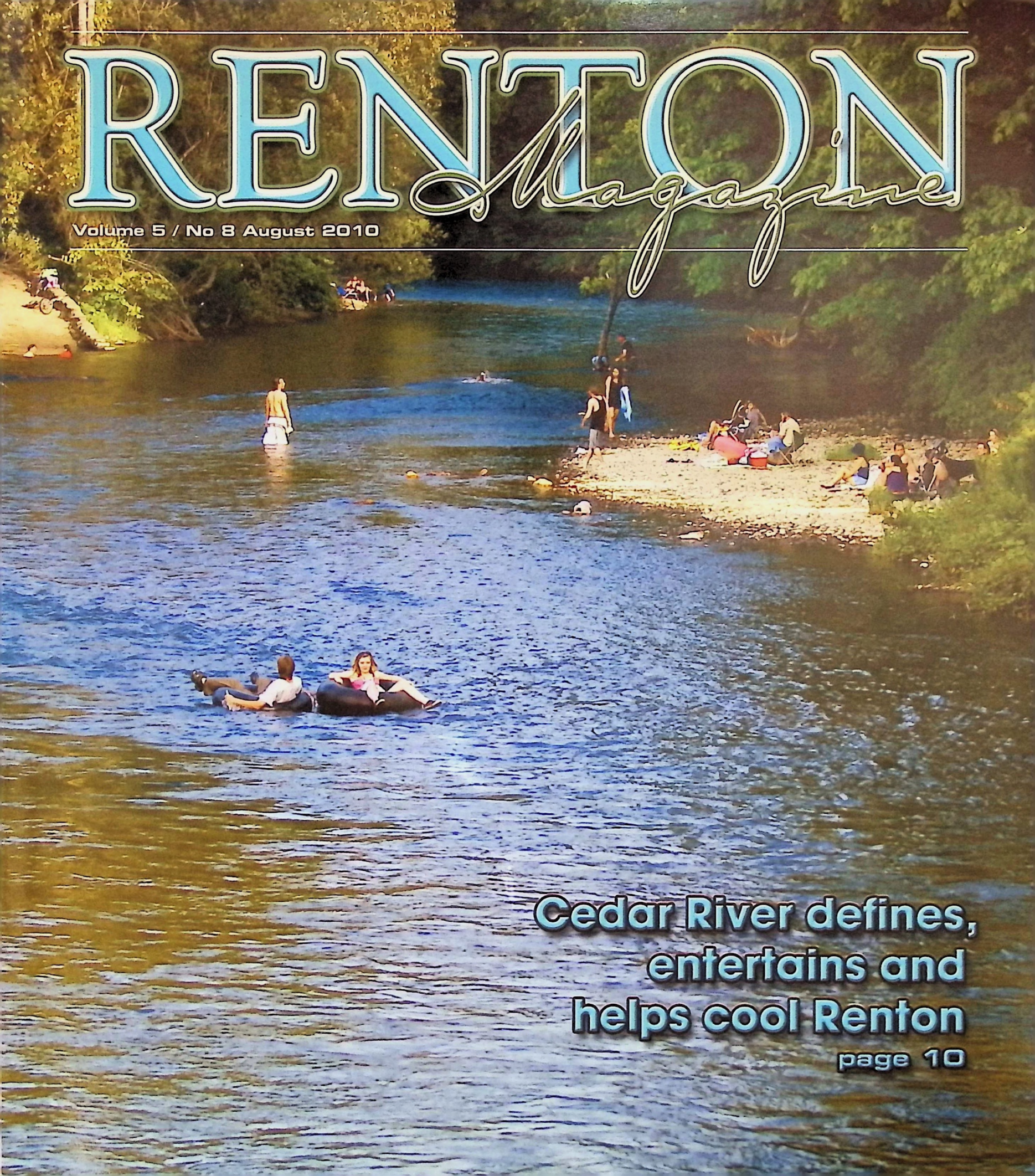


RENTON *Magazine*

Volume 5 / No 8 August 2010



**Cedar River defines,
entertains and
helps cool Renton**

page 10

I've cooked 30 years just to see you smile.

Your food arrives, you see art on the plate. You close your eyes as the aroma caresses you. Then a moment of surprise and delight as you taste food that is familiar, but has a subtle twist. Mmmmmmm.

I use only the finest seafood, Angus beef, pork, poultry, fruits and vegetables. Would an off menu dish make you smile? If I have the ingredients, and you'll wait a few extra minutes, it's my pleasure to make it for you.

Dine with us.
Let me surprise you.

Ben Vahdati
Executive chef



Wells and Houser, Renton * www.stixnstonesplace.com * 425.282.4173

Restaurant

Monday – Friday 11 a.m. – 10 p.m.
Saturday/Sunday 7 a.m. – 10 p.m.

Lounge

Monday – Friday 10 a.m. – 2 a.m.
Saturday/Sunday 8 a.m. – 2 a.m.

Stix
-n-
Stones

publisher's note

Recently we learned that 18 percent of *Renton Magazine* readers have lived in their homes for less than two years. We welcome you to your new home, even if your move was just across town.

One of Renton's greatest virtues is our sense of community. Whether you have lived in your home 30 days or 30 years, knowing your neighbors is important. They're interesting. They have a lot to contribute. They help make Renton what it is.

As covered on page 8, August 3rd is the National Night Out. I encourage you to use this opportunity to meet your neighbors and explore ways to keep your neighborhoods, your children and yourselves, safe.

On one hand, it's wonderful to have such an evening. On the other, it's almost too bad that we need it. We get so busy. Our jobs. Our children.

Our activities. Our routines.

These are all good. But at some point, our routines can be so ingrained, we know what we're going to be doing every day of the week. Don't let your routines keep you from getting out on this important night.

I hope you attended and enjoyed Renton River Days. It builds a larger sense of community in Renton. We even look forward to the broader events of SeaFair.

But turning off the TV. Taking time to catch up with your neighbors may be some of the best time



Diana Kramer
PUBLISHER

you spend this year. It's the small neighborhoods that create Renton's quilt.

Meet the new faces in your neighborhood. Catch up with old friends. It's all valuable. Don't let it get lost in the hustle of everyday life.

Crime prevention is important. Meeting your neighbors and reinforcing your community is more important.

Just about anyone who's been here for any length of time waxes eloquent about Renton – the sense of community and how willing and eager people are to work together. Here at *Renton Magazine*, we enjoy learning more about this and sharing it with all of you.

And we have the opportunity to learn from our newer residents, too. It might help our routines keep from becoming ruts that constrain us.

RENTON *Magazine*

VOL. 5 | ISSUE 8

425.271.9300

President & Publisher | Diana Kramer
diana@pugetsoundpublishing.com

VP & GM | James Bavendam
james@pugetsoundpublishing.com

Executive Editor | David Suffia
david@pugetsoundpublishing.com

Senior Acct Executive | Lisa Bowersock
lisa@pugetsoundpublishing.com

Reporter | Andrew Fickes
andrew@pugetsoundpublishing.com

Advertising | Clyde McDade
clyde@pugetsoundpublishing.com

Graphic Designer | Kerri Ladines

Columnists | Dr. Kathleen Connell
| Christie Katona
| Elaine Anderson
| Kirby Unti

Renton Magazine is mailed each month to homes in Renton, East Plateau and Fairwood. Total circulation is 18,000. Publisher retains the right to reject any advertising. Copyright 2010 Puget Sound Publishing Co. All rights reserved. Use or reproduction, in part or full, without written permission is prohibited. Back issues and single copies are \$3.00. Subscriptions are available for \$25 per year.

Puget Sound Publishing Co.
15 South Grady Way, Suite 514
Renton, WA 98057

contents

4 upcoming events

7 kirby unti

8 national night out

12 around the garden

13 pet care

14 fresh tastes

16 juggling for sport

17 int'l festival

cover:

The living is easy along (and on) the Cedar River when summer finally arrives in Renton. Rafters, waders, swimmers, fishers abound once temperatures soar and the water level drops. Along the banks it's easy to find walkers and joggers, all enjoying the changing play of light on the water.

Photo by Kerri Ladines. See story on page 10.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450

upcoming events

AUGUST 3

NATIONAL NIGHT OUT

America's Night Out Against Crime

Tuesday, 4-7:30 p.m.

Jones Park, 101 Wells Ave. S.

425-430-7521

(to register your
neighborhood's special event)

Admission: Free

National Night Out, a nationwide crime and drug prevention awareness program observed in 14,625 U.S. communities, will be presented by the Renton Police Department Aug. 3. Residents are invited to this community-wide event at Jones Park for a barbecue, face painting, cotton candy, ice cream, personal safety games for kids, and a meet-and-greet with local law enforcement. The police department also encourages individual neighborhoods to host their own special event this night during the hours of 6 to 9 p.m.

AUGUST 13-15

RENTON

INTERNATIONAL FESTIVAL

& NIGHT MARKET



The Inaugural Renton International Festival and Night Market will feature ethnic food, merchandise, a children's corner, import car show, arts and crafts booths, live music, modern and multicultural performances, a new automobile exhibit, and games.

Friday, 3 p.m.-10 p.m.
(opening ceremony at 4 p.m.)

Saturday, noon-10 p.m.

Sunday, noon-8 p.m.

The Greater Highlands Center
2820 Sunset Blvd.

206-621-8863

Admission: Free



august 4

Jon Casey

The Coulon Family Concert Series presents Jon Casey, who has played with various musical talents, including Marilee Rush and Hoyt Axton. Casey's hit song "Bayou Country" registered No. 1 on the European country charts.

Wednesday, 7 p.m.

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

425-430-6700

Admission: Free



august 11

Crème Tangerine

The Coulon Family Concert Series presents Crème Tangerine—a dynamic live music experience with energy, tone, humor, and Beatles-style spontaneity.

Wednesday, 7 p.m.

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

425-430-6700

Admission: Free



august 12

Tennis Carnival

Events will include tennis drills and instruction followed by contests and games. Information about fall programs will be available. For ages 5 and up.

Thursday, 4-5:30 p.m.

McKnight Middle School
1200 Edmonds Ave. N.E.

425-235-9495

Admission: Free



august 13-15

Cascade Jugglers Festival 2010

The Cascade Jugglers Association hosts a weekend juggling festival at the Renton Community Center. There will be workshops, demonstrations, and lots of open juggling space.

Friday, 4-10 p.m.;
Saturday, 10 a.m.-8 p.m.;
Sunday, 11 a.m.-4 p.m.

Renton Community Center
1715 S.E. Maple Valley Hwy.

206-985-9990

Admission: \$25 (covers juggling workshops and venue entry)



August 14

Saturday, 4-10 p.m.

Renton IKEA
Performing Arts Center
400 S. 2nd St.

425-204-3454

Tickets: \$20

www.brownpapertickets.com/event/114879

now playing

Saving Lives and Laughter

Rising comedian star Rebecca Corry presents a special event that combines her two biggest passions: comedy and animal rescue. A dog adoption and opportunity for people to donate to animal rescue organizations will be held from 4 to 7 p.m. From 8 to 10 p.m., Corry will take to the stage with comedy legend Elayne Boosler and Alysia Wood. Corry, who grew up in Kent, now lives in Los Angeles.

DOWNTOWN RENTON.....AUGUST 28 ART & ANTIQUE WALK

The fifth annual art and antique walk will liven up downtown streets with paintings, pottery, sculpture, and photography from more than 100 artists. Parking is available in the city center parking garage at Second and Logan and in city lots along Main Avenue South, Burnett, and Wells Avenue.

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

206-407-8719

Downtown Renton

Admission: Free

Along South Third Street

www.artsunlimited.org



save the date

A TASTE OF ART

Evergreen City Ballet hosts this fundraising event, which will include a wine tasting. Artwork will be sold to raise money to support ECB's art outreach program and scholarships for dancers. Varying art media will include photography and glass work.

Saturday, 6-8 p.m.

Castle Bridge Winery
7645 S. 180th St. (Kent)

425-228-6800

Admission: \$40

(ten wine tastings
and food)

info@evergreencityballet.org



SEPTEMBER 25

RENT



"rent,"

At the Ridge Theatre presents its summer 2010 musical theater rock opera adapted from Jonathan Larson's Pulitzer-prize winning Broadway musical based on Puccini's opera. "La Bohème." The play details a year in the lives of seven close friends living the disappearing Bohemian lifestyle in New York's East Village. "Rent" is rated PG-13.

Wednesday through Saturday, 7:30 p.m.

Kentridge Performing Arts Center
12430 S.E. 208th St. (Kent)

253-653-2626

Admission: \$10 (tickets available at Brown Paper Tickets or an hour before each performance at the box office)

www.brownpapertickets.com
www.attheridgetheatre.com

august 4-7

'The 25th Annual Putnam County Spelling Bee'

This hilarious tale, directed by Alyson Soma, chronicles the experience of six adolescent outsiders vying for the spelling championship of a lifetime. The show's Tony Award winning creative team has created the unlikelyst of hit musicals about the unlikelyst of heroes: a quirky, yet charming cast of outsiders for whom a spelling bee is the one place where they can stand out and fit in at the same time.

Thursday, 7:30 p.m.

Renton Civic Theater

Admission: \$25/ adults

Friday and Saturday, 8 p.m.

507 S. Third St.

\$20/\$17 seniors and students

Sunday, 2 p.m.

425-226-5525

www.rentoncivictheatre.org

September 10-25

calendar of events

MOONLIGHT MOVIES



'Twilight'

Friday, Aug. 6, seating at 7 p.m., movie starts at dusk

The third feature presentation of the summer Moonlight Movies series introduces audiences to the world of vampire love. "Twilight," based on the popular first book in series by Stephenie Meyer, will begin at 9 p.m. with seating from 7 p.m. Sam's Club is the title sponsor, with refreshments sponsored by the senior advisory committee.

Liberty Park
Bronson Way North and Houser Way North
425-430-7896 (in event of inclement weather)

Admission: Free



'The Great Outdoors'

Friday, Aug. 13, seating at 7 p.m., movie starts at dusk

The late John Candy turned in one of his more memorable performances in this 1988 comedy classic, which also starred funny man Dan Akroyd. Candy plays Chester "Chet" Ripley who has good intentions when he brings his family to a lakeside resort area. His plans for family fun in the outdoors get spoiled when his in-laws, Roman Craig (Akroyd) and wife Kate, crash the party. This film is rated PG.

Liberty Park
Houser Way N. and Bronson Way N.
425-430-7896 (in case of inclement weather)

Admission: Free



'High School Musical II'

Friday, Aug. 20, gates open at 8 p.m.

High school drama is on full display in this second film of Disney's series.

Henry Moses Aquatic Center
1719 S.E. Maple Valley Highway
425-430-7896
(in case of inclement weather)

Admission: \$5

COMMUNITY EVENTS

Renton Farmers Market

Tuesdays through Sept. 28, 3-7 p.m.

You can get a taste of summer at the annual downtown Renton Farmers Market. More than 50 vendors and farmers sell 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

REGIONAL EVENTS

Classic Ford Show and Mustang Roundup

Saturday, Aug. 21, 9 a.m.-3 p.m.

The Pacific Cascade Mustang Club presents this annual event where spectators can mingle with other Mustang fans and enjoy good food and a good time. Spectators will have a chance to view authentic items from the Museum of Mechanical Art. Registration information is available at www.bowenscarff.com.

Bowen Scarff Ford Lincoln Mercury
1157 Central Ave. N. (Kent)

253-852-1480

Admission: Free to spectators.

RENTON HISTORY MUSEUM

Museum Tours

Third Saturday, 11 a.m.

Tours are appropriate for elementary students through adult. No reservation is necessary unless there are more than five people in a group. In that case, call the museum one day in advance.

Renton History Museum

235 Mill Ave. S.

425-255-2330

Admission: Free

SENIOR EVENTS

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

Lucille Ball's Birthday Luncheon

Friday, Aug. 6, 11 a.m. (contest); 11:30 a.m. (lunch)

The senior center celebrates Lucille Ball's birthday with a ping pong ball contest and carrot cake for dessert following a lunch.

Fee: \$3 (donation if over 60); \$6 (charge if under 60)

National Cupcake Day Luncheon

Wednesday, Aug. 18, 11 a.m. (contest); 11:30 a.m. (lunch)

The senior center is celebrating America's popular treat. There will be cupcakes for dessert and a game called ring around the cupcake. The winner will receive a gift certificate.

Fee: \$3 (donation if over 60); \$6 (charge if under 60)

National Banana Split Day Luncheon

Wednesday, Aug. 25, 11 a.m. (contest); 11:30 a.m. (lunch)

Along with enjoying banana splits for dessert, seniors will guess how many bananas in a jar for a prize.

Fee: \$3 (donation if over 60); \$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 info@pugetsoundpublishing.com or call us at 425-271-9300.

A red apple day

When I was a kid we saw to it that on the first day of school we would show up with a red, well polished apple. It was our way of letting our teachers know that they were very important people. It was not easy being a teacher in those days. I know, because I was one of those students who made it so.

Today I truly believe the job has increased in difficulty tenfold. Authority figures in general do not fare well in our culture that increasingly emphasizes individual rights over and against community responsibility. I went to school every day knowing if there was any question about who was right, my parents were going to side with the teacher and principal.

Today's teacher also faces larger class sizes, a significant number of children for whom English is their second language and a growing number of students with significant learning and behavior disorders. Classroom management is often the biggest challenge facing our teachers. Add to this the mounting expectations being placed upon our teachers to improve achievement scores.

Teachers are also responsible for their ongoing education, which is a requirement to remain certified, and essential if they're to keep up with the expanding demands of technology.

I told my daughters when they went into education, "To be a teacher you are going to have to be passionate about teaching. It is more than a job. Teaching is a life style." I have to say I am very proud of the commitment and sacrifices they have made and the love they bring to teaching.

It should come as no surprise that my hat goes off to the Renton Chamber of Commerce for promoting the annual New Teachers'



Breakfast. The breakfast dates back to 1981. It is the chamber's way of making it a red apple day. This year's sponsors are Valley Medical Center, King and Bunny's Appliances and Renton Technical College.



Kirby Unti
COLUMNIST

The Renton business community understands that education is the key foundation in building a strong community, productive citizens and a vital economy. The breakfast is not only a strong affirmation of our teaching community but a wonderful opportunity for our new teachers to meet members of the business community and discover that they are not alone in their efforts to educate our children. In addition, each teacher receives a welcome bag packed with items donated by Renton businesses.

This year, in addition to the nearly 100 newly hired teachers, 34 National Board Certified teachers will be honored. National Board Certification is an advanced teaching credential which demonstrates advanced competencies in 10 areas of assessment.

We hope that all of our teachers know that the Renton community deeply appreciates the hard work and love that they provide in educating our children. We owe them a great debt of gratitude – especially those of us who were such scallywags when we were in school.

This year's New Teacher Breakfast will take place Aug. 26 at Renton Technical College – 7:30 to 9 a.m. The breakfast is provided by the culinary arts students of Renton Technical College.

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

Car + Home = BIG SAVINGS

See me for Car and Home Insurance and save.



Jim Sullivan, Agent
1520 Duvall Avenue NE
Renton, WA 98056-0259
Bus: 425-226-3322
jim.sullivan.bwrk@statefarm.com



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.
Providing Insurance and Financial Services

State Farm • Home Offices: Bloomington, IL

POS6008 03/05



maya

WHOLE HEALTH STUDIO

yoga :: pilates :: massage
acupuncture :: skincare :: boutique

Open 7 Days/Week

Classes for All Levels of
Fitness & Ability-
Yoga~Pilates~NIA~Meditation~Tai Chi

Insurance Accepted for
Massage & Acupuncture

Now Offering Sugar Hair Removal
(20% Off First Service)

Monthly Specials & Workshops

maya southport

1133 Lake Washington Blvd N. Ste. 90
Renton, WA 98056
:: Next Door to Gene Coulon Beach Park ::
:: Free 2-Hour Parking in Retail Garage ::

425-271-0200

www.mayawholehealth.com

When you *need* better vision...

Visit us for complete medical eye care for your entire family.

- Routine Eye Exams
- Diabetic Exams
- Macular Degeneration Care

All major
insurance
and Medicare
accepted



Valley Eye & Laser Center, Inc. P.S.

4011 Talbot Rd. S. #210
Renton, WA 98055

1-800-325-6498 | 425-253-4250

15215 SE 272nd St. #105
Kent, WA 98042
253-631-8000



Valley Eye & Laser Center, Inc. P.S.
Paul Joos, M.D. | Peter Jones, M.D. | Chris Monson, M.D.

night OUT

is about
Looking out
FOR each
other

.....
Renton's National Night
Out main event will be
held at Jones Park in
north Renton,
101 Wells Avenue,
from 4-7:30 p.m.,
Aug. 3.
.....

Chiropractor

Dr. Rod Handly D.C.
handlyclinic.com
425-255-6202



Get that
Youthful
Feeling
Back!



PHOTOS COURTESY OF CITY OF RENTON

National Night Out gives residents a chance to meet their neighbors and police officers.

BY LISA BOWERSOCK

Twenty-seven years ago only 5 to 7 percent of homeowners nationwide participated in crime watch programs. That's when, in 1983, Renton community leaders joined a coalition of law enforcement, elected officials, fire departments, local businesses and neighborhood crime watches that banded together to create the first Americans' Night Against Crime. By last year the event, now called National Night Out, involved 15,000 communities with over 36 million people participating.

"Renton was one of the initial cities and 27 years later it's become a part of our culture," says Cyndie Parks, crime prevention coordinator for the Renton Police Department.

When Parks took over, neighborhoods throughout the city held individual events, which is still an option. But Parks parlayed the city's limited resources by holding one central event at Cascade Benson Plaza. By last year, more than 1,000 residents and families attended the event at Highlands Community Center.

Because special visitors and elected officials weren't required to make appearances at multiple events across the city, the Highlands event was attended by the who's who of Renton, including Mayor Denis Law, members of the City Council, the fire chief and uniformed police officers who weren't on duty that shift. This year's event will be from 4-7:30 p.m., Aug. 3, at Jones Park.

"While the focus is on crime prevention, this is a kid-friendly

event," Parks says. "They are exposed to police in a positive way, and that will come back to help the community in the future."

Parks isn't sure how many might attend, but she's certain the crime prevention message will be communicated in a fun, family, kid-friendly way.

"We'll have games, barbecue and special visitors to interact with the kids," Parks says. Police in uniform will be available to fingerprint children.

"National Night Out is really an extension of our Block Watch program," Parks says. "In neighborhoods with an active BlockWatch program, home invasions, vandalism and other crimes have reduced by 93 percent."

The combination of National Night Out and Block Watch programs seems to be working.

"Last year we had 52 new neighborhoods participate in crime prevention programs," Parks says. "With the success of National Night Out and other outreach programs we expect that number to well exceed 50 percent" of all neighborhoods.

"Perception is reality," Parks says referring to Renton's reputation as a supposed crime haven. "The reality is that Renton has some of the lowest crime stats in South King County. I think programs like National Night Out and Blockwatch make a huge difference."

Parks pauses and then adds, "There are many steps homeowners can take to protect their homes; but the most compelling deterrent to crime is lights on every corner and neighbors looking out for one another."



Arts Unlimited presents the 5th Annual Downtown Renton Art & Antique Walk

SATURDAY, AUGUST 28TH 11 AM - 6 PM

Meet local artists and view their work at venues throughout Downtown Renton
Explore the antiques, enjoy live music and dance performances, and rediscover Downtown Renton

More information at www.ArtsUnlimited.org

Maps of all venues available on-line or on show day at the Piazza at S 3rd & Burnett

Sponsors: Allied Arts, Arts Unlimited, 4Culture, Merrill Gardens at Renton Centre, Renton Municipal Arts Commission, Renton Magazine

Au
Arts Unlimited
of Renton

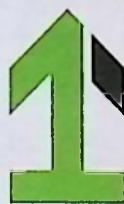


Saving on the Green!

Tee off with a **Green Checking** account at FSNBW & score a hole in one!

Visit our office, or go online to open yours!
It's paperless & earns a great rate!

FIRST SAVINGS BANK
N O R T H W E S T



201 Wells Ave S. | PO Box 360 | Renton, WA 98057
425.255.4400 | 866.372.1200 | www.fsbnw.com

Member of the First Financial Northwest Family of Companies



TORERO'S

**Taste the freshness
of our delicious food**

Orders To-Go

Enjoy your favorite margarita or cerveza

Fridays ~ DJ Poder Musical (In Spanish)
9pm-1:30

Saturdays ~ DJ & Mariachi
9pm-1:30

Torero's North Benson Center

Buffet each Sunday
Highlands Torero's only (11am-3pm)

Karaoke Saturdays
Rainier Ave. Torero's (9pm-1:30am)

WWW.TOREROS-MEXICANRESTAURANTS.COM

RENTON SHOPPING CENTER

431-B Rainier Ave. S., Renton
425.228.6180



NORTH BENSON CENTER

10707 SE Carr Rd., Renton
425.227.9104

RENTON HIGHLANDS

3901 NE 4th St., Renton | 425.271.5400

SAFETY FOR YOUR FAMILY IS OUR ONLY PRIORITY

FREE BRAKE CHECKS / FIX ANY LES SCHWAB FLAT FOR FREE

FREE SIX-POINT SUMMER SAFETY CHECK

BATTERY • BRAKES • SHOCKS • TIRES • SUSPENSION • VISUAL ALIGNMENT



your headquarters for...

**TIRES • WHEELS • BATTERIES • ALIGNMENT • LIFTING • LOWERING
and Much More!**

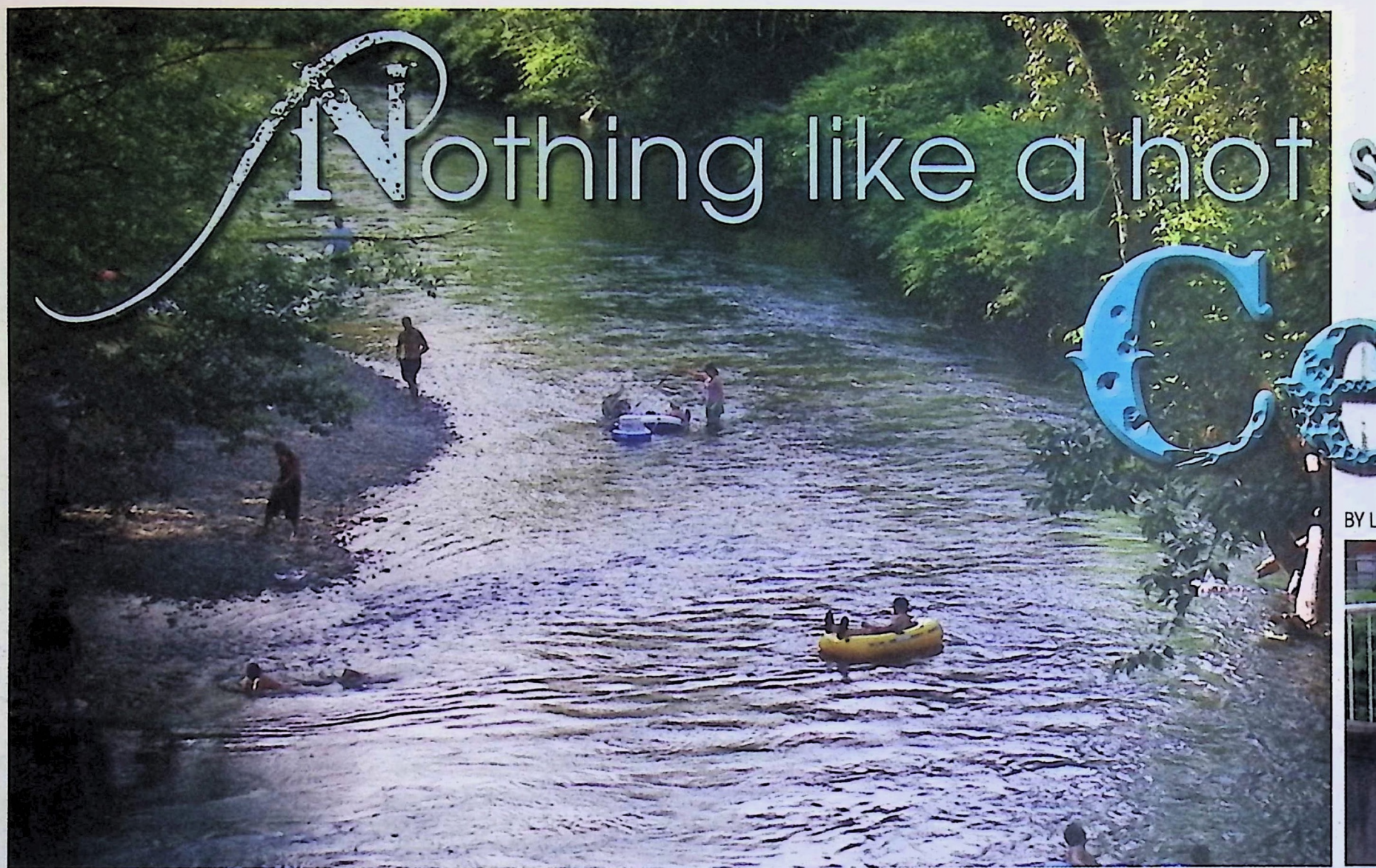
**Leave your car with us for the day –
Will shuttle you wherever you need to go in Renton or the Highlands**

DOWNTOWN RENTON

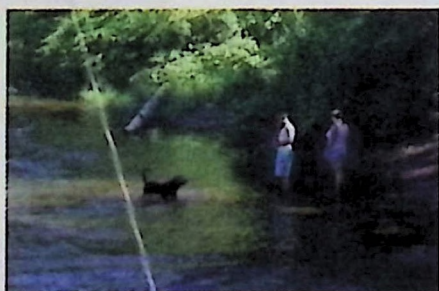
710 RAINIER AVE. S. RENTON
425.255.0466

RENTON HIGHLANDS

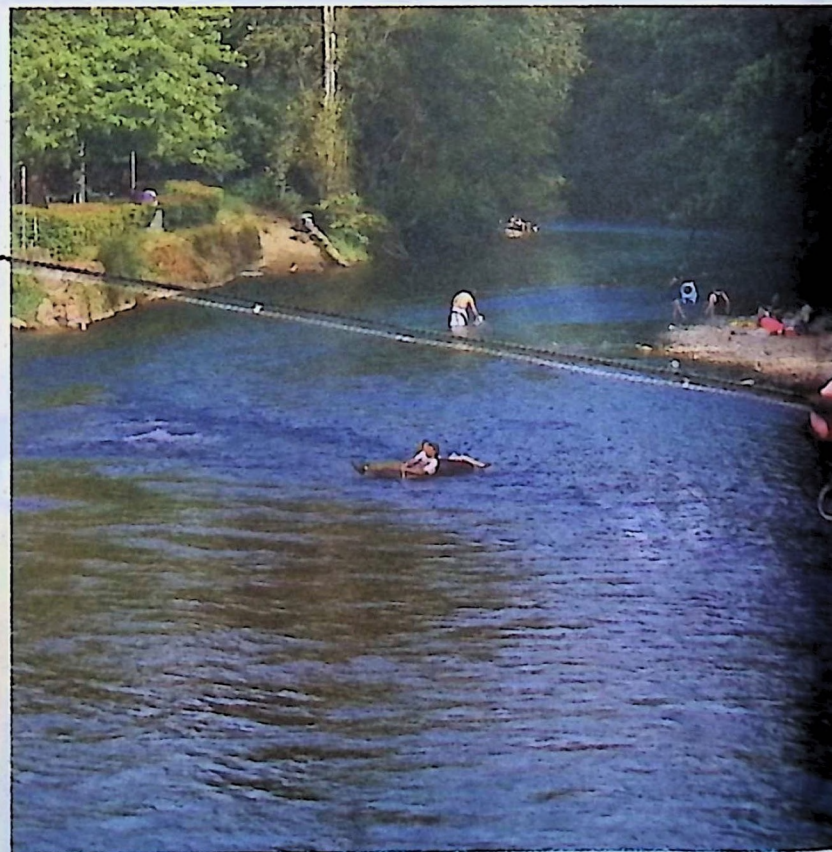
354 UNION AVE. NE, RENTON
425.255.0908



BY L

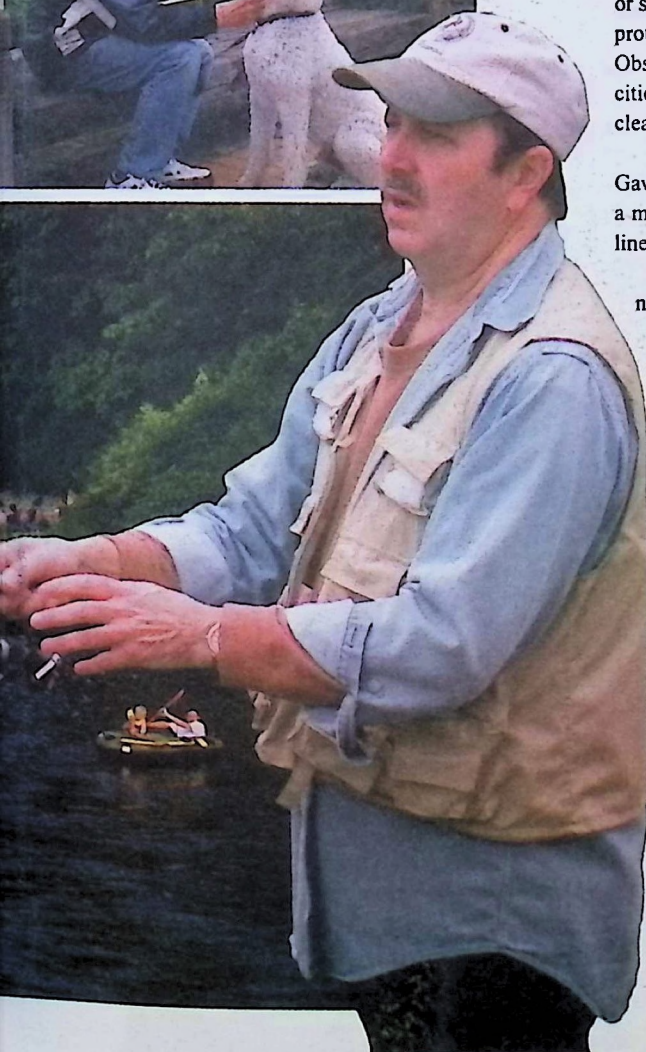


PHOTOS BY KERRI LADINES
AND LISA BOWERSOCK



Summer day along the Cedar River

A BOWERSOCK



A river runs through Renton. You can find bass, salmon, squawfish, sockeye, steelhead, larch and carp, but they don't seem to afford the Cedar River the same poetic reputation as the award-winning film directed by Robert Redford.

It's a day in early summer and Bill Gaw, owner of nearby Cugini Florist, prepares his bare hook. No live or scented bait, nor any other tasty treat that may attract protected species, is allowed on the Cedar River. Observes Gaw, "Seattle is one of only half-a-dozen cities its size to use a protected wilderness to supply clean and affordable water."

While waiting for a legal fish to take the hook, Gaw says the strangest fish he ever caught was a skate, a member of the ray family, that eats the gear—hook, line and sinker.

"You have to just cut the line," Gaw says. "There's no way to rescue your gear from a skate."

He also snagged a seagull once but doesn't count that as fishing.

"That's snagging and yes, the seagull survived," he says with a laugh.

After more than an hour and not even a nibble, Gaw packs up his fishing gear and heads back to the truck.

"The river is just too high and running so fast it would take the Carl Lewis [Olympic gold medalist] of fish to catch the hook."

His theory is confirmed by Evan Templeton of the U.S. Geological Survey, who is on one of the bridges measuring the river flow.

"This is one of the highest run-offs in recent history," Templeton says, shaking his head. "There won't be any good fishing on the Cedar for quite some time."

But a couple weeks later, the scene has changed. It's hot. The level has dropped. Sports enthusiasts are taking advantage of the sunny day, a river that winds through the city and the surrounding parks.

Seventeen people gather at the library and seem mesmerized by the fast rolling river and an odd-looking fish species. Not a single person can identify the species that resembles a fish only because it has gills.

At least 15 different picnics are spread across the warm grass.

The only ones who aren't getting close to anything nature has to offer are a cat on a grey velvet leash, and a young boy on a toddler's leash so his grandmother can keep him close.

While fishing, skateboarding, volleyball, football, and baseball can all be easily found, it's the walkers who are the true sports of the Cedar River Trail.

Although Jerry Ackerson lives in West Seattle, he makes the trek to Renton each day with his dog Bentley.

"There's too much traffic in West Seattle to walk a dog and enjoy it," Ackerson says. "Too many people, too many commuters, too many everything."

So, with too much of everything in West Seattle, he and different versions of Bentley have been walking the river trail for 27 years.

Every day, beginning at 5 a.m. sharp, 69-year-old Jerry Adams walks three miles on the Cedar River Trail.

"This whole park is a community," says Adams with a broad smile on his face. "Whether it's dog lovers, walkers, kayakers or fishermen, we all have something in common; we love and use the park."

The Cedar pours into Lake Washington on the Rainier Avenue side of the Boeing plant. The Renton Chamber of Commerce parking lot gives a perfect view of the color change, river wood, and the noticeable speed as the river makes its grand entrance.

As a floatplane goes through its pre-flight routine in the distance, a girl on a wakeboard loses the speed of the river behind her and takes a nasty fall. Rather than checking for injuries, she thrusts her fist in the air and shouts "What a rush!" as she paddles back up the river to rinse and repeat.

around the garden

STOP! DON'T TOP THAT TREE

BY ELAINE ANDERSON

You've seen them: trees that look like hat racks. Trees that have been topped and their limbs partially amputated. They are ghosts of their former selves. When I see one of these mutilations, it makes me heartsick.

Why would anyone want this done to these beautiful plants? Hacking the top off a tree is done to preserve a view, reduce the amount of shade the tree creates, protect power lines, and just to make a tree that has become too big for its britches smaller. The fact that what was once shapely and lovely is now ugly doesn't seem to deter folks.

Scarier still is, why would anyone actually do the deed? Certified arborists will not, but most tree cutters will. It's just business after all, giving customers what they want. The excuse that trees don't seem to mind is hogwash. The fact is, they do mind.

The effect of tree topping on their appearance is immediate. The effect on their health is slower to exhibit itself.

Topping cuts allow moisture and decay to enter the tree, and insect and sun damage are also more likely to occur. Slowly, the tree will begin to die, and a decaying tree is no longer a safe tree.

A tree that has been topped, or otherwise pruned improperly, will not remain the nice, smaller size that was desired. It will immediately begin to grow again. But, what grows are many, many thin branches called water sprouts. You've seen them all too often, these sad (not to mention ugly) attempts for a tree to regain its former splendor. These branches will spawn branches, and each one will continue to grow longer and wider. The problem is that all these are weakly attached and, therefore, become more and more hazardous as they become heavier.

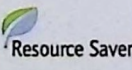
The tree is growing water sprouts galore, and, guess what? Within a few years it has reached its original height, and it's time to call the tree cutters again. Every few years the tree will need to be



pruned, which will end up costing more than if a certified arborist had been hired to do the pruning correctly in the first place. In addition, the tree will remain ugly and will become a greater and greater safety hazard.

So, please. Stop! Don't top that tree!

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. For answers to your questions about pruning and other gardening topics, call the Master Gardener Phone Clinic at 206-543-0943.





Save energy. Save water. Save money.

WFW9450WR WED9450WR

Wash up to 16 pairs of jeans in a single load and save up to 74% water. Wash a load in just 17 minutes, the Industry's Fastest Wash Time!

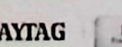
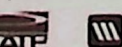
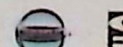
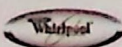
Dry a load in just 15 minutes, and save up to 40% energy. Free delivery and setup within the local area.

KING and BUNNYS

APPLIANCES

HOME OF THE **Whammer** DEAL 

4608 NE SUNSET BLVD • RENTON WA
Across from Albertsons & Starbucks in the Renton Highlands
www.kingandbunnys.com • 425.277.0600
Monday - Friday - 9am - 7pm | Saturday - 9am - 6pm | Sunday - Noon - 5pm





Launching Learning to Last a Lifetime



RENTON

www.rentonschools.us | 425.204.2345 | communityrelations@rentonschools.us

MARCIE MAXWELL

LISA LAM



206-949-1696
www.marciemaxwell.com

Marcie Maxwell
Associate Broker,
Realtor & CRS

Lisa Lam
Realtor, CRS,
ABR, ASP





BY DR. KATHLEEN CONNELL

PHOTO COURTESY OF
HENRY MOORE JR. BCU/WSU.

An encounter between your dog and a porcupine is very serious.

It's a sad sight indeed to see your dog come home with a mouthful of porcupine quills. Besides being painful, quills can migrate, becoming buried under the skin potentially causing infection and affecting other tissues and internal organs as they travel through the body.

Quills have microscopic barbs that hold them in place, making them difficult to remove. After an encounter with a porcupine, your dog may have quills in its mouth, tongue, paws and around the face and neck. Your dog will paw at its face and mouth in an effort to dislodge quills. This can force quills deeper or break them off, making it harder to remove them.

If there are only a few quills and they are superficially lodged in your dog's skin, you may be able to remove them yourself. Without getting stuck yourself, use a leash to stop your dog from pawing at its face. You may need a willing assistant to help restrain your dog. Use hemostats or needle-nosed pliers to grasp individual quills close to the dog's skin and steadily twist and pull each quill free. You need to check your dog's mouth, lips, ears, between toes and under the tongue to find every quill.

Your dog will need prompt veterinary care if you are unable to restrain and pull out the quills yourself. Medical attention is also necessary if your dog received a lot of quills or there are quills in the mouth, gums and

tongue.

Your veterinarian may need to sedate or anesthetize your dog to conduct a thorough exam and to safely remove quills. If anesthesia is necessary, your veterinarian will usually give a preanesthetic sedative and pain medication. After those initial drugs have had time to take effect, your dog will undergo general anesthesia.

Your dog's respiration and heart rate will be monitored throughout the anesthesia. Some quills may be deeply embedded or there may be so many that it takes a while to find and remove them all. Some may have broken off or have already traveled under the skin and cannot be removed.

Because quills are contaminated, antibiotics are typically prescribed to prevent infections or abscesses. An antihistamine may be given to guard against any allergic skin reaction and swelling and pain medication can also be prescribed. The swelling of your dog's face and mouth should subside over the next few days.

If this painful experience was not enough to convince your dog to stay away from porcupines, you may want to keep your dog confined or kenneled if you suspect a porcupine in your area. Many dogs, however, seem to never learn and often "retrieve" porcupines – much to an owner's dismay.

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

Animal HEALTH CARE CENTER

Professional. Caring.

- Complimentary exam for new patients*
- All Vaccines at NO COST when you sign up for the "Twice a Year for Life" Program*
- Small animal internal medicine & surgery, financing available.

* Some restrictions apply; call for details

8-8 Monday – Friday
10-4 Saturday
425-203-9000
www.AHCCmed.com

504 Renton Center Way SW, Ste 3, Renton
Corner of Rainier Avenue & 4th Place,
across from McLendon Hardware

Summer Dance Camp 2010

Become your favorite storybook ballerina or danseur

Session dates:
July 5-9
July 19-23
July 26-30
August 9-13

Come dance, listen to music, move & use your imagination!

Girls & Boys
Ages 3 - 10

Monday - Friday
9:00 - 11:30am

for details:
425-228-6800 or
www.evergreencityballet.org

Bob Bridge TOYOTA

0% - 60 mo. financing on many new Toyotas. 300+ new Toyotas to choose from. All new Toyotas come w/2-yr. maintenance plan. See dealer for details.*

*Service the day you call and a loaner if needed!
*Log on to bobbridge.com for sales & service specials!
*0% requires Toyota Financial Services credit approval. Offer expires August 2, 2010.

425.228.4700



DR. PATRICK L. MCKENZIE,
DR. ANNA A. DANIELI & DR. WILL CHUNG

The back of your child's teeth contain more hard to reach pits and grooves. These spots hold food debris and plaque build-up.

Protect your child's oral health with dental sealants.

Research shows dental sealants stop cavities when placed on top of a tooth. It seals off the nutrient supply to the bacteria causing the cavity.

Schedule a dental sealant for you or your child today.

We look forward to protecting your oral health!

DR. ANNA A. DANIELI
Family Dentistry

Prevent Tooth Decay!

WE ARE YOUR PLACE FOR COMPLETE DENTAL CARE

- Family Dentistry
- Dental implants and Dentures
- Experienced long-term staff
- Saturday appointments available
- Most insurance accepted
- "Care Credit" payment plan

THE BEST CARE FROM OUR
DENTAL FAMILY TO YOUR FAMILY.



West View Building
1900 S. Puget Drive,
Ste. 102
Renton, WA 98055
425.228.1521

www.danielidds.com

fresh tastes

when the *Liivin'* is easy ...

People will often come up to me while I am catering a wedding and tell me how they have always wanted to be a caterer because it looks like such fun. I always want to share with them how much "fun" it truly is, just like root canals and natural childbirth!

Actually, I really do love meeting all the nice people and having them enjoy our great food. Last summer we had a wedding that really stood out from the rest. The menu included wonderful Northwest salmon, lamb, oysters and beautiful heirloom tomatoes with burrata cheese. Burrata is rather like mozzarella with an infusion of cream. Talk about delicious and rich! The other specialty item was a ham from Spain with an interesting background. This ham was

so special that I named him Hambonio Hamberas as he definitely got the movie star treatment. The actual name was "Jamon Iberico de bellota." These Iberian hams come from black pigs raised in the medieval villages on the mountain tops of Spain. There they feast on acorns to their piggy delight. The ham is cured in the dry mountain air and is highly aromatic and extremely tender and flavorful. It is cured for two to four years, then wrapped in its very own burlap bag and shipped all over the world at about \$100 per pound. Traditionally served with Manchego cheese, this ham was a wonderful treat for the wedding guests.

In the summertime when the living is easy, here are a couple of fun ideas to add as appetizers, sides and desserts when you are grilling for family and friends. They all remind me of the delicious, simple and casual foods I sampled in Spain.



Fresh Tomato Gratin

5 or 6 fresh heirloom tomatoes, thickly sliced	1/2 cup fresh basil leaves, torn
2 tbs. olive oil	1/2 cup coarse sour-dough bread crumbs
2 cloves garlic, minced	1/2 cup freshly grated Parmesan cheese

In a shallow oven proof casserole dish, layer the tomatoes, drizzle with the olive oil.

Top with the garlic, basil, crumbs and sprinkle with the cheese. Heat oven to 500 and bake for 15 minutes, serve warm or at room temperature.



CHRISTIE KATONA

Christie Katona is the owner of Christie's Catering Inc. in Renton. She attended the Gordon 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.ChristiesCatering.com.

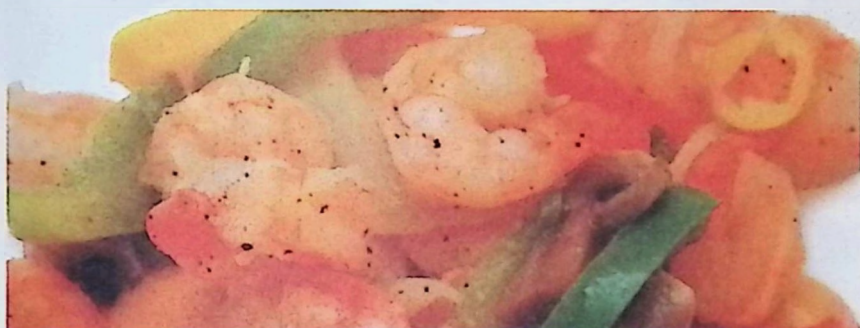
Fried Almonds with Tumeric

you will need

3/4 tsp. tumeric
1 1/2 tsp. chile powder
2 tbs. salt
2 tbs. butter
1/4 cup olive oil
2 cups whole raw almonds

directions

Place spices and salt in a large bowl and stir to combine. Heat butter and olive oil in a large skillet, add nuts and stir until toasted, about 3 to 5 minutes. Remove from heat and toss with the spices. Cool on paper towels and serve warm.



Shrimp Escabeche

Serves 6

This can be served chilled as an appetizer or warm as an entrée over rice, couscous or orzo pasta.

you will need

1 1/2 lbs. fresh shrimp (cooked)
4 fresh, ripe tomatoes, seeded and chopped
1 cup white wine
3 fire roasted peppers, such as piquillo
1/2 cup olive oil
6 oz. rice wine vinegar

6 cloves chopped garlic
1 tsp. thyme
1 tsp. smoked paprika
1/2 tsp. cayenne pepper
2 bay leaves
1 lemon sliced paper thin
Salt and pepper to taste

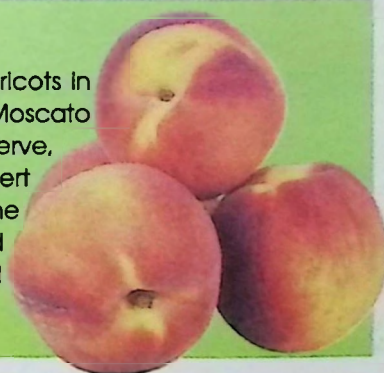
directions

If serving chilled, combine all ingredients in a glass bowl and chill for several hours or overnight. Before serving, let stand at room temperature to take the chill off. If serving as an entrée, heat the olive oil in a large skillet and sauté the garlic for 1 minute, add tomatoes and heat through. Add shrimp, wine and remaining ingredients, cook for three to five minutes until blended and hot. Serve with rice.

Fruit with Mascarpone

directions

Soak fresh, halved peaches and apricots in Vin Santo (Italian dessert wine) or Moscato wine overnight in the refrigerator. To serve, drain from the wine, place in dessert dishes, fill cavities with Mascarpone cheese and sprinkle with crumbled Amaretti cookie crumbs and chopped toasted almonds.




Keep Grilling!

Steaks, Chops, Burgers, Beef, Pork, Buffalo

OUR BBQ FAVORITE - Smoked baby back ribs.

Order them now for your next event!

Natural meats - Never Ever any hormones, antibiotics or steroids.

Personalized Customer Service

OPEN TUESDAY THRU SATURDAY, 9-6

5325 NE 4th, Renton | 425.226.2422 | www.ShawnAndTeds.com



LAKE WASHINGTON DINING CRUISES

SUNSET DINNER CRUISES • WEEKEND BRUNCH CRUISES •
HAPPY HOUR CRUISES • SPECIAL EVENTS CRUISES

Join us aboard Waterways' luxurious yachts for an *unforgettable* dining experience with gourmet Northwest cuisine, hand-crafted cocktails, spectacular views of Lake Washington and live entertainment all summer long!

For an *unforgettable* dining experience... Just add water!



WATERWAYS
CRUISES AND EVENTS

Buy tickets at www.WaterwaysCruises.com or call 206.223.2060

Waterways' Dining Cruises depart from the Southport Pier & Promenade in Renton (next to Gene Coulon Park) at 1133 Lake Washington Blvd. N.

RECEIVE 10% OFF YOUR CRUISE TICKETS WITH THE PROMO CODE RENTON

Juggling

for sport

the art of mastering gravity

BY ANDREW FICKES

John Spinosa first defied gravity in the third grade when he balanced a pumpkin on his head. Today, the 42-year-old Wizards of the Coast employee continues to toy with gravity as an avid juggler with the Cascade Jugglers Association. A fan of the Lord of the Rings trilogy, Spinosa says as a juggler he is the closest to becoming a wizard.

"Mastering gravity is wizard-like," he says.

On Friday, Aug. 13 through Sunday, Aug. 15, Spinosa will attend the 2010 Cascade Jugglers Festival at the Renton Community Center where he'll commune with others who are likewise passionate for this ancient hobby. Historians place the origin of juggling as far back as the fifteenth century.

According to Rick Purtee, president of the Cascade Jugglers Association, there is a jugglers festival happening at least once every weekend somewhere in the world. Both Spinosa and Purtee have traveled to international festivals.

"When I was a contractor I would look ahead to festivals and tell my current employer what days I needed to have off," he says.

Spinosa and Purtee, along with Dick Curtiss, a resident of Kent, are all three good friends and share in the fellowship that juggling provides.

"Club passing by nature is a cooperative sport," says Spinosa. "It's a very social activity."

"It's very meditative," says Curtiss. "Everything in your life is pushed back when you juggle."

"It's satisfying to do patterns. It takes a lot of focus and concentration," he says. "When I first got going in juggling, I was obsessive about it for a while."

Purtee, a software programmer, has been juggling for 32 years. He picked it up during grade school when his teacher introduced it to him, hoping it would absorb his pent up energy.

"I was the class clown," he says.

Purtee and his wife LJ live in the Skyway neighborhood near Renton. They were drawn to their home because of the spacious apart-

ment over the garage. Purtee uses it as a dedicated space for juggling. On one wall, he mounts his balls and clubs. Hip-hop music blares from the speakers.

On a Saturday afternoon, Purtee and Spinosa demonstrate juggling patterns—emphasizing that they follow different time signatures, similar to music.

The cascading pass between two individuals is in 4/4 time. Each toss, essentially, is a beat. The "cascade" in Cascade Jugglers Association is a play on words—pointing out the local region but also in reference to the

pattern.

Although a technical or math aptitude is not required, Purtee and Spinosa both agree that the majority of jugglers within their organization have this type of background. Often time jugglers are also musically inclined.

For example, take Curtiss, a database programmer, who also plays guitar, mandolin, and the fiddle.

"There is a rhythm to both juggling and playing instruments," he says.

And even during work, these three find time to juggle. Spinosa keeps a set of juggling balls at his office and demonstrates to co-workers when they show an interest. Purtee brings it to work, too, as does Curtiss.

Like tennis or golf, juggling is a lifelong sport.

"When you're juggling, you have to accept failure and be persistent," says Spinosa.



August 13-15

Cascade Jugglers Festival 2010

The Cascade Jugglers Association hosts a weekend juggling festival at the Renton Community Center. There will be workshops, demonstrations, and lots of open juggling space.

Friday, 4-10 p.m.; Saturday, 10 a.m.-8 p.m.; Sunday, 11 a.m.-4 p.m.

Renton Community Center
1715 S.E. Maple Valley Highway

206-985-9990

Admission: \$25
(covers juggling workshops and venue entry)

www.cascadejugglers.org
(for meeting times and group info)

Experience Renton's diversity at the new *International* FESTIVAL

RENTON INTERNATIONAL FESTIVAL

Friday, Aug. 13, 3-8 p.m.
Saturday, Aug. 14, noon-8 p.m.
Sunday, Aug. 15, noon-8 p.m.

Greater Highlands Center,
Viet Wah Plaza

2820 N.E. Sunset Blvd.

www.rentonfest.com

BY ANDREW FICKES

If you want a taste of Renton's multi-cultural offerings, organizers promise you can "experience diversity" at the inaugural Renton International Festival Aug. 13-15 at the Greater Highlands Center on Sunset Boulevard.

Actually, there'll be more than a taste, with ethnic food booths, arts and crafts, music, dance, an international car show and a talent contest.

Besides celebrating the community's diversity, says Duc Tran, president of the Viet Wah Group, "We're trying to promote the Highlands and bring people to the area. Hopefully it becomes one of the major community events in the city of Renton."

The event begins Friday, Aug. 13, with performances at 3 p.m., followed by a ribbon cutting ceremony at 4 p.m. and opening comments by Mayor Denis Law. The festivities will take place



RENTON MAGAZINE / DIANA KRAMER

The Inaugural Renton International Festival will showcase ethnic food, arts and crafts, music, dance, a import car show, and a talent search for the next Michael Jackson.

in the parking lot outside the Viet Wah grocery store

Continuing through Friday evening, Saturday and Sunday, the festival will represent a variety of ethnic groups—including Hispanic, African, Middle Eastern, Chinese, Japanese, and Filipino.

"It will be a one-stop experience for different cultures," says Tran. One Media Venture, owner of the Seattle Chinese Times, is providing marketing support along with the City of Renton. Major sponsors include Valley Medical Center and the Renton Chamber of Commerce.

There will also be a selection of mainstream music, including alternative rock, folk, rock, country, hip-hop and rap.

On Sunday, from 3 to 3:30 p.m., a woodwind quartet from the Tacoma-based chamber orchestra, Northwest Sinfonietta, will perform an arrangement of "Peter and the Wolf," with narration by a surprise guest. Each of the musical instruments represents a character in the storyline.

"Being invited to this event is a part of our outreach to the Asian community," says executive director Neil Birnbaum. "We're presenting a story that has been loved the world over by children since 1936. Hopefully we'll touch a couple hearts during the performance."

The import car show is being presented by NW Motiv—an online automobile/lifestyle community.

"We're showing the best of the best at the international festival," promises Mario Chan, a feature editor. "Models and makes will range from hot rods to exotic cars to imports."

And for all those who dream of being the next king of pop, Battalion Entertainment will host a "King of Pop" talent search from 1 to 2 p.m., Saturday and Sunday, seeking the next pop performer who exhibits the talents of the late Michael Jackson. Contestants may be any age, sex, or race. Entry deadline is Aug. 6. More information is available by phoning Anthony Manahan at 206-465-4806.

Retirement Living at its Best!



Merrill Gardens is a family owned company recognized as one of the top owners of independent and assisted living retirement communities in the country. Our commitment of serving seniors in retirement living continues to grow. You will love living at Merrill Gardens at Renton Centre.

We Offer:

- Anytime DiningSM
- Individualized Assisted Living Service Plans
- 60-Day Money Back GuaranteeSM
- Month to Month Rental
- 24-Hour Staff

Call Today for a Tour!



MERRILL GARDENS

AT RENTON CENTRE

A one of a kind retirement community

(425) 235-6400

104 Burnett Avenue South
Renton, WA 98057

www.merrillgardens.com

*Call for details. Lic #BH 1958



RETIREMENT & ASSISTED

**Be The NEXT
Karate Kid**
Focus ~ Confidence ~ Discipline

**10 Lessons
For \$20**

www.WaBlackBelt.com

OUTSTANDING*
and compassionate care provided
by our team of friendly professionals.

*Recognized by Seattle Metropolitan
Magazine for the second year.

Family and Cosmetic Dentistry

*Your healthy smile
makes us smile*

J. Michael
HARDY DDS 425.255.2904
10700 S.E. 174th St., Renton (next to Gold's Gym)



RENTON MAGAZINE / ANDREW FICKES
Sophie Chi sews a Linus blanket.

BY ANDREW FICKES

*I*t's a Tuesday morning, and Janet Maddux has, as usual, joined a group of friends at a church hall in Fairwood, sewing, crocheting, socializing and achieving something she never thought she could do.

"Before I started, I didn't believe I could create anything beautiful like these blankets," she says, but over the past three years, she estimates she has produced some 400 blankets.

Along with the other women, she is making blankets for Project Linus, a national organization whose name is inspired by the cartoon char-

Security: IT'S ALL SEWN UP ONE BLANKET AT A TIME

acter that famously hauled a blanket around with him. Project Linus donates security blankets to children who are seriously ill, traumatized or in need of security, warmth and comfort.

Maddux learned about fabrics and the making of blankets from Patsy Westfall, one of the organizers of the weekly gathering of "blanketeers." They meet from 10 a.m. to noon in the Nativity Lutheran Church modular hall.

Westfall says all skill levels are welcome and there is no minimum requirement of blankets produced. She is more than happy to teach the basics of crocheting, quilting, sewing, and knitting.

"The best part of this group is knowing we're giving a blanket to a child in crisis," says Westfall. "The second best part is socializing and meeting other people."

Maddux has devoted much of her time to producing blankets since retiring in 2003.

"I often wake up at 3:30 in the morning and quilt," she says. "It's so soothing and relaxing."

That's one reason the Fairwood group is the top producing group within the King/Seattle/Pierce County chapter of Project Linus – donating more than 2,300 since its formation in October 2005.

"The quantity they do, the bright colors, the craftsman-

ship, and the designs they come up with, are all impressive," says Linda Lane, chapter president. "When I deliver [the blankets] to hospitals and organizations, they just love to see them because they're so bright, colorful, and cheery."

Lane visits Nativity Lutheran once a month when the blankets are blessed during a worship service before they're distributed to more than a dozen organizations in the Puget Sound region, including Children's Hospital, Harborview, and Swedish and Providence Hospitals.

Often times, the chapter donates to relief organizations outside the United States, including 300 blankets to Haiti following the earthquake last January—part of a combined 29,000 blankets donated by Project Linus nationwide.

Although Westfall is a member of Nativity Lutheran, the blanket group has no affiliation with the church, and there's no requirement that people in the group be church members or religiously affiliated at all. There are no membership fees.

The weekly gatherings, says Westfall, are intended to get the women's collective juices flowing, to share ideas and get inspired.

For more information, call Patsy: 253-631-3719 or www.projectlinus.org.

10% OFF* SENIOR TUESDAYS



10% OFF for SENIORS ONLY Every Tuesday from 7:00 am - 11:00 am

Please ask your cashier for your discount BEFORE your purchases are scanned, and have your I.D. Ready.

MUST BE 60 YEARS OR OLDER TO PARTICIPATE

* SORRY, NO DISCOUNTS ON: Groceries, Books, Magazines, Phone Cards, Lotto or Scratch Tickets, Coking School Fees, Transportation, Sale Merchandise, Stamps, Tobacco or Alcohol Products, Gift Certificates, Shipping Fees, Gundam Toys, Event Tickets or Gifts to Japan. No discounts applicable to other businesses located in Uwajimaya. Discount cannot be combined with other promotional offers or discounts.

Quality Asian Grocery & Gifts Since 1928
UWAJIMAYA
seattle | bellevue | renton | beaverton | www.uwajimaya.com



John
Galluzzo,
Agent

Auto • Home • Life • Business
Call: (425) 226-9239



FARMERS

433 Park Ave. N., Renton WA 98057

jgalluzzo@farmersagent.com



Eugene Heuschel II, AAMS
Financial Advisor

OK - WHAT'S YOUR FINANCIAL PLAN NOW?

CALL - Then come in!
"Together, we can figure it out."

15 S. Grady Way, Suite 534, Renton 98057
425.227.3294
www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

Top 10 Reasons to Eat and Shop in Downtown Renton



« Armondo's café italiano

The Renton family destination for
pizza, pasta and salads for
nearly 24 years.

425.228.0759

310 Wells Ave. South
www.armondos.com



« Common Ground Coffee & Cupcakes

Taste the magic of summer with our
Tiki cupcake! Yummy pina colada
buttercream and a party umbrella.

425.235.1717

900 S 3rd St., Unit A 
www.commongroundcupcakes.com

Melrose Grill »

"The steaks are fantastic, the service
is affably flawless, and the prices are
Rentonian rather than Seattleite."
~Best of Seattle, Seattle Weekly

425.254.0759

819 Houser Way South
(Corner of Wells & Houser)
www.melrosegill.com



Bikram Yoga »

The HOT Yoga
New Student Summer special
Two weeks Unlimited
\$10

425.204.5083

222 Williams Ave. South
www.BikramYogaRenton.com



« happy delusions

Featuring independent crafters,
jewelers, designers and artists.

425.255.6078

924 S. 3rd St.
www.happydelusions.
wordpress.com



« Cugini Florists

Fresh flowers delivered daily.
Beautiful and unique gift items.
Renton's preferred florist since 1923.

425.255.3900

413 S. 3rd St.
www.cugini.com

Chapinlandia »

Guatemalan Restaurant & Bakery

The world's best Guatemalan tamall!
Call for takeout or catering.
Dessert free with each meal.

425.228.0586

916 S. 2nd St.
chapinlandiarestaurant@hotmail.com



Burger Town »

Now Open for Lunch & Dinner
Gourmet Charbroiled Burgers
Wraps • Milkshakes • Smoothies

Indoor seating or call
for orders to go

425.663.9189

601 S. 3rd st



« Geri's

Southern cooking with a healthy
twist. Ribs, oxtail, catfish, peach cob-
bler, sweet tea all lovingly prepared.

Open 7 a.m. til 9 p.m.

425.687.8793

509 S. 3rd St.
www.geriscasualdining.com



« Renton Coin Shop

Gold, Silver & Platinum Bullion,
Coins & Jewelry

- U.S., Foreign & Anc-ient Coins
- Currency, Tokens & Medals
- We buy gold & silver scrap

425.226.3890

225 Wells Ave. South

Too much to do. Too little time!

*Feel-good fun & timely tools
for the blisteringly busy*

Featured Speaker: Juliet Funt, comedian,
author, mom of three

Thursday, September 30, 2010

5:30-8:30pm

ShoWare Center

Tickets: \$20 each or Table of 10 for \$180

- GLOW Health & Partner Fair
- Buffet dinner
- Live entertainment
- Smoothie bar
- Woman power!

Space is limited, so get your ticket today
by logging on to valleymed.org/glowevents.



JOIN US

**for a fabulous kickoff celebration
for GLOW, Valley Medical Center's
new health and wellness program
created by women, for women.**

The #1 lifestyle complaint in the world today is having "too much to do with too little time." GLOW was created by a group of spirited women who face this challenge each day and are determined to provide a program for women that combines wellness, education and fun. And who better to help us launch GLOW, than Juliet Funt, author, comedian, and mom of three.

As the daughter of Allen Funt, creator of the Candid Camera television show, Juliet has spent her life observing the hidden truths beneath our social selves. Join us for a hilarious, story-filled journey to where the answers lie.



Remarkable things happen here.™