

Volume 6 / No 2 February 2011

RENTON

Magazine

When love is
in the air...

page 8

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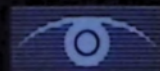
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publisher's note

*T*his month I'm going to buy a Valentine's Day card for my husband. No surprise there. If I have any presence of mind, I'll mail one to my mother, too. It's a way of reminding them how special they are to me, as if they didn't already know.

But there are many others who should be remembered, because they have a special place in my life. There's no special day for these special people, although there could be. I have been helped and nurtured over the years by many people. Some were teachers who showed a special interest and encouraged me to do better work. Some were 4-H leaders or neighbors. Some were active while others offered a friendly ear.

Mrs. McCusker lived across the street from my childhood friend. My friend and I kept her up late, talking long after her husband had gone to bed. Janet and I thought that having an adult spend that kind of time with us was just the coolest thing ever. Especially when she didn't have to.

My college advisors, Dr. Whiting and Mr. Graham, kept me in college. I was a quiet kid from a small town, overwhelmed at the university. They said I should meet with them weekly, and so I did. Those may have been the only real conversations I had my freshman year.

Kathy took me under her wing during my college internship in Washington DC. She taught me how to use chopsticks, got me to my first ballet (Mikhail Baryshnikov, Rudolf Nureyev and Margot Fonteyn, no less) and helped me have a successful six months in a huge organization in a city far from home.

And so on. So many people have magically appeared in my life to offer a kind word, a helping hand or open a door for me. I've had my share of



Diana Kramer
PUBLISHER

mentors, too, who were willing to put in a bit extra beyond what they were required to do.

I worked under Stan Usinowicz for several years, both as a reporter and news editor. Every Wednesday afternoon, after the newspapers were sent to the printer, Stan presented me with a variety of scenarios. "What will you do when...." a fire destroys part of the downtown, an historic landmark; a plane crashes; there's a flood; an elected official breaks the law...." No scenario was too outlandish for us to talk through. How late could we remake the paper? How would I deploy people? What should be considered? The shocking thing is, over the years nearly all of them happened. And we were ready to cover the news.

This month, I hope you take a moment and send a note to people who have made a difference in your life. As well as think about how you could make such a difference in the life of someone else.

RENTON Magazine

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Renton, WA 98057

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cover:

Pilot, Michael Moore and his wife, Janice, unfold a marriage proposal on the grass next to the Renton Airport runway. The banner has to be laid out carefully so it doesn't tangle when pulled aloft by the airplane. The spelling is checked and rechecked multiple times. This is a situation where you only have one chance to get it right. See story page 8. Photo by James Bavendam.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Renton Library
425.226.6043

Renton Highlands Library
425.277.1831

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

February 21

DAVID SHENK

Exhibit Opening

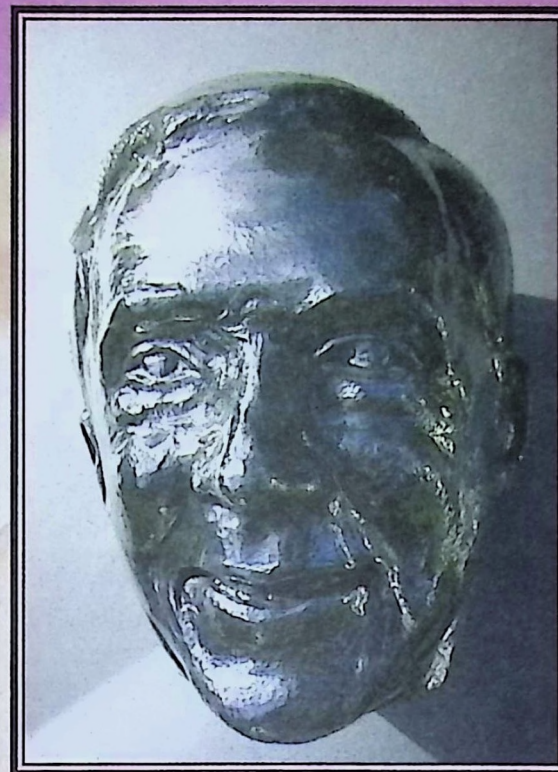
Renton Municipal Arts Commission hosts Renton artist David Shenk whose sculpture will be on display at Carco Theatre. A reception for the artist will be held Saturday, March 12, from 5-7pm.

Carco Theatre
1717 S.E. Maple Valley Highway

425-430-6706

Mondays - Fridays,
9 a.m.-5 p.m.

Admission: Free



FEBRUARY 11

Evening in the Caribbean

Scholarship Dinner and Silent Auction

Renton Technical College hosts its annual culinary arts scholarship dinner and auction. Guests are invited to observe as culinary students prepare Caribbean inspired dishes, which will be served with complementing, fine wines.

Friday, 6:30-9:30 p.m.

Roberts Campus Center Cafeteria
Renton Technical College
3000 N.E. 4th St.

425-235-2356

www.rtc.edu

Admission: \$50



February 11-March 6

the clean house

Written by Sarah Ruhl, this whimsical romantic comedy centers on Matilde, a Brazilian cleaning woman who would rather be a comedian.

Fridays - Sundays, 8 p.m.

Little Burien Theater
Burien Community Center
14700 6th Ave. S.W., Burien

206-242-5180

e-mail info@burienlittletheatre.org

Admission: \$18-\$20/\$15-\$17 students
Sunday, Feb. 13, \$7 special



FEBRUARY 19

African Folktales

with Uncle Kunle

Why does a zebra have black stripes? Why does a tortoise have a cracked shell? Kunle Oguneye, an award winning author, provides answers to these mysteries and will dramatize stories from his native Africa. Youngsters will participate in music, drumming, dancing and storytelling and will learn a few words of Swahili.

Saturday, 11 a.m.

Renton History Museum
235 Mill Ave S.

425-255-2330

www.rentonwa.gov

Admission: \$3/\$1 children/members free

save the date



February 8

**BESSIE COLEMAN
PERFORMED BY EVA ABRAM**

In honor of Black History Month, storyteller Eva Abram takes us back to a time in our nation's history when African Americans were openly discriminated against and barred from many educational institutions. Bessie Coleman shares her firsthand experiences as she tells the story of her desire to become a pilot in a nation where no female African-American pilots were licensed. This is an inspirational story of determination and perseverance.

Tuesday, 5 p.m.

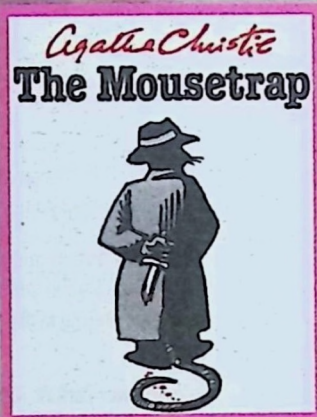
www.rentonwa.gov

Renton History Museum
235 Mill Ave S.

425-255-2330

Admission: \$3/\$1 children/

members free



February 25-March 12

MOUSE TRAP

This Agatha Christie classic thriller finds a group of strangers stranded in a boarding house during a snow storm. One of them is a murderer.

Thursdays, 7:30 p.m.

Renton Civic Theater

Fridays and Saturdays, 8 p.m.

507 South Third St.

Sundays, 2p.m.

Admission: \$22/\$17 senior
and student

425-226-5529



February 27

**WOMEN AND HEART DISEASE
DOCTALK, RED DRESS TEA AND
FASHION SHOW**

Heart healthy teas will be served, prevention of heart disease discussed, and a fashion show featuring clothing for an active lifestyle will be presented. Gifts will be provided to all women who wear red. Seating is limited and reservations are required.

Sunday, 2-4 p.m.

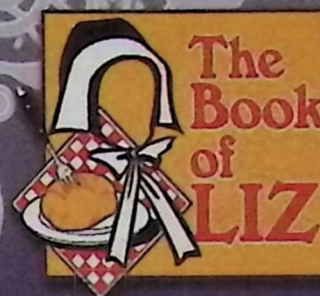
425-656-4636

Tea Palace

www.valleymed.org/events

2828 Sunset Lane N.E.

Admission: Free



February 27-March 7

Humor writers and satirists David and Amy Sedaris (brother and sister) wrote this tongue-in-cheek comedy about Cluster Haven, an Amish-like community known as the Squeamish.

Sundays and Mondays, 7:30 p.m.

Renton Civic Theater
507 S. 3rd St.

425-226-5529

Admission: \$15

March 12-13

Fancy Nancy/Peter and the Wolf

Evergreen City Ballet brings a favorite children's storybook character, Fancy Nancy, to life. Set and costume design are based on the work of illustrator Robin Preiss Glasser. Along with the Fancy Nancy story will be a performance of the classic story, "Peter and the Wolf" in a program designed to introduce the art of dance and music to children of all ages. The show will also be performed Feb. 26-27 at Meydenbauer Center, 11100 N.E. 6th Street, Bellevue. Glasser will be on hand at the Bellevue performances.

Saturday & Sunday
1:30 p.m. and 5:30 p.m.

Evergreen City Ballet Black Box Theater
2230 Lind Ave. SW, Suite 109

www.evergreen-cityballet.org

Admission:
\$18/\$10 student

calendar of events

SENIOR ACTIVITIES

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

Coal Miners Day Luncheon

Wednesday, Feb. 2,
11 a.m. contest/11:30 a.m. lunch

The Renton Museum will set up a display with pictures, items and information about Renton's coal mining days. Entertainment will include a candy coal game with dessert to follow lunch.

Admission: \$3 donation over 60/\$6 charge under 60

Health and wellness

Wednesdays, Feb. 9, 16 and 23,
12:30-2:30 p.m.

A series of presentations sponsored by the Renton Fire and Emergency Services Department will begin Feb. 9 on heart attack and stroke prevention, followed by healthy diets on Feb. 16 and exercise on Feb. 23.

Admission: Free

Valentine's Day Luncheon

Monday, Feb. 14,
11 a.m. contest/11:30 a.m. lunch

Seniors are encouraged to wear red, and those who have been married 50 years or more are asked to register at the reception desk for special honors and a gift.

Admission: \$3 donation over 60/\$6 charge under 60

Blueberry Pancake Brunch

Monday, Feb. 21, 10-11:30 a.m.

Blueberry pancakes, sausage and fruit are on the menu for this most important meal of the day. Tickets are required and available beginning Jan. 24.

Admission: \$3 donation over 60/\$6 charge under 60

EXHIBITS

Antique Fire Engine Exhibit

Saturday, Feb. 19, 1-3 p.m.

The Maple Valley Historical Society presentation features the Sizemore Family Fire Engine Museum.

Maple Valley Historical Museum
22012 S.E. 248th St., Maple Valley
425-413-2692 or 425-432-4860

Admission: free (donations accepted)

ONSTAGE

Federal Way Symphony Swing, Jazz and Blues

Sunday, Feb. 6, 2 p.m.

The symphony continues with its 2010-2011 season theme, "It's all about you ... and the music!" This concert celebrates the music of America, performed by the Federal Way Symphony Swing Band and featuring Seattle woodwind player, Eric Likkel.

St. Luke's Church
515 S. 312th St., Federal Way
253-529-9857

www.federalwaysymphony.org

Admission: \$30/\$25 seniors

CHILDREN'S ACTIVITIES

Creation Station

Tuesdays, Feb. 8-March 1, 10-10:45 a.m.

Parents are invited to create artwork with their children, ages 2 - 4. All children must be accompanied by an adult for the entire class.

Renton Community Center
1715 S.E. Maple Valley Highway
425-430-6700

Admission: \$30 resident/\$36 non-resident, plus \$10 supply fee payable to instructor

1, 2 3, and Me

Wednesdays, Feb. 9-March 9,
10:45-11:45 a.m.

Children Ages 3-5 will learn to count, number recognition, and even beginning math. Games and flashcards make it fun.

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Admission: \$30 resident/\$36 non-resident, plus \$6 supply fee payable to instructor

Creative Kids Open House

Thursday, Feb. 3, 6-7:30 p.m.

This is "drop in" evening will provide information about Creative Kids Preschool for the 2011-2012 school year. Classes are for children ages 3 or 4 by Aug. 31, 2011. Registration for next fall opens Feb. 15 at 7 a.m.

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Admission: Free

YOUTH AND TEENS

D&D All Day Long!

Saturday, Feb. 12, 10 a.m.-6 p.m.

Kids and teens, ages 10 - 18, will play "Dungeons and Dragons" all day with a break for a free lunch. Participants are required to preregister and attend a session of Fantasy Game Club Wednesday, Feb. 9.

Highlands Neighborhood Center
800 Edmonds Ave. N.E.

425-430-6700

Admission: Free (including lunch)

Valentine Card Painting

Friday, Feb. 11, 5-7 p.m.

This workshop is for mothers and daughters, ages 8-14, who will learn how to paint roses and create up to four rose valentine cards. Participants are advised to eat beforehand or bring their dinner. All materials will be provided.

North Highlands Neighborhood Center
3000 N.E. 16th St.

425-430-6700

Admission: \$9 resident/\$11 non-resident

Day of Chocolate Trip

Tuesday, Feb. 22, 9 a.m.-4 p.m.

Youth ages 10-16 will get a private tour of Theo Chocolate and learn how to make a chocolate treat. Participants are advised to bring a lunch.

North Highlands Neighborhood Center
3000 N.E. 16th St.

425-430-6700

Admission: \$26 resident/\$31 non-resident

Bowling and Mini-Golf Trip

Friday, Feb. 25, 9 a.m.-4 p.m.

For ages 10-16, this trip will include a game of bowling, a round of mini-golf, a slice of pizza and soda. Kids should have their own money for snacks and arcade games.

North Highlands Neighborhood Center
3000 N.E. 16th St.

425-430-6700

Admission: \$26 resident/\$31 non-resident

FITNESS

Pressure Point Pain Relief: Lower Body

Tuesday, Feb. 1, 6:30-7:30 p.m.

This course includes hands-on instruction on techniques that help with body pain, aching joints and stiffness.

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Admission: \$15 resident/\$18 non-resident

Boot Camp

Mondays and Wednesdays, Feb. 21-April 6, 5:20-6:20 p.m.

This fitness program will include cardiovascular, muscular, strength, and all around core training. All fitness levels welcome.

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Admission: \$93 resident/\$112 non-resident

OUTDOOR RECREATION

Cross Country Skiing

Weekends, Feb. 6-26, 9 a.m.-5 p.m.

Destinations are Salmon La Sac, Sunday, Feb. 6; Wenatchee Ridge, Saturday, Feb. 12; Cabin Creek, Sunday, Feb. 20; Iron Creek, Saturday, Feb. 26.

Renton Community Center
1715 S.E. Maple Valley Highway
425-430-6700

Admission: \$20 resident/\$24 non-resident

Snowshoeing

Weekends, Feb. 5-27, 9 a.m.-5 p.m.

Destinations are Cooper River, Saturday, Feb. 5; Commonwealth Basin, Sunday, Feb. 13; Keechelus Ridge, Saturday, Feb. 19; Diamond Head, Sunday, Feb. 27.

Renton Community Center
1715 S.E. Maple Valley Highway
425-430-6700

Admission: \$20 resident/\$24 non-resident

Winter Hikes

Wednesday, Feb. 2, 7 p.m.

Guidebook author and magazine columnist Craig Romano will present information about hiking in the winter.

REI
240 Andover Park W., Tukwila

206-248-1938

Admission: Free

LIBRARY EVENTS

Study Zone

Tuesdays and Thursdays, Feb. 1-17, 4 p.m.

Students from kindergarten through high school are invited to drop in for free homework help from volunteer tutors.

Renton Library, 100 Mill Ave. S.

425-226-6043

Admission: Free

Citizenship Class

Tuesdays, Feb. 1-22, 7-8:30 p.m.

Adults can get help with the citizenship interview process, including civics and government questions, reading and writing English and practicing interview

skills.

Renton Library, 100 Mill Ave. S.

425-226-6043

Admission: Free

Crossing The Gr8 Divide

Thursday, Feb. 10, 7-8:45 p.m.

A panel discussion for teens and adults will explore how new technology may be a hurdle to successful communication between generations. Topics will include how the norms of one generation can be off-putting and/or rude to those of a different age and bridging those divides.

Renton Library, 100 Mill Ave. S.

425-226-6043

Admission: Free

Game On

Tuesdays, Feb. 1-15, 3-5 p.m.

Participants can play games including Wii, Xbox 360, Guitar Hero and more.

Renton Highlands Library, 2902 N.E. 12th St.

425-277-1831

Admission: Free

Downtown Mountain Boys

Thursday, Feb. 3, 7-8 p.m.

The Downtown Mountain Boys, based in Seattle, specialize in bluegrass, three-part harmonies and dazzling instrumental firepower. The concert is sponsored by the Friends of the Fairwood Library.

Fairwood Library, 17009 140th S.E.

425-226-0522

Admission: Free

Library Birthday Celebration

Saturday, Feb. 5, 2-3:30 p.m.

The Fairwood Library celebrates its 25th anniversary with a concert by the Covington Grass Band. Refreshments will be provided. The event is sponsored by the Friends of the Fairwood Library.

Fairwood Library, 17009 140th S.E.

425-226-0522

Admission: Free

HEALTH SEMINARS

Valley Medical Center

Medical Arts Center Auditorium

400 S. 43rd St.

425-656-4636

Facial Rejuvenation: New Year, New You

Thursday, Feb. 3, 6-7 p.m.

Michael Solomon, D.O., will discuss various options and answer questions about cosmetic procedures.

Admission: Free

Aging Eyes

Thursday, Feb. 24, 6-7 p.m.

Todd Johnston, M.D., will discuss techniques for keeping eyes healthy through the years, including preventative care and treatment options for common age-related issues, such as cataracts, macular degeneration and glaucoma.

Admission: Free

As Girls Grow Up

Tuesday, March 1, 6:30-8:45 p.m.

Speakers Monica Richter, M.D., and Bridgett Blackburn, M.S. will focus on the physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. The event is for girls ages 9 to 12 and their parents or caregivers.

Admission: Free

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

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Evergreen City Ballet **FANCY NANCY**
Kevia Kainer, Artistic Director

Adapted from Fancy Nancy: Bonjour Butterfly.
Text ©2008 by Jane O'Connor. Used by
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Meet the illustrator
Robin Preiss-Glasser
autographing
books in Bellevue
only!

**PETER
and the
WOLF**

February 26 & 27
@ Theatre at Meydenbauer
shows at 1:30 & 5:30

March 12 & 13
@ ECB Black Box Theatre
shows at 1:30 & 5:30

Tickets \$10-\$18 800-899-9260
www.evergreencityballet.org

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



IT COULD BE A BOMBING RUN.

John Carson, in his red and white Super Cub, takes off from Renton Airport. He gains altitude, then turns over Lake Washington toward Mercer Island. Carson turns again, back toward the airport. Lowering the nose, he picks up speed as he descends toward the airport. But not toward the runway.

He screams along the grass next to the runway toward his target: a thin rope stretched between two poles. At the last second, he pulls up, snagging the rope with a treble hook. Full throttle, he gains as much altitude as he can before the long line draws tight. Like a giant accordion, a billboard unfolds, billows, and follows the Super Cub into the sky.

Houston, we have a launch!

ONLY IN NICE WEATHER

Carson's business, Sky Signs, tows banners that we see on nice days in the Seattle area. People don't spend time outside in bad weather. So, banner towing is reserved for nice days when people are outside and will look up.

Marry me. Buy our insurance. Happy anniversary. Buy our soda. Come to the fair. It seems there are few messages that Carson or his fellow pilot, Michael Moore, haven't towed. The signs are undulating reflections of our lives.

Some are large, commercially printed, cloth billboards created for towing. Others are text messages that Carson constructs from letters hanging in his shop. Some banners, like "Marry me," are used so often that he never takes them apart. Moore says that if they can reuse a message, they have just lowered the chance of a spelling error.

On this day in early July, Carson starts at 10 a.m., towing a sign for an insurance company. An hour later, Moore will fly a second airplane to deliver a wedding proposal, due exactly at 12:30 p.m. at the Space Needle restaurant. Carson's tow is longer. He will fly northward along Lake Washington, then toward Seattle, southward along Puget Sound, and eventually back to Renton. Moore's tow may be shorter, but will have consequences for years to come.

Below, Pilot, Michael Moore and his wife, Janice, walk out to the runway to prepare a banner for towing.

Right, the specially modified Piper Cub swoops in from Lake Washington. Using a trebble hook on a rope, it snags the banner harness to pull it into the sky. Find more photos on [facebook.com/rentonmagazine](https://www.facebook.com/rentonmagazine).



MAGGY ♥ WILL YOU MARRY ME?

RENAISSANCE MEN

Carson hasn't always towed signs. He started working construction in Alaska, where most sites require aircraft. Over time, flying started to sound pretty good as another way to make money. Carson restores airplanes and still works construction when towing work is slow.

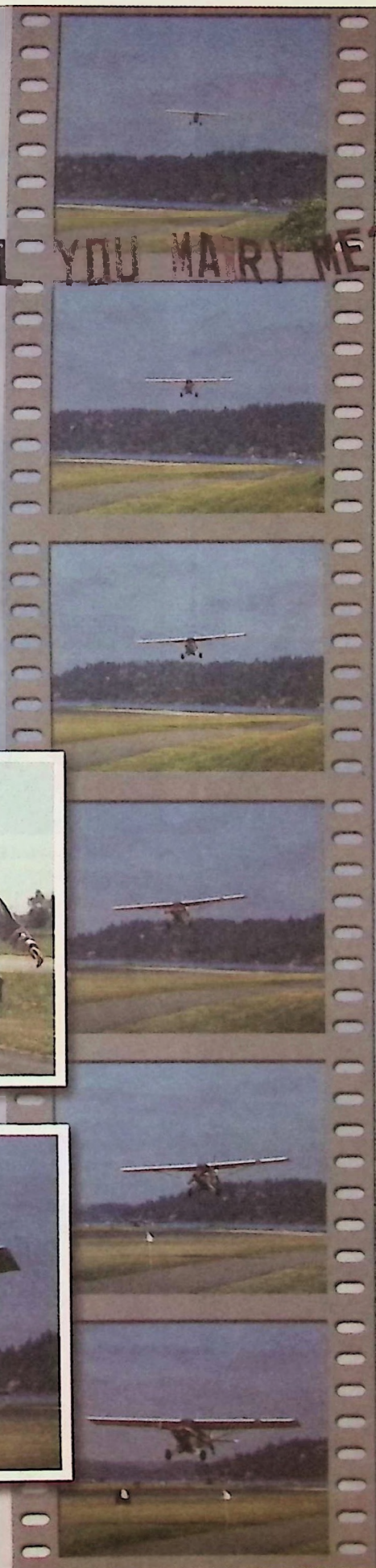
When Moore isn't towing signs, he's performing with his cello or working for the Seattle Opera's Scenic Studios in Renton. As Moore notes, he likes to fly, but he likes it even more if someone will pay him to fly.

Returning from his two circuits around the Space Needle, Moore

swoops down in his Cessna to the grassy area by the runway and drops his banner.

Over the radio, Renton Tower asks, "Did she say yes?"

Moore replies, "I couldn't quite hear, but there sure were a lot of cameras flashing as I went by."



UNDER WATCHFUL EYES

Tow requires a flight plan. A slow-flying aircraft with a long line and banner can be a distraction and an obstacle to other aircraft. Moore and Carson keep in touch with the local airport towers during their flights. Their flight plans and cooperation with the towers allow them to fly slowly through parts of town that are off-limits to recreational pilots.

Just any airplane can tow banners. The airplane has to fly slowly under good control without overheating its engine. Carson's airplanes have large engines and modifications to help keep the engines cool as they grind along at about 45 to 55 mph. Carson has also added small tabs to the airplanes' wings, called vortex generators, which help the airplanes fly better when they fly slowly.

In an era when many are cynical about advertising, towing a message behind an airplane is such a throwback, so pleasantly non-electronic, that even the hardened among us may crack a smile at the sight of "Marry me" towed behind an airplane may be the ultimate public display of affection.

"Til Death Do Us Part"

Late Nite Catechism **3**

Fri. February 11
7:30 pm

Kentwood Performing
Arts Center

Tickets: \$28 general
\$26 senior, \$20 youth



PHOTO COURTESY OF THE RALEIGH DANCE THEATRE
Nancy is very fancy in the children's
ballet based on the best-selling book,
"Fancy Nancy: Bonjour, Butterfly."

For more information about the show,
visit the Evergreen City Ballet website,
www.evergreencityballet.org, or call 425-
228-6800. For information about Fancy
Nancy and illustrator Robin Preiss Glasser,
visit www.fancynancyworld.com.

Ballet for kids it's more than just tutus

BY SARAH ZUGSCHWERDT

Ballet isn't just tutus and tiaras when Fancy Nancy and Peter and the Wolf come to town. No—it's butterflies, feather boas, and fangs, too! Aimed at boys and girls ages 2 to 10, the latest of Renton's Evergreen City Ballet (ECB) productions is about fun and education for youngsters.

"I am all about teaching and educating younger audiences about this art form. So last year I began a program where we brought in 'Peter and the Wolf,' and we did another piece called 'Disney Songs' and dances to all Disney songs," explains ECB's artistic director Kevin Kaiser. He happens to be friends with both the author and the illustrator of Fancy Nancy and is pleased to host the West Coast premier of the children's ballet.

"If you have a child, you'd know exactly what Fancy Nancy is. It's I think 24 or 25 children's books where everything is very fanciful and you use different words in different languages to say hello, you have your feather boa and tiaras and you're very fancy," says Kaiser, who has his own 3-year-old Fancy Nancy enthusiast at home, "And for boys I do 'Peter and the Wolf,' and they get excited about that."

The show, which includes both stories, will run in Bellevue at the Meydenbauer Center Feb. 26 and 27. Illustrator Robin Preiss Glasser will be present to sign copies of her books. March 12 and 13 performances will come to ECB's own Black Box Theater in Renton. Ticket prices for all shows are \$18 for adults and \$10 for children.

Running time for the ballet is just an hour, with one intermission, "so it's not overwhelming," says ballet mistress Andi Bryndza. Infants are allowed.

Every aspect of the ballet is geared for very young children to discover "not necessarily ballet, but just performing arts," says Kaiser, "You know, being in a theater and seeing what it's all about when the lights go out, and wondering 'How do they light those certain things?' And, 'how do they create a pond on the stage?'"

"It gets their mind going and creates imagination. So it's not just about seeing 'Peter and the Wolf,' it's about all the things that they experience walking into a theater."

"It's an accessible program," concludes Bryndza enthusiastically, "making ballet accessible to all ages, genders—there's something for each person, not just 'Oh, ballet is just all tutus and all of that.'"

Of course not—there are wolves, fangs and butterflies too!

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Exercising with your dog

BY KATHY CONNELL, D.V.M.

Like most of us, you probably put on a few pounds this holiday season. So if your New Year's resolutions included an exercise regimen, how about including your pet? Studies show 25 to 40 percent of dogs are overweight, just like the people who own them. For pets and owners, obesity is a common problem.

Instead of expensive gym memberships, maybe the solution is as simple as a daily walk with Fido. A daily walk will not only help both of you shed those extra pounds, you'll both feel better and more energetic. You get to spend some time together and your dog gets to work off some of that pent-up energy.

Before starting a new exercise regimen, check with your veterinarian, especially if your dog is obese, aged, or has additional health problems. You want to start a suitable and enjoyable program for both you and your pet. As you start out, watch your dog for fatigue, trouble breathing or stress. Don't overdo it the first time out.

If your dog is older, has significant health problems or is very overweight, you should start slowly. Your veterinarian can help you design the perfect exercise program for your dog. Once your dog masters short walking or swimming sessions, you

may be able to graduate to longer sessions or a faster pace to increase cardiovascular, muscle and joint functions.

Check your area for safe, well-lit walking paths. Protect your dog with a reflective collar or attach a light if you have to exercise when it's dark. Your location may also have fenced, off-leash dog parks. Before introducing your dog to a park, make sure all vaccinations are current to protect your dog from exposure to common canine diseases.

Your dog should also be a good citizen. An off-leash dog park is no place for an aggressive or unsocialized dog. And even good canine citizens should be under control with a collar or harness and stout leash.

If it's too hot or too cold, keep the session shorter. If weather is extreme, think about staying inside that day. You can still give your dog a workout by playing fetch or through supervised play with other socialized dogs.

Make sure your dog has clean, fresh water before and after you return from a walk, run or swim. Check your dog's paws if you exercised on gravel or other rough surfaces. Road salt or ice-melting chemicals can be irritating, so rinse or wash off your dog's paws after winter walks.

Make 2011 a healthy, happy year with a leash, a good pair of walking shoes and a few less pounds.

Dr. Kathy Connell, D.V.M., owns and operates Foxglove Consulting in Olympia.



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Psst, Men!

Cooking for your Valentine

This Valentine's Day, why not stay at home for a cozy, romantic and delicious dinner for two? I thought I would share what Mr. Magic, the man in my life with whom I'm totally besotted, cooked one evening for me.

doesn't have to be complicated

We had met a couple of months earlier at a country club where I was catering. We had been checking each other out the entire evening, and as magic as he was, he asked to meet me in the kitchen ... and kissed me before we even said hello.

I was looking forward to having him make dinner for me the very first time. How lucky can a girl get? When I arrived at his home, Mr. Gorgeous was attired in faded blue jeans, a white shirt with the sleeves rolled up, barefoot and a restaurant-style apron tied around his slim waist. (In a previous life, he had owned a restaurant in California.)

When it came time to sit down to dinner, the table was laid with everything we needed: candles, the salad, salt and pepper and napkins as well as a beautiful bottle of wine.

As Mr. Wonderful pulled out my chair, he said, "Oops, I forgot the cheese for our salad." He quickly dashed into the kitchen, got a supermarket container of shredded Parmesan and struggled to remove the lid. The next thing

we knew, parmesan cheese went flying all over. Never at a loss, Prince Charming got out his Shop-Vac and proceeded to vacuum the entire table before we ate his very nice meal.

It is a memory that will always bring a smile to my face and a warm feeling to my heart. So this Valentine's Day, celebrate the one you love by making her feel as special as I did that one wonderful night. The following recipes

are simple to make, wonderful to eat and easy for a man who wants to treat his lady to a memorable evening.

For an appetizer, serve a mild and creamy cheese, such as brie and have luscious round fruits like berries, cherries and grapes to nibble together. Chill wine glasses or beer mugs in the freezer and set the table with special care. Be sure to add some candles.

Beer Can Chicken

Serves 2 with leftovers

This method makes chicken incredibly tender and moist. Be sure to drink half the can of beer before making the recipe so that the liquid can heat and cook the chicken from inside. It's fun to eat a whole roasted chicken together, pulling pieces off with your fingers and feeding each other. You can also place baby carrots and little red potatoes around the chicken while it is roasting.

you will need

1 whole chicken, giblets removed, rinsed and patted dry with paper towels	1 Tbs. salt or garlic salt
	1 Tbs. pepper
	1 Tbs. paprika
3 Tbs. brown sugar	1 can beer - doesn't matter what kind or size

directions

Preheat oven to 350. Line a roasting pan with foil. In a small bowl, combine sugar and spices. Drink half the can of beer. Rub spice mixture over skin of the chicken, coating well. Place any leftover spice mixture into the beer can. Insert beer can in cavity of the chicken in between its drumsticks and stand upright, so the chicken is vertical. Place in prepared pan. Bake for 1½ hours.



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.

Lovers Green Salad

♥ Serves 2

you will need

1 small pkg. ready-to-serve mixed greens
6 small dried figs, snipped into pieces
¼ cup feta or crumbled blue cheese
¼ cup honey
¼ cup chopped walnuts (you can toast them if you like)
¼ cup balsamic vinegar
Salt and pepper to taste

directions

In a salad bowl, mix the honey and vinegar. Place greens in bowl and top with figs and cheese. Scatter walnuts over the mixture. Top with paper towels and store in the refrigerator until serving. Before serving, toss well and sprinkle with salt and pepper.

Fruit Flambé

And for dessert, it is always fun to have some flambéed fruit on top of ice cream.

directions

Just melt half a stick of butter in a skillet over medium heat. Stir in a spoon or two of brown sugar. Add some sliced or diced fruit of your choice and cook gently for a few minutes to warm and soften fruit. (You can do this ahead, simply reheat before serving.) To flambé, simply heat the liquor of choice for 30 seconds in the microwave. Light carefully with a match and add to the fruit mixture, ladle over ice cream and serve with a smile.

You can make ice cream balls in advance and store them in the freezer, covered with plastic wrap. Some ideas to get you started:

- ♥ Butter pecan ice cream, sliced peaches and brandy ♥
- ♥ Vanilla ice cream, strawberries and Grand Marnier ♥
- ♥ Chocolate ice cream, bananas and rum ♥
- ♥ Toffee ice cream, pears and Amaretto ♥
- ♥ Coffee ice cream, bananas and Kahlua ♥



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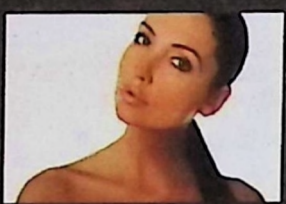
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Valentine's Day

Is it love or romance?

The magical red month of love has arrived. The pressure is on to let that special person in your life know of your affection. Restaurant owners, flower shops, lingerie stores and of course Hallmark count Valentine's Day as one of their best friends. Grade school kids anticipate with excitement exchanging valentines with their fellow classmates, stirring up all kinds of chatter over who likes whom. It is a day for true crushes to be discovered.

It can also be a day of real heart break when feelings are not mutual. In the end, Valentine's Day reveals a truth about our culture. We often confuse romance with love. I know this having performed hundreds of weddings over the years. Couples often arrive in my office in what some therapists describe as a psychotic state. They are "madly in love" with one another.

My first clue comes in a response to a questionnaire I have them fill out. One of the questions reads, "The one thing I think my spouse could improve on is ..." You would be surprised how many couples leave the answer blank, and when I push them a little they often respond, "No, really. I like everything about him." This is what the "madness" of romance can do to a person's judgment. That same couple a year later may need to use the back of the page to complete the complaints they have about the other person.

Love is not blind. Romance is. Love, in fact, begins precisely at the point that I discover the person I am

in love with is anything but perfect. If you don't believe me ask my bride. Love is hard work. Love puts up with a lot. Love has to be on a first name basis with forgiveness. We often turn to Hollywood for our role models of love. Hollywood is a prime example of how short-lived romance can be.

I turn to the older couples that I have been privileged to know who continue to stick together through thick and thin. I think particularly of those who hang in there when one or the other develops dementia. Slowly they watch the person they love retreat into his or her own world. It often involves a move into an adult home or a memory care unit as their loved one demands more and more care. This painful downward journey can last years and reach the point where the person no longer is able to recognize their closest family members.

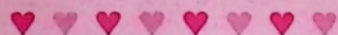
I watch these couples faithfully, daily, without complaint, continue to love and comfort their spouses, getting what appears to be nothing in return. This, my friends, is real love. This is the kind of love that no card or box of chocolates can ever convey. This is the kind of love that isn't discovered until the very end of life, when you find out just how in love you truly are.

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



Kirby Unti
COLUMNIST

FROM OUR READERS:



Don grew up in California.
Kate grew up in Michigan.
In 1978, Kate was on a Rotary
Foundation Graduate Fellowship
year at Leeds University,
England. Don was in the Army
in Nuremberg Germany. Both
of us were on vacation. We met
at a Youth Hostel in Edinburgh,
Scotland because the hostel staff
was on a dinner break. We were
waiting to check in. From that
serendipitous event came
decades of happy marriage.



On the 25th anniversary
of that meeting, we took a trip
back to the very spot!

♥ *Kate - Renton* ♥

How we met...



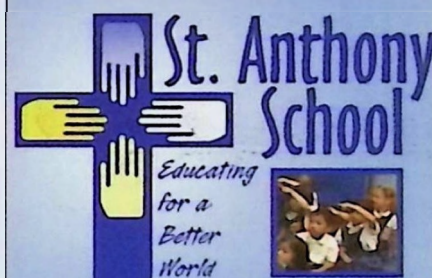
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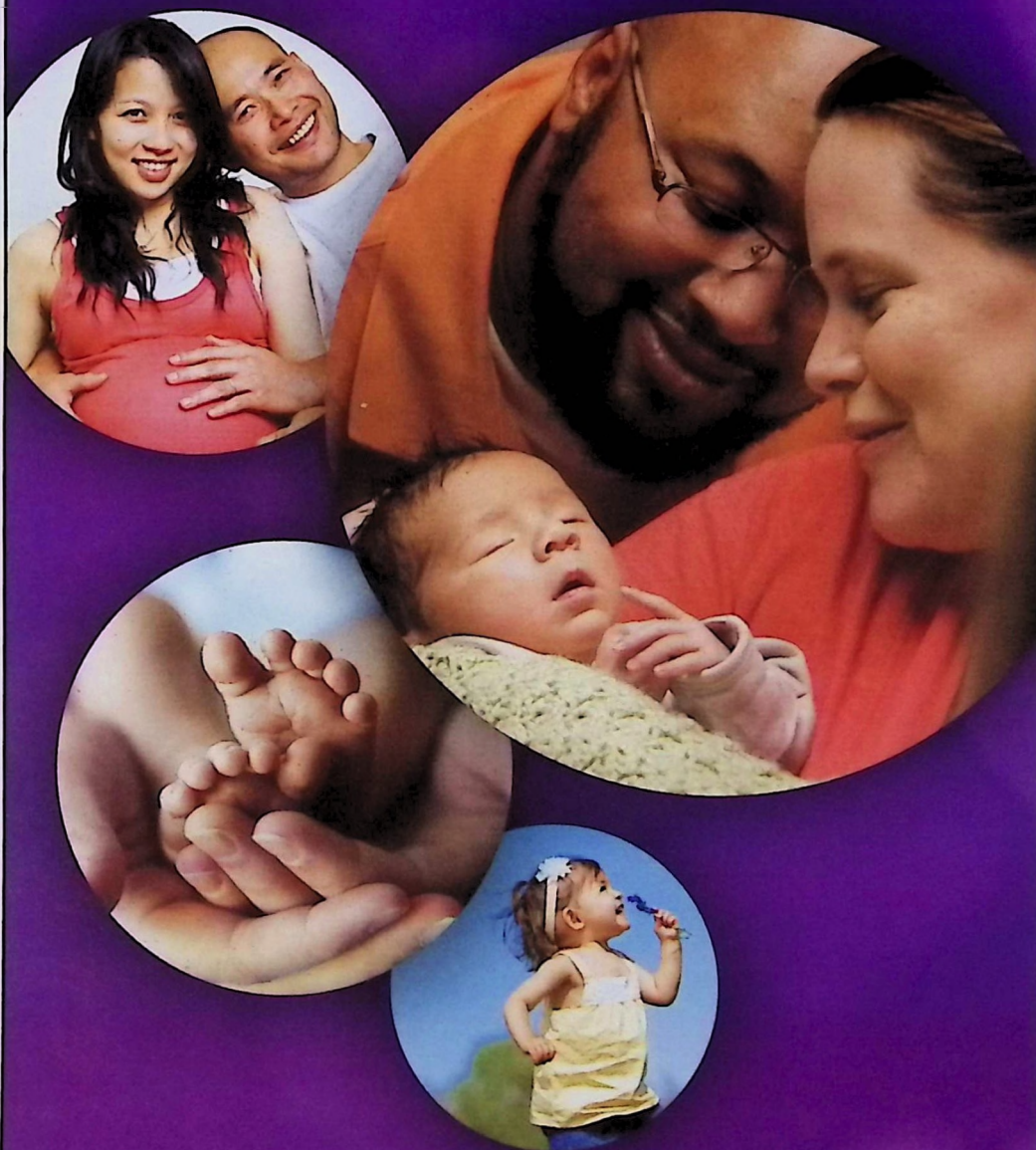
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