SARAH ZUGSCHWERDT

"Rowing is all about harmony and balance and rhythm. It's harmony with the water, harmony with the other rowers in your boat; it's balance in your boat and the stroke, it's balance in your life."

So says Kent McCleary, Renton Rowing's co-founder and lead instructor of his favorite sport.

"When I'm at the proper speed, I can hear it. Hear the water against the hull, and I hear the speed of the water. Rowers talk about that connection with the water; it's kind of a mystic connection."

Talking with McCleary is persuasive, and so is watching him and others slide along the water on a perfect early morning on Lake Washington. If you're not careful, this Renton schoolteacher will have you in a boat in the middle of the lake before you've realized what's happened.

"It's really addictive. It's unlike any sport I ever did."

About three years ago, McCleary joined fellow rower Al McKenzie to turn the commu-



RENTON MAGAZINE / SARAH ZUGSCHWERDT

Renton Rowing's large, red "R" logo lets those on the water know where sculler Kent McCleary calls home.

nity rowing operation that McKenzie had championed since the mid-1980s into an official club, Renton Rowing. Although named after the city, the club's mission extends to "the whole south end." First-timers get a try-out row on the water, lessons are available (city residents receive a discount), and members enjoy open rows.

The club roster has about 25 names and rows have been limited to Saturdays at the Gene Coulon Canoe Launch. The city recently allotted space at the Cedar River Park for the boats, and with a retractable launch nearing completion, club members will soon be able to row seven days a week.

By fall, they hope to have boats for "sweeping," rowing in sets of four or eight people, and soon after, junior and high school rowing and racing teams.

But you don't have to commit to anything other than a little exercise to get started.

"You use every muscle group in your body every time you take a stroke. It's complete exercise," says McCleary.

Beginners must be 14 years of age, able to tread water 10 minutes and put a life vest on while in the water. That, and enjoy a private nature tour.

"The boat is so fast and so quiet.

I've rowed over beavers before they saw me. You see fish all the time" relates McCleary.

While a rower can take advantage of almost any body of water – boats require only 6-8 inches of depth to glide uninterrupted along the surface – too much time can be spent on turns if the water area is not sufficiently expansive, another reason Lake Washington is so popular.

McCleary offers this simple advice: "Anybody who wants to row, just come down here."

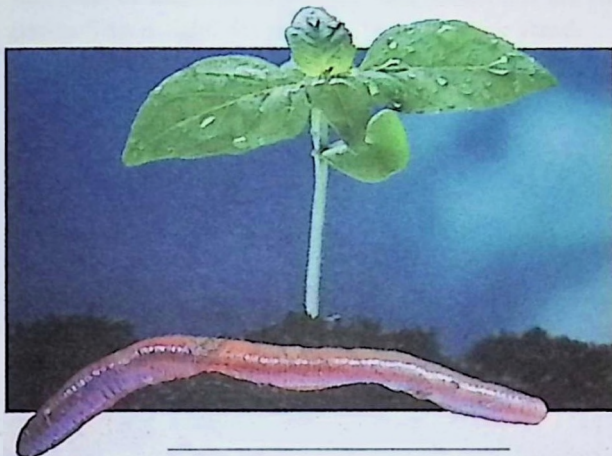
Rowing on the Internet

For information about Renton Rowing, visit
www.rentonrowing.org.

Canoeing is also available in the Renton area, including lessons and rentals, through the Cascade Canoe and Kayak Center, www.canoe-kayak.com or call 1-888-485-2925

For information about dragon boat racing, a cousin to traditional canoeing, contact the Kent Dragon Boat Association's website www.kentdragonboat.com or call 206-714-7301

around the garden



BY ELAINE ANDERSON

Charles Darwin was fascinated with earthworms and spent over 40 years studying them. When his final work, "The Formulation of Vegetable Mould, Through the Action of Worms, with Observations of Their Habits," was published, it outsold "On the Origin of Species," at least for a while. At this time, most people believed earthworms were pests. Darwin, however, was convinced they were largely responsible for the creation of fertile soil. Gardeners, of course, know this

Darwin's great discovery

to be true.

Darwin conducted many and varied experiments with worms, indoors and out, some of them lasting 30 years. They led to his discoveries that worms loved raw carrots, disliked strong light, were capable of making decisions, and that there were 53,767 earthworms in an acre of land. (It's now estimated that there can be one million worms per acre.) More importantly, he came to believe that the value of worms lay in the fact that they were constantly turning the soil. They aerated soil by burrowing, and earthworm poo (known as castings) is a rich fertilizer. The "slime" we associate with earthworms contains nitrogen, which, of course, is an important plant nutrient.

The nightcrawler, our most common garden worm, was accidentally brought to our shores in potted plants from Europe. This is one instance in which an introduced species turned out to be a blessing, because our native earthworms had been killed during the last Ice Age.

Keep your garden's worm population thriving by providing moisture, mulch, and plenty of decaying mat-

ter.

If you decide to experiment with a worm bin, you'll want to make the acquaintance of red wiggler worms. Earthworms are burrowers, and they would find it impossible to do this in a worm bin. And, red wigglers can't survive the temperature extremes in garden soil. So, right worm, right place.

Earthworms were revered in Tibet, and monks would allow no harm to come to them. They were believed to be the reincarnation of their mothers. It's said that Cleopatra considered them sacred, too. I don't suppose we need go this far, but we do need to give earthworms our sincere thanks and make them welcome.

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

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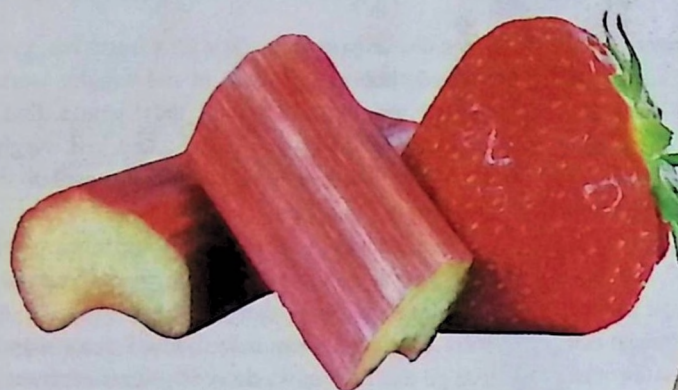
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Desserts for summer



BY CHRISTIE KATONA

Summer time and the living is easy; the fruit is ripe and juicy. These marvelous desserts show off our wonderful Pacific Northwest fruits at their finest. If you don't grow your own fruit, farmers markets are filled with beautiful baskets just brimming with the season's bounty. The following desserts offer a variety of ways to fix fruits. Some can be prepared ahead, making them ideal for entertaining.

So enjoy these delicious ideas, summer is gone all too fast.



CHRISTIE KATONA

Christie Katona is the owner of Christie's Catering Inc. in Renton. She attended the Cordon Bleu in London, has authored many cookbooks, taught cooking classes for many years and worked as a restaurant consultant. More recipes and suggestions can be found at www.Christies-Catering.com.

Strawberry Rhubarb Crisp

Serves 6

This is one of my favorite desserts of all time!

Almond paste can be purchased at the grocery store in cans or tubes. Any leftover almond paste can be frozen. Serve this crisp warm with a big scoop of vanilla ice cream.

you will need

3 cups quartered fresh strawberries
4 cups sliced fresh rhubarb stalks,
cut into 3/4 inch slices
1 1/2 cups sugar
3 tbs. cornstarch

Topping:

4 oz. almond paste
1 cup flour
6 tbs. soft butter
1/3 cup sugar

directions

Preheat oven to 375. Spray a 9 x 13 inch baking dish with nonstick cooking spray. Cut fruit as directed using a paring knife. (One time I tried doing this in a food processor and it made way too much juice.) Combine sugar and cornstarch, toss with fruit to coat thoroughly. Place fruit in an even layer in the prepared dish.

Mix topping ingredients together using the steel knife of the food processor or an electric mixer. Sprinkle in an even layer over the fruit. Bake for 40 to 45 minutes, or until fruit is bubbly and topping is brown. Best served warm.



Berries a la Crème

Serves 6 to 8

This is a very elegant dessert worthy of your best dinner party. Use a whole berry, edible flower or mint leaf to garnish each dessert and use your prettiest goblets or wine glasses. This is light, delicious, and must be done ahead.

you will need

8 oz. cream cheese, softened
2/3 cup powdered sugar
2/3 cup sour cream
1/2 cup whipping cream
2 tbs. Grand Marnier or other orange liqueur
1 tsp. lemon juice
4 cups fresh berries, blueberries, raspberries, strawberries or a mixture of all three

directions

With a food processor using the steel knife or in an electric mixer, combine the cream cheese, powdered sugar and sour cream until smooth. Whip cream in a separate bowl and fold into cream cheese mixture until evenly blended. Add Grand Marnier and lemon juice. Rinse and dry berries well. Place berries in individual glass goblets and spoon cream cheese mixture evenly over the tops. Garnish, if desired. Cover and chill until serving time.



Raspberry Chiffon Pie

Serves 6 to 8

This treat can be made only with fresh raspberries, so be sure to enjoy when raspberries are in season. Readers should know by now that I can even make a graham cracker pie crust taste better than ever by adding vanilla and browning the butter. Yum.

you will need

One – 9 inch graham cracker pie crust
1 tbs. unflavored gelatin
3 tbs. cold water

1 1/2 cups fresh raspberries

3/4 cup sugar
1 1/2 tsp. lemon juice
Pinch of salt
1 cup whipping cream, whipped

Pie crust:

1 1/2 cups graham cracker crumbs
3 tbs. sugar
1 tsp. vanilla extract
1/3 cup butter

directions

Melt butter in a small sauce pan over medium high heat, until it just begins to brown. Stir in crumbs, sugar and vanilla. Mix well and press into the bottom and up the sides of a 9 inch pie pan. Bake in a preheated oven at 350 for 10 minutes. Cool completely before filling.

To make raspberry filling: In a heatproof glass container or measuring cup, soak gelatin in cold water for 5 minutes. Melt gelatin in the microwave for 20 seconds on LOW or in a small saucepan over very low heat. Watch carefully; gelatin should dissolve completely. In a large bowl, lightly crush berries with sugar, lemon juice and salt. Stir in gelatin mixture. Refrigerate until partially set but still syrupy. Whip cream and fold gently into raspberry mixture. Pour into prepared crust. Chill thoroughly. Cut into wedges to serve.

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The dollars and senselessness of dog bites

BY DR. KATHLEEN CONNELL

Dog owners need to understand the risks and liability if their dogs bite someone.

More than 4.7 million people are bitten by dogs annually, according to the U.S. Centers for Disease Control, and 800,000 Americans seek medical attention for dog bites annually.

The Insurance Information Institute estimates dog bites make up a third of all homeowner insurance liability claims and cost insurers \$356 million in 2007. The average cost of a dog-bite claim was more than \$24,000.

Children ages 5 to 9 suffer the largest number of dog bites. Thirty-two people were killed by dogs in the U.S. in 2007.

Insurance companies have reacted to the rising cost of dog-bite claims. Some insurers now refuse to cover certain breeds or change coverage once a dog has bitten. Higher premiums or excluding the dog from coverage is common.

Scientific evidence suggests that canine aggressiveness is an inherited characteristic, and genes, breeding practices, and environment help determine how a dog will behave.

Studies at the Autonomous University of Barcelona showed canine aggression mostly attributable to English cocker spaniels, rottweilers, boxers, Yorkshire terriers and German shepherds. English cocker spaniels were more likely than other breeds to act aggressively towards their owners and others, with golden varieties and males the



This dog appears calm, but the photo was taken just after the dog had bitten a young woman, inflicting a severe facial wound. Note tell-tale marks on the window from habits of aggressive licking, pawing, and jumping – all signs of an excited and potentially aggressive dog. Photo by the victim, who wishes to remain anonymous.

most hostile.

Biting incidents may result in owners being jailed, doing community service, or paying substantial fines and hefty civil settlements. The victim pays with pain, fear and sometimes having to endure multiple reconstructive surgeries.

Laws for owner liability vary. Most states hold owners responsible for any damage caused by their pets. Criminal charges can also be filed if an attack was particularly severe and the owner is judged to have been unreasonably careless or negligent.

It's always best to research the breed and breeder before you acquire a dog. Some dogs pose greater risks than others. Here's a chance for you to involve your veterinarian in the decision. Talk about the dog that is most appropriate for you and your lifestyle.

Spaying or neutering are also recommended to reduce aggressive tendencies. Spayed or neutered or not, no dog should be left unsupervised with infants or small children.

A University of Cordoba study found that 40 percent of dominance aggression in dogs is associated with a lack of authority on the part of owners, who performed no or minimal obedience training. Help your dog understand its role in the family's "pack" through obedience training.

Finally, don't encourage or foster aggression. Avoid games like tug of war. To prevent unwanted human-dog interaction, invest in a leash and fence to keep your dog under control at all times.

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

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Picking the sweetest memories

BY ELIZABETH P. STEWART

Writing history is always more an art than a science. The tools we have to work with—newspaper articles, oral histories, letters, diaries, and people's memories—are just pieces of the story; the way a historian brings them together may capture one person's experience and not another. Take a simple summer pastime like berry-picking, for example. One person's field trip with friends is another person's livelihood.

An August 1920 Renton Bulletin article describes "a party of berry-pickers consisting of the families of Thomas Iddings, Ira Carr, Frank Coats, and Charles Blyth" who took a day trip to Snoqualmie Falls in their motorcar.

"After ten hours of scrambling over brush and logs," the Bulletin reported, they "returned with an abundance of well earned black berries." For these families, berry-picking was an occasion for fun, one that included a mid-day picnic and ended with a couple of homemade pies.

But for local growers of cherries and strawberries, berry-pickers represented the success or failure of a year's crop. During World War II when many of the pickers had gone off to war or were working in defense plants, Renton newspapers repeatedly printed calls for even inexperienced harvesters of berries and beans to help growers in Kent and Maple Valleys. By the 1940s most Renton growers had ceded large-scale fruit production to farmers in Kent, Auburn, and Bellevue. The turn-of-the-century experience of "Strawberry"



COURTESY OF RENTON HISTORY MUSEUM

Floyd Lawrence proudly shows off cherries he grew at his home on Cemetery Road, 1930. (Renton History Museum photo #41.2013)

Johnson and Robert A. Hamlin in Hillcrest gives some insight into why.

Johnson, Hamlin, and their neighbors tried strawberry growing in the early 1900s. When they first cleared the land, they found it very fertile for berry-growing. But they also found that when the berries ripened, huge numbers of pickers were needed immediately to harvest the fruit; the fruit then had to be taken to market quickly, before demand was satisfied by other local growers. Hamlin took his berries on one day to Issaquah, the next to Renton, the next to Kent, and so on, with a cart and Johnson's borrowed horse. After two years of this, they abandoned the unprofitable enterprise, and "then civilization and the weevil took over the strawberry patches," as one observer described it.

So the newspaper piece about the happy family berry-picking outing represents an entirely different experience from that of berry-growers, or those who worked in fruit canneries for long hours and low wages. Both are true and equally valid; together they begin to recreate the complicated role that these delicate fruits played in Renton's 20th century food ways.

For more Renton food stories, visit the Renton History Museum's exhibit, "Sustaining A City." Elizabeth P. Stewart is the Director of the Renton History Museum, info@rentonhistory.org, 425.255.2330.

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DISCOVER YOUR
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locally can save
vacation costs

BY CELESTE GRACEY

With an ailing economy, some families are closing their pocket-books to chic vacations and pitching tents in their own backyard – at one of Washington’s many state parks.

The parks had about two million more visitors in 2008 than in 2007, said Linda Burnett, a Washington State Parks and Recreation Commission communication consultant.

“I hear a lot of people saying that they are staying closer to home,” she said.

Many Washingtonians are car-camping experts, but for those who have yet to understand the sense in driving an hour from home to sleep outside, rest assured. Camping trips can be relaxing and easy to organize.

WHERE TO START

Before deciding where to go, decide how long you want to camp.

After getting laid off, Renton’s Christy Hogan took a break from job-hunting to get away for a weekend with her family.

“I’m using this to help me with the mental lay-off situation,” she said. “You can only look so much.”

She made reservations at Kanaskat-Palmer State Park, which is about a 20-minute drive from her



RENTON MAGAZINE / CELESTE GRACEY

Christy Hogan (left) and daughter Alisha (right) sit in front of their fire pit at the Kanaskat-Palmer State Park campgrounds. Visitors aren’t allowed to collect wood at the park, so Hogan brought fallen branches from her backyard for firewood.

{ I hear a lot of people saying that they are staying closer to home. ~Linda Burnett }

house. The closest parks to Renton are small, but with less than 40-minutes of travel time, they’re perfect for a two-day trip.

However, other than walking trails and professional kayaking in the Green River’s white waters, Kanaskat offers little more than a peaceful setting for roasting hot dogs.

“If I was going to stay for any length of time, I would stay at a park much bigger,” Burnett said, recommending Fort Flagler State Park, which has a shoreline, old bunkers, miles of trails and boating moorage.

The parks department Web site (<http://www.parks.wa.gov/>) is a good tool for campground information, and can also be used to make reservations. Though reservations aren’t always necessary, they’re a good idea.

CAMPING WITHOUT A TENT

For campers who want the perks of getting away without roughing it, several Washington parks have yurts and cabins for rent. Though more costly than a tent spot,

they have electricity and beds.

“Without spending money on camping gear, we wanted to make it feel like we’re camping,” Hogan said of her decision to stay in a yurt. “People can really invest a lot of money in camping gear.”

For first-time campers, it’s usually a good idea to borrow equipment; buying often costs less than renting. Though a nice backpacking tent may set you back \$300, large retail stores often carry cheap tents for under \$50.

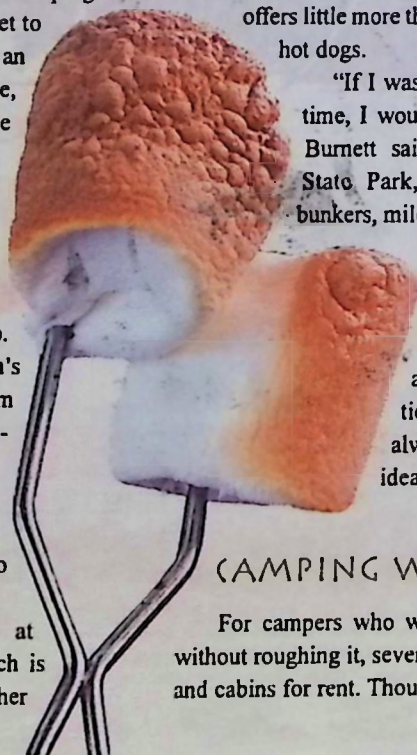
When buying a cheap tent, make sure it comes with a rain fly, and that it’s not too big. Some family tents rival studio apartments.

ADVICE FOR NEW CAMPERS

Although it may be 90 degrees in Renton, campgrounds in higher elevations can get cold, noted David Minaglia, manager of the National Parks outdoor recreation information center for Mount Baker and Snoqualmie Valley.

Campfires are a fun way to stay warm, but make sure to bring your own firewood. Most parks ban gathering wood, he said.

“You want to make sure it (your campfire) doesn’t get too large, and that it’s put totally out before you go to bed. It shouldn’t be smoking or smoldering,” he added.



Custom-pick your project to help parks, community



BY DANA B. NEUTS

With 29 parks and 12 1/2 miles of trails, the City of Renton has more than 730 acres of open space to maintain. Fortunately, the city also has a community of eager volunteers – including families and teens – to help with the work those parks and trails require.

In 2008 alone, 29 different organizations helped maintain 15 parks, pulling weeds, raking leaves, painting signs, mulching and planting shrubs and trees. This spring the city had 150 volunteers of all ages participate in projects celebrating Earth Day and Arbor Day.

"With budget cuts, these volunteers allow us to maintain the parks at a higher level than we could otherwise," says Bonnie Rerecich, resource and funding manager for Renton's Community Services Department.

Rerecich matches volunteers with projects that meet their time frame and needs, often working with advisers of youth groups, Scout troops, school groups and service organizations. The city provides training,

supervision, beverages and snacks and tools.

"We can provide a project that an entire family or a group can be involved in," Rerecich says. Youth groups that have assisted in past projects include Renton High School DECA, Highlands Christian School, Lindbergh High School and Renton High School Key Clubs, Saint Anthony School, LDS Girls Group and more.

Rerecich says the relationship between the parks department and these volunteers is mutually beneficial. The volunteers help maintain and beautify area parks so city staff can work on other projects, and the volunteers benefit by giving back to their community. Volunteering also introduces residents to parks they may not have visited before. This is particularly true of younger volunteers who Rerecich hopes may become lifelong volunteers.

"Volunteering in the city

parks strengthens our community," says Leslie Betlach, parks division director.

During the summer, teens can select a group project in a city park or they can participate in one of the city-wide parks projects like "Green and Clean Saturday" where volunteers give a local park extra tender loving care.

"It's an open invitation to the public to roll up their sleeves and come and help us for a day," Rerecich says.

Other summer opportunities for teens include serving on the parks commission or library boards, helping with neighborhood picnics sponsored by the city's neighborhood program, assisting with graffiti clean-up or volunteering with local events.

To learn more, contact Bonnie Rerecich at 425-430-6624. No special skills or tools are needed, but volunteers should be at least 14 years old and need parental permission.

TEEN VOLUNTEER OPPORTUNITIES

Assist with teen musical "Footloose" at Carco Theatre

Vincent Orduna,
425-430-6706

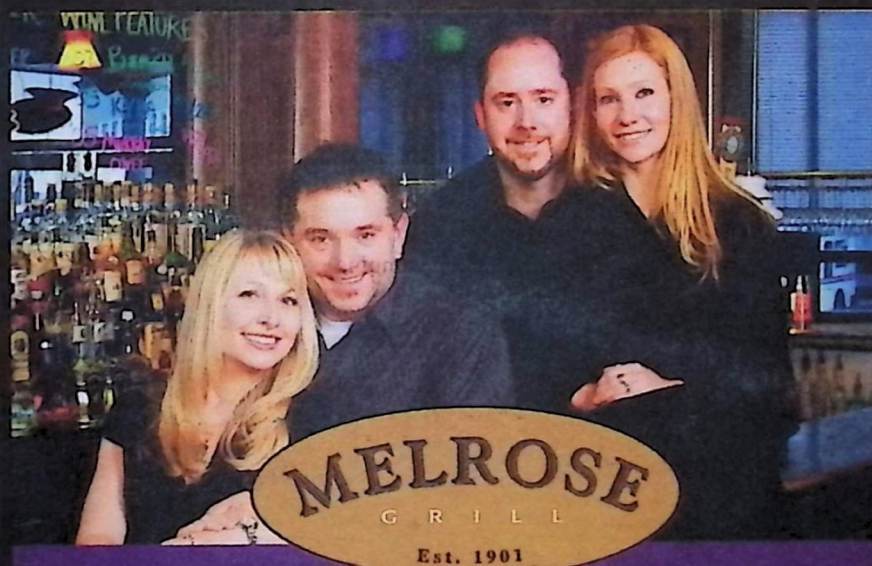
Graffiti clean-up
Leslie Buck,
425-430-7362

Neighborhood picnics
Norma McQuillier or
Wendy Kirchner,
425-430-6594

Renton River Days
<http://www.rentonriver-days.org>

Library or parks commission boards
<http://rentonwa.gov/government/default.aspx?id=2002>

Renton Youth Council
<http://rentonwa.gov/working/default.aspx?id=7350>



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Summer reading programs aren't just for kids

BY BETTE ANDERSON

*W*hat's free, fun and available to every child from infant through high school? It's the summer reading program at the downtown and Highlands branches of the Renton Public Library. And for the first time ever, we have a summer reading program for adult readers, too.



The rules are simple: Children and teens, drop by the library any time to pick up a free summer reading booklet or card, and check out some books to read or audiobooks to hear. Keep track of how much time you spend reading or listening to

books and mark off the time on the card or booklet. When you have made all your marks, return the card or booklet to the library for a free book and finishing prizes.

For adults, share what you're reading this summer, and enter to win one of our great readers' gift baskets! For every book you read, fill out a "what I am reading" form available at the library and on our Web site. Bring your entry to the library for our fabulous gift basket drawing. At the end of the summer, winners will be drawn from all the entry forms for each gift basket.

Or, join our photography contest. Take photos of yourself, friends and family sharing books in any creative way you choose and submit them to the library. Photos and release forms can be turned in at the libraries or emailed to the librarians. At the end of the summer, staff will choose their favorites and award special prizes.

The program runs through September. Be sure to come to the library for the special summer reading events – magic shows, craft days, game days for teens, and storytimes. For more information, visit the library web site <http://library.rentonwa.gov> or call 425-430-6610.

Make summer reading a family affair by reading together.



er. Parents can read to children, brothers and sisters can read to each other, or everyone in the family can take turns. Reading during the summer helps children remember all the skills they learned during the school year, so schedule at least 15 minutes of reading each day among all the other fun things the family has planned.

Bette Anderson is the Renton Public Library director, phone 425-430-6610.

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Embracing the spunk of the scooter lifestyle

BY CELESTE GRACEY

For some, scooters are about function, but for one Renton woman it's all about style.

"The vehicles I drive ... have always been a reflection of my personality," said Kate Mee, who splurged on a Vespa last winter.

While local scooter dealers increased stock to accommodate a recent buzz, Renton residents are discovering that scooters are as much about lifestyle as frugality.

"If you're riding and there is another scooter, you go out of your way to wave at each other," Mee said. "It's like a club everyone is a part of."

On sunny days and occasionally in the rain, Mee loads up her miniature Chihuahua on her green Vespa and cruises to work.

Several official clubs have spawned out of the scooter culture. Though not gay, Mee rides with the gay and lesbian club SQREAM once a month, because she likes the people, she said.

"We find scooter riders like to gel," said Monty Lish, the motorcycle program manager at the Evergreen Safety

Council, a private non-profit organization that offers motorcycle endorsement classes. "They work with each other and help each other pass the class."

Scooters are a less-intimidating way to ride on two wheels, he said.

"Just about anyone can get to where they can learn to ride them."

Scooter styles vary from the Vespa's "European, old-school, vintage style," which grabbed Mee's interest, to those with 650cc engines, which rival the power of some motorcycles, said Mark Hitchcock, a sales manager at Renton Motorcycles RMC.

"We recommend a 200cc if you want to get on the freeway," he said.

Drivers need motorcycle endorsements for scooters with engines larger than 50cc or that can sustain speeds of over 35 mph, Lish said. Smaller scooters "struggle in the city going up hills."

A few years ago, the safety council created some special scooter-only classes to accommodate an increasing demand from scooter riders, he said.

"Last year was the busiest year, I think, on record for scooter sales. We've increased our inventory this year. We're coming up a little short," Hitchcock said.



RENTON MAGAZINE / CELESTE GRACEY

Renton's Kate Mee and her miniature Chihuahua, Bella, sit on Mee's Vespa LXV. Mee regularly takes her scooter to work in good weather.

Those depending on scooters for daily transportation are finding they're much cheaper to run. Most scooters get about 50-100 mpg, Hitchcock said.

Though for some, it's more about amusement than economy. "It's a fun and an inexpensive hobby," Mee said.

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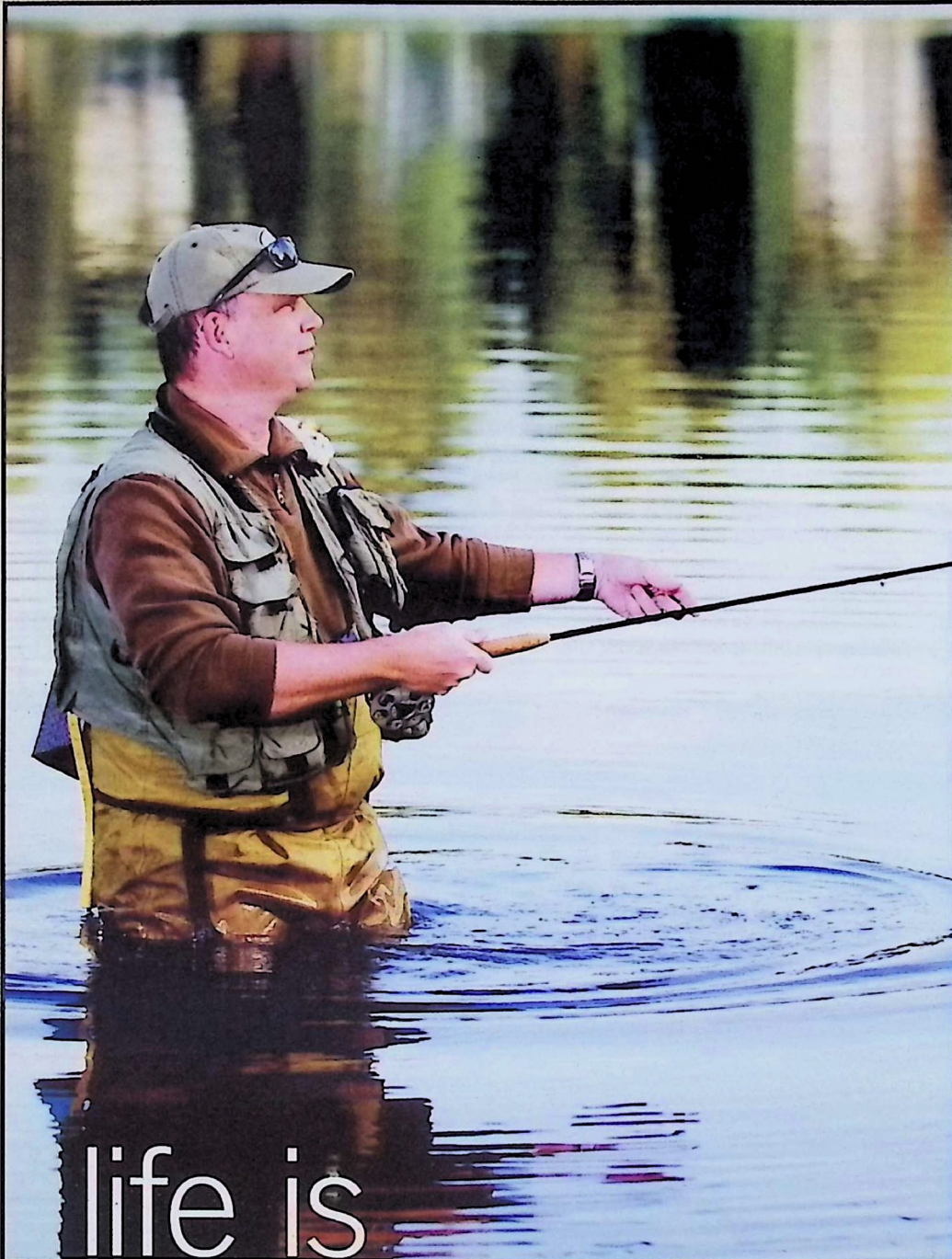
The Spine Center is a Northwest frontrunner in minimally invasive disc replacement surgery, and received a Five-Star rating for spinal surgery, four years in a row from HealthGrades®.

Advancements in spinal surgery have made relief from pain more accessible, with faster recovery, less scarring, and reduced costs.

You, too, can live pain free and return to the activities you love. Whether it's bowling, gardening, or, like Dan, mastering the perfect cast.

Learn more about The Spine Center at www.valleymed.org.

Remarkable things happen here.

A photograph of a man, Dan, standing in a river and fly fishing. He is wearing a tan cap, a brown long-sleeved shirt, a tan fishing vest, and yellow waders. He is holding a fishing rod and casting a line into the water. The background shows a river with some trees and a building in the distance.

life is
living pain free