

RENTON *Magazine*

Volume 9 / No. 1 January 2019

**Renton's public art
brightens our space**
page 10

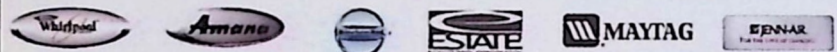
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People in our community can, and do, make a difference very day. Mostly we hear about charities. Truly, these are important. They can target needy groups and offer help with greater precision and efficiency that we could ever expect from a government program.

Thanks to the Internet, it sometimes happens at lightning-fast speed. Pleas are spread nationwide – even worldwide – to like-minded individuals who contribute resources or expertise. I've met women on-line who write thank-you letters or maintain websites to support charities many hundreds of miles away.

Just as important, people help each other on a quiet, personal level. Someone drives a neighbor to a doctor's appointment. You drop cans of food into a collection box. Someone else helps pay a veterinary

bill or does some home repairs for a needy senior. It doesn't take much, really, to make things better.

These charitable acts are done without thought of recognition. They are done because of how they make the giver feel.

Sometimes charitable acts occur among people who don't know each other, and who will never be thanked by the recipients. Recently a group of mostly women conspired to rescue a pony. Never having personally met each other, only communicating over the Internet, they discovered at-risk ponies, chose one, found a home for it among themselves, arranged



Diana Kramer
PUBLISHER

transportation across several states and raised funds for its care. All on-line, in a couple of days. Whew.

But sometimes, you would like to do more yourself, personally. But where do you start? We know the big charities. But are there volunteering opportunities that particularly match your time, interests and values? Consider visiting VolunteerMatch.org. It's a cool way to learn more about volunteer opportunities in your own community, and virtual opportunities nationwide. Type in a zip code or interest area, and you're directed to organizations looking for you. It's just simple search coding, supplied by Target.

We cannot change tomorrow for every person who needs help. But we can make specific, focused contributions that make a difference. And your contributions may simply be some time...which is something you can likely afford, even on the tightest budget.

RENTON Magazine

VOL. 5 | ISSUE 1

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Puget Sound Publishing Co.
15 South Grady Way, Suite 614
Renton, WA 98057

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cover: Art brightens public places in Renton. We find it strolling along the shores of Lake Washington, sharing space within the downtown library or here, at the Community Center. Visiting it is easy and best of all, free. See story on page 10. Photo by Kimberly Collette.

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

REFLECTIONS

AWARD CEREMONY

JANUARY 7

The public is welcome to attend Renton PTSA's Reflections Award Ceremony, honoring the best in student art in the Renton School District. In addition to receiving awards, students will learn which pieces of art will move on to state competition. This year's theme is "Beauty is ...". Entries will be in photography, visual arts, music, and literature.

Thursday, 7 p.m.
www.rentonptsa.org
 Admission: Free

IKEA Performing
 Arts Center
 400 S. 2nd St.



Renton Civic Theater presents this award-winning tour of a forbidden zone. The Vagina Monologues introduces a divergent gathering of female voices, including a 6-year-old girl, a septuagenarian New Yorker, a vagina workshop participant, a woman who witnesses the birth of her granddaughter, a Bosnian survivor of rape, and a feminist. Half the proceeds from this production will benefit women's charities.

Fri & Sat, 8-10 p.m.
 Renton Civic Theater
 507 S. Third St.

Admission: \$15
 (includes desert following the show)

www.renton-civictheater.org
 425-226-5529



january 1

Polar Bear Dip

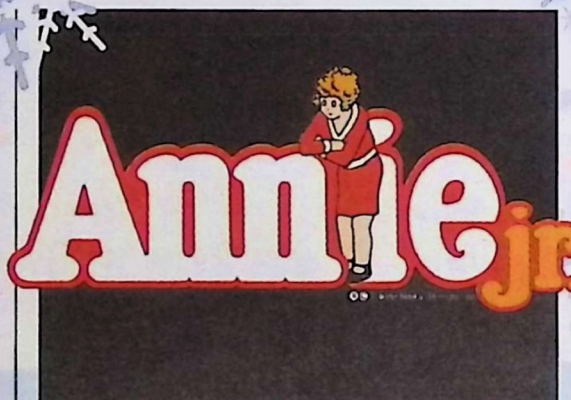
The City of Renton's Parks and Recreation Department, along with Ivar's Restaurant, offers the public the annual opportunity to usher in the New Year by braving the cold waters at Gene Coulon Memorial Beach Park. A lifeguard will be on duty.

Friday, 11 a.m.

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

425-430-6700

Admission: Free



january 7-9

'Annie Junior'

Hi-Liners DownStage Center presents this heartwarming musical set during 1930s America, featuring youth actors. Annie lives in an orphanage run by Miss Hannigan, but yearns to find her long-lost parents and escape. Her luck changes when she is befriended by the billionaire businessman, Daddy Warbucks.

Thursday and Friday, 7 p.m.;
 Saturday, 1 p.m. and 7 p.m.

Carco Theatre
 1717 Maple Valley Highway
 206-617-2152 / www.hi-liners.org

Admission: \$10 per ticket



january 24

Renton Hoop Shoot

Youngsters, age 6 to 14, have the opportunity to make a slam dunk at the city's annual Hoop Shoot. Participants will compete in separate age and gender divisions: 6-8, 9-10, 11-12, and 13-14. Age division is based on participant's age as of March 31. The top two finishers from each age group will advance to compete against other area winners.

Sunday, 4 p.m. (ages 6 to 10);
 5 p.m. (11 to 14)

Renton Community Center
 1715 Maple Valley Highway

425-430-6700 / Admission: Free

upcoming events

JANUARY 21

RENTON
COMMUNITY
Foundation

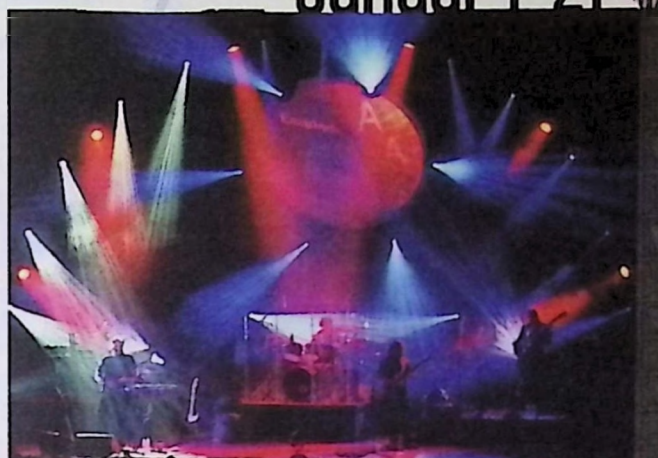
Circle of Giving

AWARDS CELEBRATION

The Renton Community Foundation welcomes the public to its annual Circle of Giving. The foundation this year will grant up to \$40,000 to local organizations or endeavors. All fund dollars are allocated to recipients in need. This event will also be a celebration of the foundation's 10-year anniversary.

Thursday, 5-7 p.m. 425-282-5199
Renton Senior (Lynn)
Activity Center Admission: Free
211 Burnett Ave. N. rentonfoundation.org

JANUARY 21



PINK FLOYD *Experience*

Much more than a re-creation of the legendary songs, the Pink Floyd Experience echoes what made Pink Floyd one of rock 'n' roll's greatest icons. It's a celebration of the music, the themes, and the innovation that this band brought to fans from around the world.

Thursday, 8 p.m. Admission: \$42 (VIP);
ShoWare Center \$34 (Premium); \$27
625 James St. (Kent) (Reserved)
www.thepinkfloydex-
perience.net
253-856-5051

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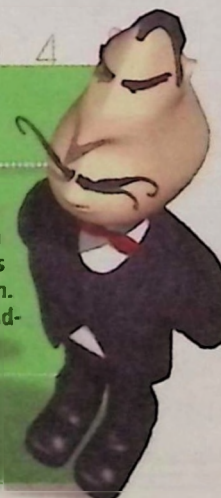
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JANUARY 29 - FEBRUARY 14

The Butler Did It

In this comedy thriller presented by Valley Community Players, writer and director Anthony J. Lefcourt is rehearsing his new play, a "classic whodunit" (in which all the characters are named Butler) with which he hopes to regain the success that has eluded him in recent seasons. In an effort to entice his actors, he "stages" the murder of one of the actresses, after which the plot begins to twist and turn. Soon actors and audience alike have lost track of what is real and what is make-believe. A surprise ending sets matters straight in a most bizarre and ironic way.

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



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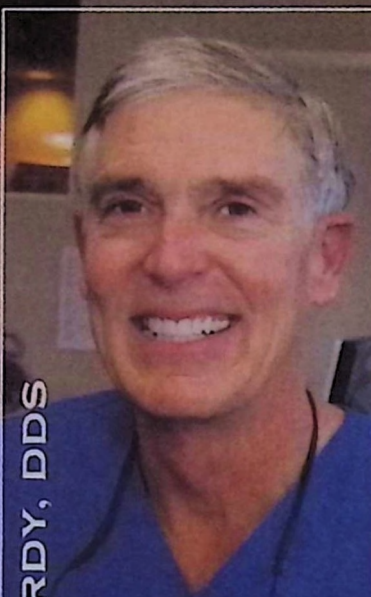
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calendar of events

WINTER RECREATION

Free Winter Courses at REI

Wednesday, Jan. 13, 7 p.m.

Snowshoeing 101: Lessons for anyone who's ever wanted to snowshoe or wants to improve. Topics include how to choose a snowshoe, gear essentials, safety, where to go and much more.

Wednesday, January 27, 7 p.m.

GPS 101: Learn the basics of how GPS technology works and which unit might be right for you.

REI (Southcenter)
240 Andover Park West

206-248-1938 / www.rei.com/tukwila

Admission: Free

SAFETY PROGRAM

General Disaster Preparedness

Wednesday, Jan. 13, 6:30 - 7:30 p.m.

Washington state is prone to some of the worst natural disasters in the United States. Find out in this interactive lecture from your local American Red Cross how to make a plan, build a disaster supply kit, and how to be your own best resource.

Renton Community Center (room A)
1715 Maple Valley Hwy. / 425-430-6700

Fee: Free

YOUTH SPORTS

After-School Activities

Tuesdays, Jan. 5-Feb. 9, 3:10-4:30 p.m.

This after-school program for ages 5-11 features floor hockey, basketball, volleyball, and soccer. Tony Collins will lead participants in a variety of games and skill development activities.

Tiffany Park Elementary
1902 Lake Youngs Way S.E.

425-430-6700

Fee: \$30/Renton residents; \$36/non-residents

YOUTH MUSIC PROGRAMS

Renton Youth Symphony Orchestra

Mondays, Jan. 4-April 26, 6:30 p.m.-9 p.m.

Co-sponsored by the City of Renton Recreation

Division, the RYSO offers an opportunity for students to participate in an organized music program. Students must already participate in a school music group to qualify.

Carco Theatre
1717 Maple Valley Hwy

Renton Community Center
1715 Maple Valley Hwy

425-430-6700

Fee: \$84/Renton residents; \$100/non-residents

FREE ENTERTAINMENT

Teen Nights

Saturday, Jan. 9, 7 - 10 p.m.

City of Renton Parks and Recreation provides a safe place for ages 11 to 17 to hang out at the Highlands Neighborhood Center. The evening includes games, sports, and movies. Snacks provided.

Highlands Neighborhood Center
800 Edmonds Ave. N.E.

425-430-6700

Admission: Free

Renton History 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 your group. In that case, call the museum one day in advance.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: Free

Family Game Days

First Saturdays of each month, 2-3:30 p.m.

Bring the entire family to the Renton Library's main branch to enjoy PlayStation 2 and board games. Research shows that gaming can be a powerful tool for literacy and learning.

Renton Library (main branch)
100 Mill Ave. S. / 425-430-6610

Admission: Free

Teen Tuesdays

Last Tuesday of the month, 3-4:30 p.m.

Drop in for games, snacks, free stuff, contests, and more. Check the teen blog for details at <http://rentonteens.blogspot.com>.

Highlands Library
2902 N.E. 12th St.

425-430-6790

Admission: Free



SENIOR EVENTS

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

Elvis Presley's Birthday Luncheon

Friday, Jan. 8, 10:30-11:30 a.m.

Elvis is back in the house. Renton Senior Activity Center celebrates his birthday and by inviting attendees to dress up like "The King." A prize will be awarded to the best Elvis. Lakeshore is providing karaoke for Elvis entertainers. Lunch will be served at 11:30 a.m.

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

Senior Snowflake Ball

Friday, Jan. 15, 7-9 p.m.

It's a winter wonderland at the Renton Senior Center. Dress in your best and enjoy an evening of dancing and hors d'oeuvres. Entertainment will be provided by Harley Brumbaugh and his seven-piece band. Advance tickets are required and are available beginning Jan. 4.

Admission: \$10

Oral Health

Friday, Jan. 29, 12:30-3:30 p.m.

Dental hygiene students from Eastern Washington University will be available to answer questions about oral health needs and will provide options for dental services in the area. After attendees complete a short survey, refreshments and free samples will be offered. Attendees have a chance to win an electronic toothbrush.

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

Kirby Unti

The end of a decade *Wow!*

I have reached that age in life where time is marching by at what seems to be a very rapid pace. I would swear in the face of the facts that there seems to be far less time between each New Year. I talked to my 85-year-old parents this week and asked them how it is possible that their baby just turned 55 and their oldest son will celebrate his 60th birthday in May.

It was yesterday that Mom and Dad were in their 60s. They had no explanation, other than to express gratitude that they have lived as long and well as they have. One of the great lessons my parents have taught me is what it means to stop and take stock of the blessings that come each year.

It is far too easy to get caught up in all that is wrong with life and forget how fortunate we are to have made it this far. How true that is as we enter the last year of this decade. It does seem like a long time ago that we were inundated with Y2K and all of the destruction that would accompany it. Do you remember how all of our computers were going to crash, the airlines were going to go into a tail spin, the electrical grid was going to collapse and for some, it even meant the end of the world? I will never forget getting up the next day to discover that my computer, which was NOT Y2K compatible, worked like a charm.

Then there was 9/11, a day no American will forget. I was in the bathroom while my wife Kim was trying to tell me about an airplane that just crashed into the World Trade Center in New York. Little did I know the significance. How is it possible we have not had another major attack?

Next in the lineup of crises was the Ash Wednesday earthquake. I remember crossing the street to check on my daughter's welfare at



McKnight, and I had kids hanging on me because they were so frightened. I learned that day that cell phones aren't worth a darn in a real crisis.

This has been a decade of natural disasters, with Katrina topping the American list. Our church sent a team that spent a week trying to help clean up the muck. It has been a decade with two wars in Afghanistan and Iraq, and we are just beginning to realize the toll these wars have taken upon the families who have served there. If war is not bad enough, we have gone through the worst economic downturn since the Great Depression, and locally we have mourned the loss of five police officers, all of whom were assassinated.

I am only hitting the big news items. There are plenty more personal challenges and losses that people have had to face. Let's face it. If all we choose to focus on are the tragedies of life, we miss out on the most important truth of all. If you are reading this article you have survived them.

Mom and Dad are at the age where they are counting every day as a blessing. Imagine reaching the age where you know that the next really big event in your life is death itself. I have said it before in this column: Every day above ground is a good one.

We are topping off a decade and beginning a New Year. Give thanks that you have survived all that you have and look forward to a year that will be filled with daily blessings. It is just as easy to focus on the blessings as it is the crises. Happy New Year!

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



Kirby Unti
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Speaking up!

Renton high grads return with an agenda

BY ANDREW FICKES

Renton High School graduate Seth Trowbridge is the first to admit that he was a teacher's nightmare during his freshman year. At one point he even punched out a classroom window.

That all changed when he registered for a speech and debate class to fill a needed elective credit.

Trowbridge's home life was unstable. His mother committed suicide when he was in fifth grade. The speech and debate team advisors took him under their wing and became like mothers to him, he says.

"[Speech and debate] helped me be more motivated and it helped me be more focused," says Trowbridge. The advisors "had faith in me and I didn't want to break that faith."

During his senior year, Trowbridge was elected class president, competed in track and cross-country, and was a member of Future Business Leaders of America in addition to speech and debate.

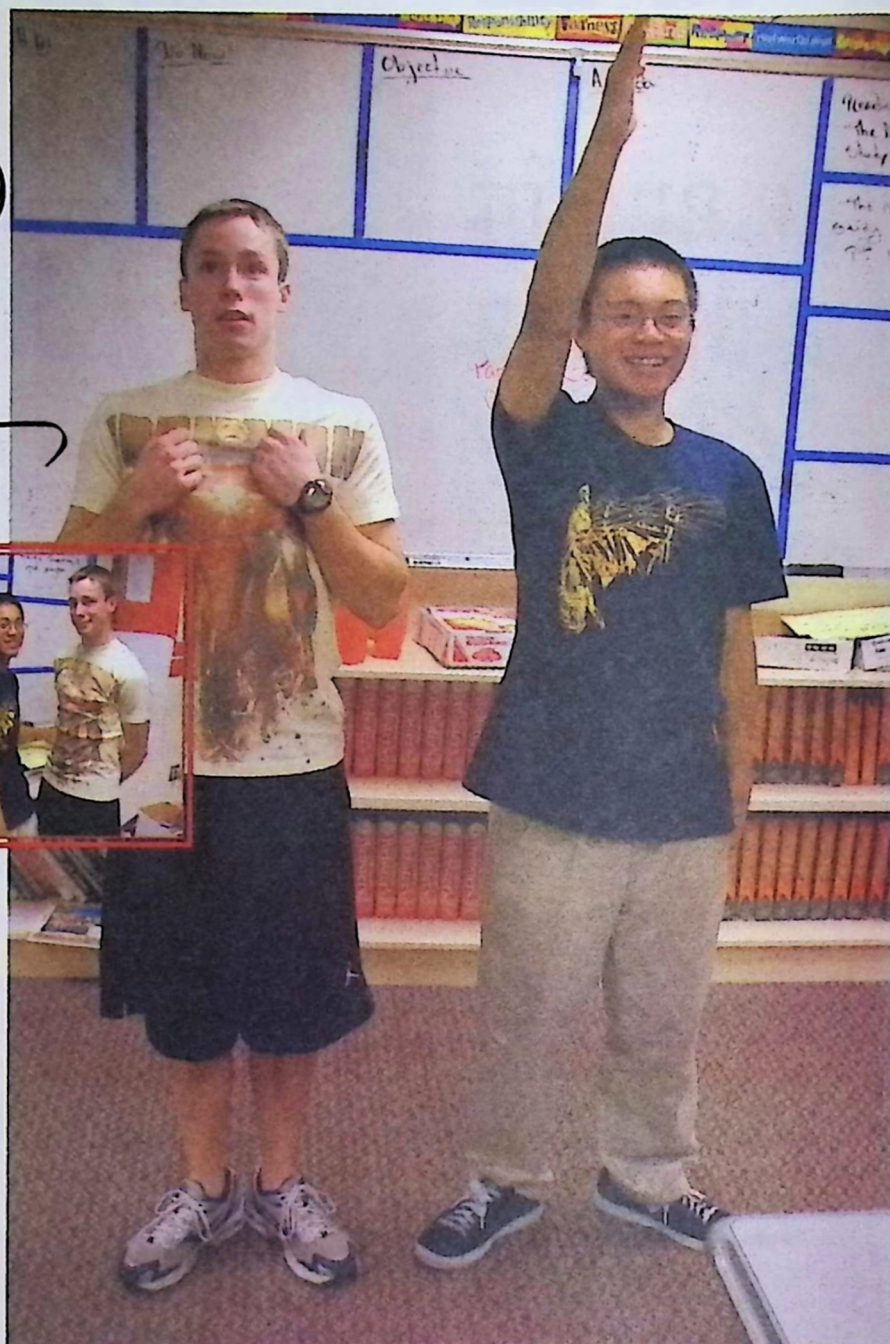
Now a student at Everett Community College, Trowbridge and two of his fellow graduates – Mikaira Rheubottom and Terrence Eng – have returned to the RHS speech and debate team to help members refine their speeches.

Debating political or social issues is only a part of speech and debate competition. Through their speeches, students have opportunities to express themselves. And there are acting events – dramatic interpretation, humorous interpretation, duo interpretation, and interpretive reading.

"Kids just think it's all about arguing, but it's more than that," says Jessica Buchan, team coach and language arts teacher. "There is a lot more dedication and open mindedness required."

For Trowbridge, speech and debate provided an outlet for his energy.

"Speech and debate got me out of my personal circle of friends," he



RENTON MAGAZINE / ANDREW FICKES

(L to R) Mikaira Rheubottom, Terrence Eng, and Seth Trowbridge, are graduates of Renton High School's speech and debate team and have returned to coach and support the new recruits. Above, Seth Trowbridge (left) and Terrence Eng, graduates of the RHS speech and debate team, resurrect their junior year duo interpretation.

says. "It taught me ways to focus on organization in everything I do, whether it be my personal life or writing a college essay."

Besides helping with speech and debate, he's scheduled to serve as an assistant track coach at RHS this spring.

Rheubottom participated in speech and debate from her sophomore through senior year of high school. Now she attends Seattle Central Community College and recalls that "the camaraderie of the team is something I'll never experience again."

In her senior year, Rheubottom was team president. She remembers spending the year refining a dramatic interpretation about a Rwandan woman who lost her fam-

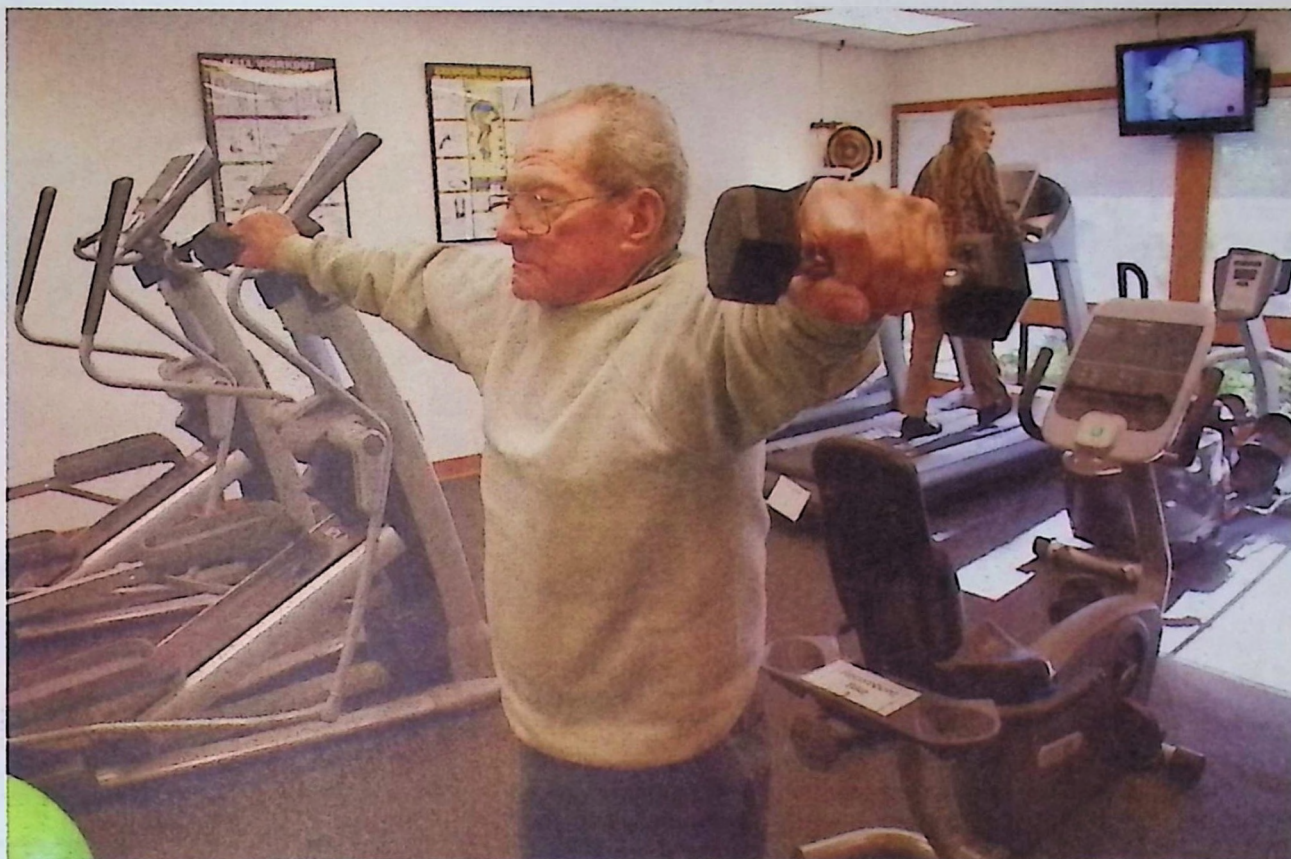
ily during the genocide of the 1990s. She ultimately received first place in state competition.

"Being in speech and debate helped me be humble and work hard," she says.

It also made her comfortable in front of people, so much so that a stutter all but disappeared during her presentations.

Eng, now attending Bellevue Community College, discovered his knack for acting as part of the speech and debate team.

"I enjoyed performing for other people," he said. "It taught me a lot about how effort and determination can help you succeed."



RENTON MAGAZINE / ANDREW FICKES

Joe Hartman lifts free weights in the new Senior Center fitness room. He says he enjoys the gym because it returns him to the exercise he used to get from doing yard work.

Keeping *fit* at the Senior Center

BY ANDREW FICKES

*m*aintaining health and building muscles just got a little easier for patrons of the Renton Senior Activity Center looking to fulfill their New Year's resolution.

Last fall, the center unveiled its new fitness room, with two elliptical trainers, two treadmills, a total body trainer, chest press, bicep curl, lateral pull-down, free weights, fitness balls, and resistance bands.

Renovation of the room, including purchase of two flat screen TVs and the hiring of a fitness instructor, was possible with a \$76,340 grant from the First Financial Northwest Foundation Fund, established in 2007 by First Savings Bank.

"It is remarkable that we are upgrading our facility during lean times, while neighboring cities are closing theirs," says Debbie Little, senior center spokeswoman.

Within days of the grand opening, the center was

already attracting quite a following. Individuals 50 or over are welcome for a \$1 drop-in fee. A 30-minute fitness orientation is required to help first-time users familiarize themselves with the equipment.

Karen Boswell, whose doctor recommended she lose 30 pounds by April, enjoys the elliptical machine.

"I walk a lot, so I wanted something to complement my walking," says the Renton resident.

Mayda Eng, who works nearby at a sandwich shop, says she loves the new facility.

"It's very nice and very simple and easy," she says.

Of all the users that came to the facility during its first week, 89-year-old Joe Hartman was the most active.

Hartman, a resident of Merrill Gardens, walks 10 miles every day. He says he inherited his parents' penchant for walking. Three years ago he sold his house in Fairwood and his car to save up for a nice apartment at Merrill Gardens. He left behind his yard work and the good exercise it provided.

"Working out at the gym allows me to get back to where I used to be," Hartman says. "I'm trying to maintain my physical conditioning."

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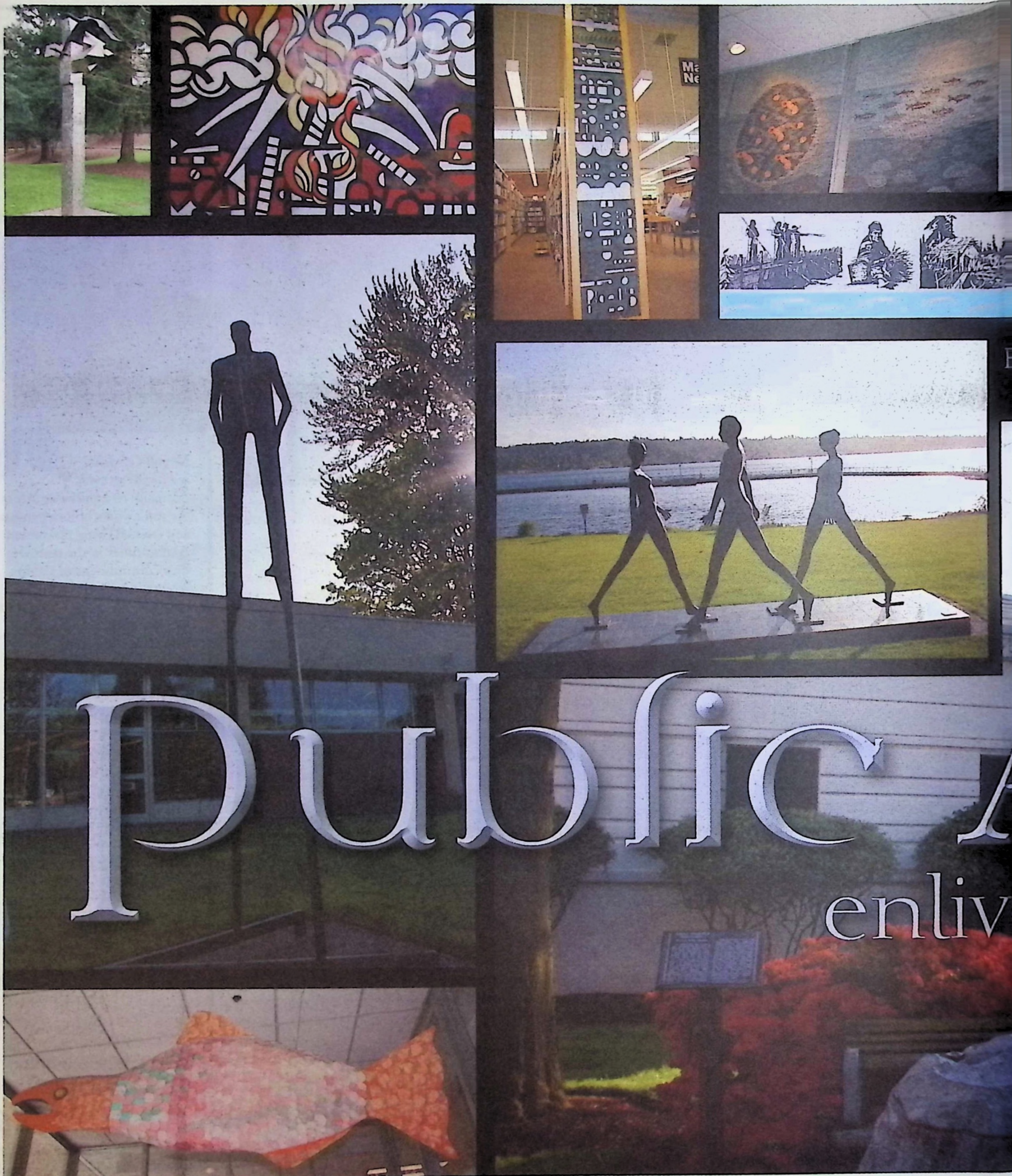
www.merrillgardens.com

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RETIREMENT & ASSISTED

The Renton Senior Activity Center fitness facility is open Monday through Friday from 9 a.m. to 4:45 p.m. The center will be closed Jan. 1 and Jan. 18. Orientations occur on Wednesdays, 9 a.m. to 2 p.m. The center is located at 211 Burnett Ave. N.



Public Art enliv



BY KIM COLLETTE

Before you reach the doors of Renton's main library, you're greeted by the bronze sculpture of a young boy, dutifully reading a book. Walk through the doors, glance up and a large, golden paper maché fish swims above. Within the library, beautiful bronze screens cap the ends of bookcases. The life cycle of salmon, woven in yarn, hangs above readers' desk.

Art doesn't have to be viewed only in museums and galleries. Since 1974, one percent of the state's construction budget has been dedicated to creating public art through the One Percent for Art Fund. Art is as close as the library, local parks and community centers.

The "Stiltwalker" in Liberty Park, a sculpture acquired in 1984 through the One Percent for Art fund, stands tall and peers towards the baseball fields. Across the park another structure, called "Rolling Waters" rises and falls like a flowing stream. This piece may be overlooked as art, because it functions as a skate park.

Many of the community's public art pieces are found at Renton's Community Center, 1715 Maple Valley Highway. Art for the center, built in 1989, was furnished through the One Percent fund. Large enamel-on-steel panels are mounted on the face of the building, and a painted map depicting Renton hangs inside the doors. On the center's terrace are curved stools covered in colorful glass tile.

Within view of the Community Center, etched stainless steel murals depicting the Duwamish Tribe hang at the Henry Moses Aquatic Center. Head across the parking lot to view a piece next to the Carco Theatre, entitled "Emerging." The sculpture stands high, displaying two geese in flight. It was commissioned for the Renton Centennial Celebration and dedicated in April 2003. Inside the lobby of the theatre, work by local artists is displayed in a rotating exhibit that changes every six weeks.

Art meets functionality in the Waterworks Gardens at the water treatment plant, 1200 Monster Road S.W. The entrance to the eight-acre garden is at the Knoll, and a path passes through a series of leaf-shaped ponds, a mosaic grotto and ends in wetlands. The garden opened in 1996 and can be visited between dawn and dusk year-round.

A large tile mural of the city of Renton, created from drawings by English as a Second Language students, is in front of the city's parking garage downtown. A piece entitled "The River" soars the entire 76-foot height of the garage. Nearby in the Piazza is a statue of a young girl dipping her foot in the water of a fountain. "Interface," a bronze sculpture of three people strolling in the grass, adds to the view at Gene Coulon Memorial Beach Park. Try catching the sculpture at sunset, when back lighting adds a dramatic dimension to the figures in profile.

For a listing of city-owned art, go to www.rentonwa.gov, and search for 'public art.'



around
the garden

Winterize your plants

BY ELAINE ANDERSON

*W*inters here in the Northwest are mild, and in most years gardeners give little thought to the dangers of frost. After all, don't we choose our plants from a selection of those that are hardy in our climate?

But, every once in a while, we are obliged to lend a helping hand if our plants are to survive. As soon as the weather report announces the approach of colder-than-normal temperatures, put your plan for protection into action. You will, of course, have such a plan. Don't wait until the evening of the first frosty day to cover your plants. By dark, much of the stored heat in your garden will be gone.

Container plantings are particularly susceptible to frost damage because their roots are

unprotected, relative to their buddies whose roots are in the soil. They should be the first to receive your attention. Move what you can indoors. Wrap the remaining pots in any type of insulating material – bubble wrap, burlap, old bed sheets, even newspaper. Use layers of material around the pot and secure one or two layers around the plant itself, leaving the top open to the air.

If your garden is small, make tents over your plants using a few stakes and draped material (the same type you used for your containers) anchored with rocks, bricks, or garden tools. No stakes? Lay the material directly, and lightly, over the plants. If your garden would require a circus tent to protect it, you'll have some choices to make.

If you boldly went where no gardener should go and purchased less-than-hardy plants, they will be your priority. After they are snuggled under their blankets, turn your atten-



tion to plants that are hardy but newly installed. After that, go inside for a hot cup of tea and hope for the best.

Some plants prepare themselves for winter by ensuring that the water remaining in their cells doesn't freeze. They do this by changing the cells' permeability to allow water to leak from the cells into the spaces between them. Another preparation for winter involves a plant's production of "antifreeze," actually an accumulation of sugars in its tissues that lowers the freezing point of water. But, most of our plants must rely on TLC to get them through frosty days and nights!

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by King County and WSU, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about hardy plants and other gardening topics, call the Master Gardener Phone Clinic at 206-296-3440.



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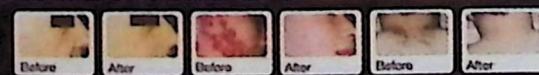
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pet care



PHOTO COURTESY OF HENRY MOORE JR., BCU/WSU

Administering drugs safely in animals is as important as with people. This horse is being treated at Washington State University Veterinary College.

Safe use of animal medications

BY DR. KATHLEEN CONNELL

Whether our pets walk, slither, hop or fly, occasionally an ailment requires treatment. Just as with human drugs and medications, you should be careful when handling and administering medications to your pets and livestock. You want to protect your animals, yourself and your family from accidental drug exposure when using any medication.

We become complacent about commonly used medications and drugs. We forget they can have adverse effects, such as medication side-effects and drug interactions.

Like most people, you probably have ointments, pills, dewormers and old bottles of medications stashed away. Maybe it's time to sort through your first aid kit, medicine cabinet and horse trailer. Are these medications still useable? If they've expired and lost their potency, it's best to dispose of them properly.

Owners are encouraged to consult their veterinarian for a proper diagnosis, recommended treatment, and drug administration plan. Make your veterinarian aware of any other substances or products used for your pets so you can help avoid any adverse drug reactions. Even more importantly, notify your veterinarian if you are pregnant or allergic. You may need to take specific precautions before medicating your pet or have someone else handle and administer the drug.

With a dispensed medication in hand, always follow your veterinarian's advice on handling and adminis-

tration. Be sure to read and heed all label directions and warnings. The medication should be used only for the particular animal it was prescribed for, not for other pets.

Here are some basic safe handling tips:

- Understand how and when to administer your pet's medication. Is it given with food or on an empty stomach? Do you know how to administer oral and injectable drugs? Your veterinarian or veterinary technician can demonstrate proper restraint techniques so you can easily administer medication. The treatment won't do any good if you can't get it safely and smoothly into your pet.
- Safely store or lock up all drugs and medications. This helps prevent access by animals and children.
- After administering any medication, wash your hands. Hand washing removes any drug residue so that you avoid accidental contamination of your skin, eyes, mouth or nose.
- If injecting a drug, don't use your teeth to uncup needles. This prevents accidental needle sticks and possible injection or ingestion. Dispose of used needles and syringes in a special, well-marked sharps container.
- Apply sprays in well ventilated areas. This prevents inhalation of fumes from insecticides, disinfectants and other aerosols.
- For accidental human or animal drug exposure, immediately contact the National Capital Poison Control Center, 1-800-222-1222 or www.poison.org.

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



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Now starring Starfruit

BY CHRISTIE KATONA

When I was a little girl, the grocery store produce section was much smaller than it is today. The fruit selection consisted of little more than apples, bananas, oranges and the occasional pear, plum or peach. Now exotic fruits from all over the world, fill the shelves with their unusual names, tropical flavors, fresh ideas and new ways to enjoy fresh fruit in our lives.

With the new year, we all look for healthier and perhaps less caloric ways to fill the menu. With that in mind, I thought I would feature a few of the popular fruits people are looking to as food that will be healthy and beneficial to their lives.



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.

Starfruit is also known as carambola or five fingers because of its star-like appearance. Originally from Sri Lanka, it is now cultivated in southeast Asia, Malaysia and grown in Florida, Hawaii and Puerto Rico.

Starfruit should be purchased when light green and then ripened to golden yellow at room temperature. The entire fruit, both skin and inside, is eaten. Starfruit can be kept at room temperature for two to three days, and can then be refrigerated for up to a week in a plastic bag.

The fruit usually has five points but can sometimes have six or seven. Seasonally, they are available

July through February. Their unique appearance makes them ideal for garnishes. They can also be dried and added to a fruit and nut trail mix. Other uses include fruit salads, puddings, curries, tarts, chutneys, as a cheesecake topping, added to smoothies or even wine.

Starfruit is low in saturated fat, cholesterol and sodium. It is high in fiber and a good source of vitamin C and potassium. One caution: Starfruit is very dangerous to those with kidney disease, causing irreversible damage and even death.

Here are some interesting recipes for using this unique fruit.

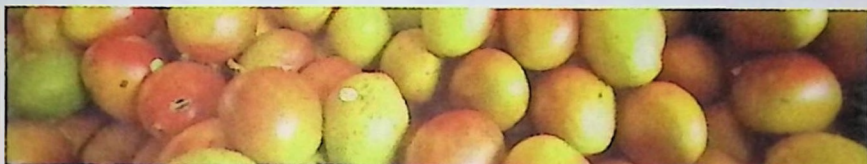
Wilted Spinach Salad with Star Fruit Serves 4

you will need

1 tbs. peanut or corn oil
1 tsp. ground cumin
2 tbs. chopped red onion
1/3 cup rice wine vinegar
1 1/2 tbs. brown sugar
1 tsp. soy sauce
1/4 tsp. red pepper flakes
1 lb. fresh spinach, stemmed, rinsed thoroughly and dried
2 star fruit, thinly sliced
1 avocado, peeled, pitted and sliced
1/4 cup sliced almonds

directions

In a heavy skillet, heat oil over medium heat and stir in cumin, stir and cook for 30 seconds. Add onions and cook until softened, about 2 minutes. Add vinegar, brown sugar, soy and red pepper flakes. Place spinach in a large bowl, pour hot dressing over. Divide spinach mixture among four plates and garnish with the star fruit and avocado. Sprinkle with almonds.



Star Fruit Chicken Salad

Serves 4

Make this quick entrée using a rotisserie chicken from your supermarket or deli.

you will need

Meat from one chicken, shredded

4 star fruit, sliced

2 mangoes, peeled and sliced

1 red bell pepper, cored, seeded and sliced

1 yellow pepper, cored, seeded and sliced

1/2 cup sliced green onions, thinly sliced

1 cup macadamia nuts, coarsely chopped

Bottled dressing of your choice, such as oriental sesame or poppyseed

8 cups mixed salad greens

directions

In a large bowl combine chicken, fruit, peppers, onions and nuts. Toss with dressing to coat. Divide salad greens on to four plates, top with salad mixture and serve.

Caramelized Star Fruit Sundaes

Serves 4

This is good on vanilla frozen yogurt or ice cream – a quick and different dessert.

you will need

2 large star fruit, each sliced into 8 stars

1 tbs. lemon juice

1 tbs. brown sugar

Frozen yogurt for serving

directions

Preheat broiler. Place star fruit on a baking sheet and brush with lemon juice, sprinkle with the brown sugar. Broil until sugar melts and begins to darken, about 3 minutes. Scoop yogurt into dishes and top with caramelized fruit.

Carambola Bread

Serves about 12

topping

1 cup pureed star fruit (about 3 to 4 small fruit)

1 cup sugar

3/4 cup milk

1 egg

2 cups flour

3/4 tsp. salt

1 tsp. baking powder

1 tsp. baking soda

1/2 tsp. ground ginger

1/2 tsp. cinnamon

1/2 cup raisins

topping directions

Preheat oven to 350 and grease a 9x5x3 inch loaf pan well. Puree carambola (star fruit) in a food processor using the steel knife. Measure into a cup. Combine puree, sugar, milk and egg using the steel knife of a food processor or an electric mixer. In another bowl, combine dry ingredients, flour, salt, baking powder, baking soda, and spices. Add to the wet ingredients and stir until flour is just moistened. Do not overmix, add raisins. Pour into prepared loaf pan and bake until a toothpick inserted in the middle comes out clean. Cool on a wire rack. Slice and serve with butter or wrap in foil to keep in the refrigerator. May be frozen.



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Kenworth trucks The World's Best

BY DAVID SUFFIA

K

enworth medium- and heavy-duty trucks are known around the world, from the freeways of this country and Europe to the oil fields of the Middle East and the logging camps of Asia and Central America.

The average Kenworth truck cab costs about \$100,000, while custom trucks destined for special heavy duty in deserts or forests can cost \$250,000.

The company's motto is "The World's Best," and they believe it at the company's Renton plant. They've been making Kenworth trucks in Renton since 1993, but PACCAR, Kenworth's parent company, has been here for more than 100 years.

Reid Nabarrete, Kenworth Renton plant manager, is proud of his operation, which has been honored a number of times for its efforts to protect the environment.

"We have a no-idle policy for vehicles on the plant site to reduce emissions," he says. "We use water-based paint on our trucks. We direct more than 80 percent of our waste material away from landfills. King County gave us an award for 10 years without any waste water discharge."

PACCAR makes Kenworth, Peterbilt and DAF trucks and parts; provides leasing, finance and insurance services to dealers and customers; and provides computerized on-road technical services to customers.

Nabarrete has been plant manager for a year-and-a-half but has been with Kenworth for 22 years. PACCAR was founded by William Piggott in 1905 and moved to North Renton in 1908 as the Pacific Car and Foundry Company.

Known for making railway cars, the company made Sherman tanks, dry docks and steel tugboats for the military during World War II.

In 1945, the company bought the Kenworth Truck Co. of Seattle and



The Renton Kenworth truck plant features a technology center where customers can see the company's various models, including newer more fuel-efficient trucks, as well as the latest in commercial truck technology. Right is Reid Nabarrete.

shifted its focus. It bought Peterbilt trucks in 1958, then DAF Trucks and Leyland Trucks in 1996. In 1972, the company was renamed PACCAR.

Nabarrete says the Renton plant turns out Kenworth trucks for companies like The Seattle Times, Coca Cola, Dunn Lumber and Halliburton.

"Every truck we build is paid for before we build it," he says, proudly wiping a stray fingerprint off the door of a showroom truck.

The Renton plant has a technology center that showcases the various Kenworth models, including an aerodynamic model that can save \$4,000 a year in fuel costs, and a hybrid prototype that gets 35 percent better fuel mileage.

The technology center also has interactive modules where customers can check out a computerized system that "can monitor each truck no matter where it is in the United States, even on the road. The system can tell if a part is malfunctioning or needs to be checked. We can tell the operator what the problem is and the location of the nearest dealer where they can



PHOTOS COURTESY OF PACCAR

have it checked or replaced."

It also can tell a truck operator what the weather will be up ahead, and the cheapest place to get fuel.

The Renton Kenworth plant occupies half of the Renton 80-acre PACCAR site, with the other half devoted to parts manufacture and technology information services.

The plant employs about 120, according to Nabarrete, but isn't working at capacity right now in the wake of the nation's economic downturn. There's another Kenworth plant in Chillicothe, Ohio. PACCAR turned out 126,000 trucks last year and had almost \$15 billion in revenues.

PACCAR's charitable foundation donates between \$5 million and \$10 million annually for education, social services and the arts.

Your library may have surprises for you

BY AARON OESTING

If you haven't been to the Renton Public Library recently, you may have missed some of the new programs being offered. We asked Renton citizens what they would like to see the library provide, and people expressed the desire for more programming. Despite the economic downturn and a reduced budget, the library is now offering an expanded variety of programs and activities geared to people of various ages.

At the younger end of the spectrum, there is a highly successful baby story time on Friday mornings. On Saturdays, school-age kids practice their reading skills in the "PAWS to READ" program.

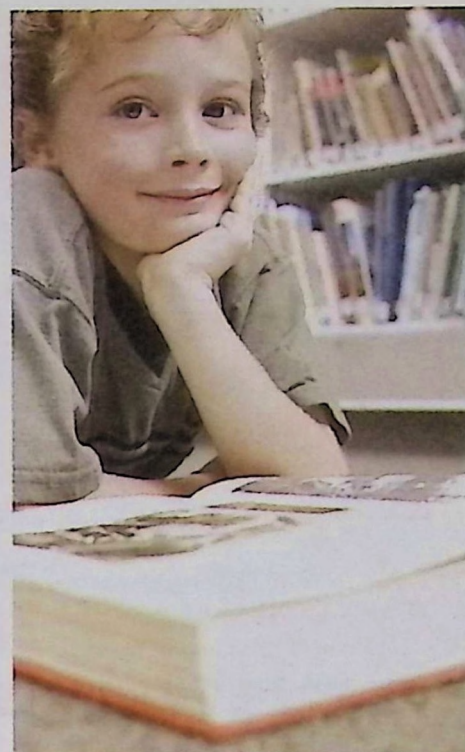
Teen library users have a wide selection of activities in which they can participate. There are "Teen Tuesdays" at the Highlands Library, with themes like "Anime Club," "Retro Video Games," and tie-dying. The main library has hosted a

teen advisory committee, a young adult writers' group, gaming sessions, craft projects, and an art contest.

For adults, there is a monthly book discussion group, individualized computer training sessions, and a "Talk Time" for English language learners to practice conversational English. This past summer the library ran an adult summer reading program in which people shared reviews of the books they read. Reviews were submitted as entries to a drawing for one of several themed gift baskets. Adults were also invited to exercise their creativity and submit reading-themed snapshots for a photography contest.

The library also provides programming for families. On the first Saturday of each month there is a family gaming session, offering everything from PlayStation 2 to classic board games. Recently, a shelf of Renton Library children's books was made available for checkout at Renton Technical College so students could more easily share the love of reading with their families.

So if you think you know the Renton Public Library, think again. Better yet, come to either branch and find out for



yourself all the great things that are happening. Information about these and other events is available online at www.library.rentonwa.gov, or you can befriend us on Facebook.

Aaron Oesting is assistant director of the Renton Public Library, phone 425-430-6610.

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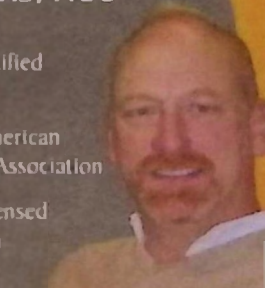
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Love of writing led to novelist's success

BY DAVID SUFFIA

Louise Hendricksen raised a family, followed that with a 25-year career as a medical assistant, survived breast cancer, published her first novel at 70, and became a successful mystery novelist with five books to her credit.

"I've never been content to just do what I can. I've always wanted to do more. I've persevered," says the Renton resident.

At 86, the mother of two, grandmother of six and great-grandmother of five is still writing mystery novels, still trying to do more.

"It took me 13 years of writing before I was published, 13 years of trying to prove I could do it," she says.

That was after she raised her family, and after she retired at 62.

"I've always wanted to write. I enjoy writing," she says. "I got interested in forensics from watching the old 'Quincy' show on television, about a medical examiner."

That led eventually to a series of novels featuring a heroine named Amy Prescott, a forensic investigator in the state crime lab.

"The first novel I did wasn't written. I did it on tape for my children and grandchildren. I recorded it complete with sound effects. That was in 1958. I titled it 'Mystery at Seacove Inlet.'"

It wasn't until 1993 that her first Amy

Prescott novel was printed by a New York publisher. Other publishers had rejected her manuscripts because there was already a successful mystery writer who featured a female medical examiner. That was Patricia Cornwell, one of the most successful mystery novelists of this era.

"They said my books were too much like hers, and they didn't need two authors writing the same kind of novels."

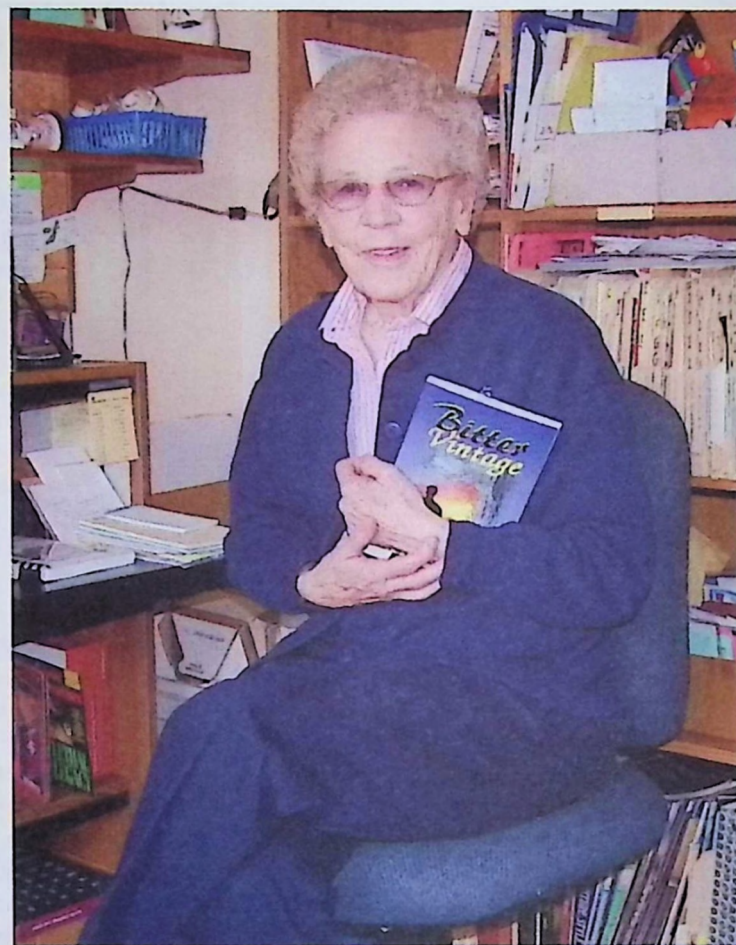
Then Kensington Publishing Corp. of New York agreed to publish all three of her Amy Prescott books for a regional audience. But first, they asked her to contribute to an anthology of short stories, which she did. Then Kensington followed with the Amy Prescott books in 1993, 1994 and 1995, printing them as paperbacks because the target audience was women, "and women like to put books in their purses." The novels have been re-published online and can be downloaded at www.ereads.com.

Hendricksen remembers vividly when she was treated for breast cancer in 1994: "I was sitting in Southcenter Mall signing books and wearing a wig because I'd lost all my hair."

Her latest book, "Bitter Vintage" - a mystery set in wine country - is available as a paperback or online through Wings Press at www.wingsepress.com.

She laughs when asked if she has made a lot of money writing novels, saying it's about the love of writing, not money, that drives her and most other writers.

Hendricksen is a long-time member of the



RENTON MAGAZINE / DAVID SUFFIA

Watching the old "Quincy" television series about a medical examiner helped launch Louise Hendricksen's second career as a crime novelist.

Renton Writers' Workshop, a group of writers who meet the first and third Thursdays of the month to critique each other's work. They meet from 9:30 a.m. until noon in the Renton School District administration building. Dues are \$5 a year and membership is open to anyone, she says.

A Renton High School graduate of 1946, she says that after she retired as a medical assistant, "I treated writing like a job. I read every book I could find on how to write. I'd write from 9 until noon, have lunch, then write some more from 1 till 4 in the afternoon. It took me 13 years to prove I could do it, but I did it. I persevered. I have no idea where my ideas come from. I just start writing and it builds into a story."

Her advice to would-be authors: "You have to pay your dues. Sit down and write and write. Write about what you know. And don't wait until you are 58 to start writing."

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COURTESY OF RENTON HISTORY MUSEUM

1939 rededication of Chief Sealth fountain. Sculptor James Wehn has his hand on the fountain on the right.

The traveling fountain

BY ELIZABETH P. STEWART

On July 4, 1910, the Renton Volunteer Fire Department presented the city with a brand new fountain with a dignified bust of Duwamish Chief Sealth, a twin to one recently unveiled in Pioneer Square. These civic-minded volunteers could not have known that their gift would travel around the city many times before settling down in one place.

Seattle's "first sculptor," James Wehn, created the bust using an 1864 photo, the only one still in existence of the Duwamish chief. Three versions were cast at Star Foundry in Seattle. The Renton City Council had been in negotiations to purchase the second fountain, but at \$475, the price was too high. The Volunteer Fire Department was able to raise the funds.

In the dedication ceremony at the busy intersection of Third and Main, Assistant Fire Chief Paul W. Houser described how the volunteer firefighters believed that "a public drinking fountain would fill a long-felt public want, and at the same time be a step in the right direction for a bigger, better Renton." The fact that it matched Seattle's fountain would allow Renton to symbolically "take its proper station with the substantial municipalities" in Washington state.

The details of the fountain's various moves are mostly lost to history, but we know the basics. In 1925 the fountain was moved in front of the brand new brick City Hall at 225 Wells. A few years later it was returned to Third and Main and Walla Walla, before being removed yet again and sent to city maintenance shops.

In 1939, just before it was to be used as landfill in a Cedar River beautification project, an astute observer recognized its value. The fountain was spruced up and placed at the southwest corner of the new fire station at 235 Mill Avenue South.

A rededication ceremony brought together those 1910 firefighters still around, including John Monahan and Archie Adams. Sculptor James Wehn was the guest of honor and Elmer McDonald, who drove the team of horses that hauled the fountain from Seattle in 1910, was also there.

It stayed in place almost 50 years before the Renton Historical Society and Renton Rotary shifted Chief Sealth just a little in 1982, from the southwest to the northeast corner of the fire station property. With donated benches, some trees, and beautiful azaleas, the fountain still stands as a focal point of the Museum's grounds.

To see more photos of the fountain's various locations, become a Facebook fan of the Renton History Museum, or go to www.rentonhistorymuseum.org. Elizabeth P. Stewart is the director of the Renton History Museum, info@rentonhistory.org, 425-255-2330.

did you know that...

...the city was evacuated on November 11, 1911 because of Cedar River flooding? Church bells and the mine siren notified residents of rising water, and hundreds headed into the hills.

...the new Offleash Dog Park is built on the site of the old Denny Renton Clay & Coal Co.? The brick works opened sometime in the early 1900s and by 1917 was one of the largest paving brick companies in the world.

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