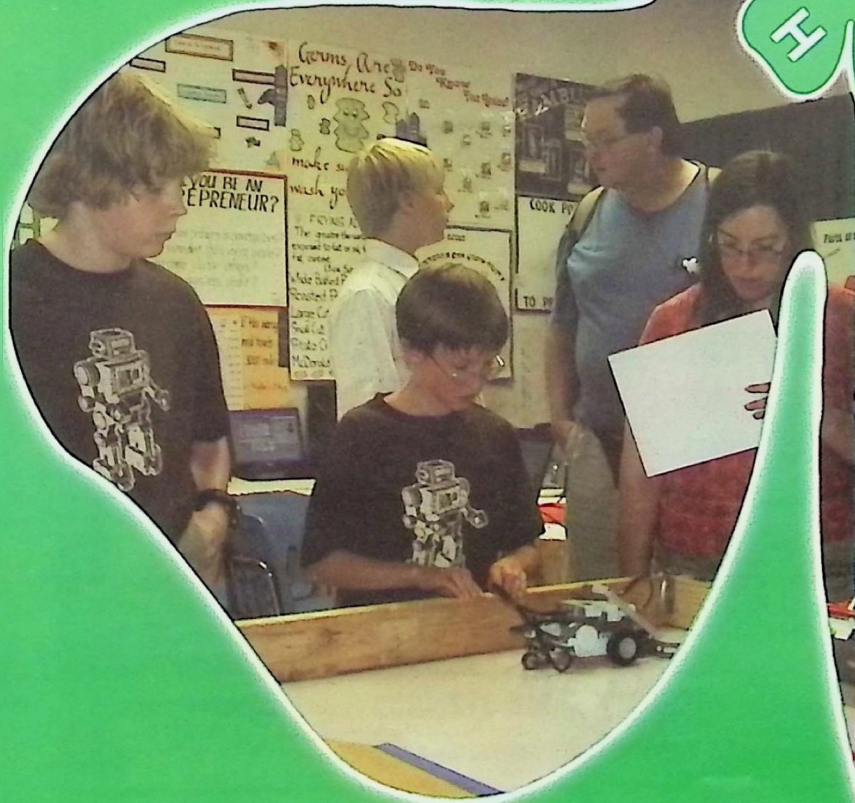


RENTON

Magazine



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offers fun for youth**



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*T*his year I vacationed in South King County. For several days I did something I don't normally do, and spent most days far from my e-mail, computer and office. That's a vacation, and I'm sticking with that frame of mind.

Oh, and it involved a lot of nature. Quite educational, in fact.

The reality was that my horse was very ill, and for days on end I lead her around so she could eat grass and weeds, because she wouldn't eat hay. Her veterinarian and I pumped her full of antibiotics and other medications and eventually, she caught a ride to Pilchuck Veterinary Hospital in Snohomish. After several days there, she's recovering at her home barn.

At some point, I yielded to the idea that my time was not my own. I was operating on her time, an understanding that any parent of a strong-willed child knows far better than I ever

will. Worrying did no good, either about her or about the work I should have been doing.

I did not start singing a Doris Day version of "Que sera, sera."

But the days took on their own tempo: meet the veterinarian for her morning treatment, take her out to graze, hope that she would drink, watch her rest, perhaps eat more grass or weeds, bring her in for her evening treatment, go home and try to rest up for the repeat of the next day.

It's noisy out there, in all that quiet away from an office's hum. Most days were wet mostly rain and a little hail. There were a couple sunny days, or at least sun breaks. A rain cell can



Diana Kramer
PUBLISHER

move quickly. The wind in the trees is a wonderful, restful sound, even when it's very windy.

And all animals have wonderful sounds that are unique to them.

I wouldn't wish some aspects of my "vacation" on my worst enemy, but other parts I won't ever forget and will remember with great fondness.

As a point of sanity, sometimes you have to give up and accept the tempo of an event or a process. Control is an illusion. Frustration only makes things worse.

One of my favorite movies is "Don Juan DeMarco," with a young Johnny Depp, Marlon Brando and Faye Dunaway. The theme is that we get to choose our own reality. I'm choosing to think of my recent time away from the office as a vacation. That's my story, and I'm sticking with it.

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cover:

Today's 4-H program offers opportunities in a wide range of interests - cats to robotics - as well as health and citizenship. As it has for more than 100 years, 4-H still means Head, Hands, Heart and Health. It is the country's largest youth development program, with more than 6 million youth members, from 8 to 18 years old. Photos by Sarah Zugschwerdt and courtesy of King County 4-H.

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

upcoming events



FLASHLIGHT EGG HUNT

APRIL 15

This evening event is open to children ages 7 to 15. The darkened field will be filled with eggs and candy. Participants may bring a flashlight and bag to search for and take home their goodies.

Friday, 8 p.m.

Liberty Park
Bronson Way N. and Houser Way N.

425-430-6700

www.rentonwa.gov

Admission: Free



April 10

SEAHAWKS 12K RUN

(photo courtesy of Kelley Balcomb-Bartok)

The Seahawks 12K run at The Landing will also include a 5K run/walk, a non-competitive half-mile kids' run, and a block party with free games, activities, and entertainment. Proceeds from the event will benefit the Renton Skyway Boys and Girls Club.

Sunday, 8:30 a.m.-1 p.m.

The Landing
715 N. Landing Way

www.seahawks12krun.com

Admission: \$35/12K run general registration
(through April 7)



April 12

AHEAD OF THE CLASS

This "Excellence in Education" awards event recognizes and rewards Renton teachers who demonstrate high standards of professionalism and innovation in teaching. A dessert reception will follow at Renton High School.

Tuesday, 7-9 p.m.

IKEA Performing Arts Center
400 2nd Ave. S.

425-226-4560

www.GoRenton.com

Admission: Free



April 23

ANNUAL COMMUNITY GARAGE SALE

Give your place a clean sweep and sell those items that have been collecting dust. Rent a 10-by-10 foot space for \$25. Space is limited. Ten dollars rents a table to use in your space. Registration is required.

Saturday, 9 a.m.-1 p.m.

Renton Community Center
1715 S.E. Maple Valley Highway

425-430-6700

Admission: Free

save the date

Friends of
Renton Schools

Launching Lifetime Learning

BENEFIT BREAKFAST

May 5

Friends of Renton Schools, with guest host Meeghan Black, hosts its second annual fund-raising event to support programs of the Renton School District. Advance registration is required.



Thursday, 7-9
Renton Pavilion Event Center
233 Burnett Ave. S.
425-736-4827

mp teal@comcast.net
Admission: Free
(suggested minimum
donation of \$100)

Spring FESTIVAL - MAY 7

Join the Piazza
Renton group for
its annual festival
with vendors, food, and music.
The Spring Festival's sixth annual
Downtown Poker Tour
will include up to \$1,000
in total prizes, as well as
a drawing for turning in a
completed hand.

POKER TOUR

Saturday,
noon to 5 p.m.

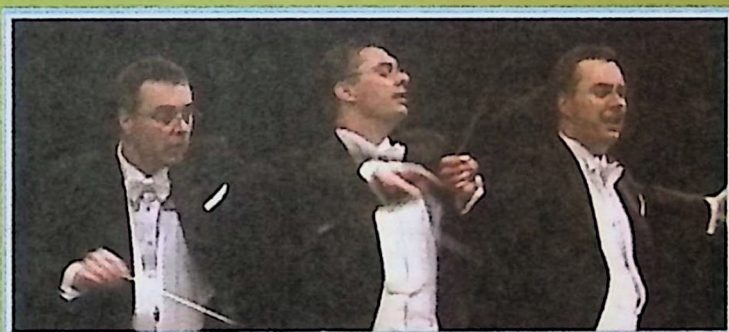
Piazza Park
S. Third and Bur-
nett Ave. S.

206-772-4010
(Spring Fest)

425-235-6449
(Poker Run)

www.piazzaren-
ton.com
ecbressler@
comcast.net

Admission: Free
(suggested
donation of \$1 or
canned food for
Salvation Army
Food Bank)



April 16

RAINIER SYMPHONY CONCERT

This classical concert will include, Mussorgsky's
"Pictures at an Exhibition," and a Dvorak cello
concerto featuring John Michel.

Saturday, 7:30-9:30 p.m.

Ikea Performing Arts Center
400 2nd Ave. S.

www.rainiersymphony.org

Admission: \$15/\$10 seniors and students,
12 and under free



April 30

ARBOR DAY/EARTH DAY

(photo courtesy of City of Renton)

In celebration of Arbor Day and Earth Day, the Renton Parks
Department will have a variety of volunteer projects available
at the south lawn of Gene Coulon Park. Renton's neighborhood
program will provide a hot dog lunch to say thanks to volunteers.

Saturday, 9 a.m.-1 p.m.

Gene Coulon Park
1201 Lake Washington Blvd. N.

425-430-6600 (to pre-register your group)

www.rentonwa.gov

Admission: Free

calendar of events

ON STAGE

Lindbergh Spring Choral Concert

Tuesday, April 5, 7 p.m.

Vocal, jazz, Ad Astra, and concert choirs will perform in the auditorium.

Lindbergh High School
16426 128th Ave. S.E.

425-204-3200

Admission: \$5 suggested donation

Renton High School Multicultural Show

Friday, April 8, 7 p.m.

This is a showcase of talent from different cultures to increase appreciation and understanding of multi-culturalism.

IKEA Performing Arts Center
400 S. 2nd St.

425-204-3459

Admission: Free

Here On The Flight Path

April 8-13

Thursdays, 7:30 p.m.

Fridays and Saturdays, 8 p.m.

Sundays, 2 p.m.

A man reflects on the three women who have lived in the apartment next door. He shares a wide range of viewpoints, from poets to sex.

Renton Civic Theater
507 S. 3rd St.

425-226-5529

www.rentoncivictheater.org

Admission: \$22, \$17 seniors and students

Rest Stop

Sundays and Mondays
April 10-18, 7:30 p.m.

An exploration of the relationships between father, mother and teenaged daughter leads to a suspenseful ending.

Renton Civic Theater
507 S. 3rd St.

425-226-5529

www.rentoncivictheater.org

Admission: \$15

Beauty and the Beast

Saturday, April 30, 2:30 & 7 p.m.

Sunday, May 1, 1:30 p.m.

The Ensemble Ballet Theatre presents this classic story about Belle and the once-handsome prince, who was turned into a beast by an enchantress.

IKEA Performing Arts Center
400 S. 2nd St.

1-877-EBT-8771

www.ebtballet.org

Admission: \$12, \$8 students and seniors

LIBRARY EVENTS

Hello House

Wednesday, April 20, 7 p.m.

Nancy Stewart gives a musical tour of your house as the audience gets tips on safety and going green. Open to the entire family.

Renton Highlands Library
2902 N.E. 12th

425-277-1831

Admission: Free

Paper Management

Thursday, April 28, 7 p.m.

This workshop gives tips on the advantages of and how to create an "Action File".

Renton Library
100 Mill Ave. S.

425-226-6043

Admission: Free

Backyard Poultry Keeping

Saturday, April 30, 11 a.m.-noon

This presentation gives a brief overview of how to raise poultry at home and is a preview for a series of classes taught by Seattle Tilth.

Renton Library
100 Mill Ave. S.

425-226-6043

Admission: Free

SENIOR ACTIVITIES

Renton Senior Center

211 Burnett Ave. N.

425-430-6633

Mariners Opening Day Luncheon

Friday, April 8, 11 a.m. contest/11:30 lunch

Prizes will be given for home runs as contestants toss bean bags.

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

National Peanut Butter Cookie Day

Tuesday, April 12, 11 a.m. contest/11:30 a.m. lunch

The peanut butter cookie will be celebrated and a Frisbee cookie game will be played.

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

SPECIAL EVENTS

Spring Shredathon

Saturday, April 30, 9 a.m.-noon

Residents are invited to bring up to five boxes containing household papers to be destroyed by shredding.

Sam's Club Parking lot
901 Grady Way

425-430-7520

Electronics Recycling Day

Saturday, May 7, 9 a.m.-3 p.m.

Electronics, appliances, audio visuals and other equipment (working or not) may be turned in for recycling. Sponsored by 1 Green Planet and Liberty High School PTSA.

Briarwood Market Place
(Behind Doofer's)
164th and S.E. 128th St.

425-996-3513

OUTDOOR ACTIVITIES

Dragon Boat Training/Team

Saturdays, April 2, 16, 23, 7:30 a.m.

No experience is necessary and all equipment is provided. Adult men and women are invited to an open practice. Tuesday evening practices will begin in mid-April.

Lake Meridian Boat Launch
14800 S.E. 272nd St. Kent
www.kentdragonboat.com

EMERGENCY PREPAREDNESS

Fire Safety/Extinguisher Training

Tuesday, April 12, 6-9 p.m.

Participants can learn life-saving plans and techniques. Instruction will include hands-on training.

Renton Fire Station
No.14

1900 Lind Ave S.W.

425-430-6700

Admission: Free

Earthquake Preparedness

Wednesday, April 20, 6-8 p.m.

Find out how to make a plan and build a disaster supply kit.

Renton Technical College
3000 N.E. 4th

425-430-6700

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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On my soap box again

I have tried to use this column over the years to point out the many things that are so right about the people of Renton and life in general. Just today I sat with a group of people who were telling stories of how they moved from upscale communities like Mill Creek and Bellevue to Renton. They all agreed it was the best move they could have made because of the strong sense of community that we are able to share. In a world where there is so much bad news, I am a big believer in generating good news.

But every now and then I take a detour from my upbeat approach and I mount my soap box to vent my frustrations. I am afraid this is one of those columns. I am just not happy about what is happening in Olympia. I can't believe this is what the people of the State of Washington want.

Do we really want to take away from the most vulnerable population in our state, our children, their basic health care, nutritional supplements and the care of our public health nurses?

Do we want to cut support for education at all levels, raise college tuition, and freeze our teachers' salaries while at the same time demanding that they perform to higher standards?

Many of you know that Renton Technical College is near and dear to my heart. There is story after story of students at RTC who have gone from living in poverty to earning a living wage. These students are learning the skills to fill the jobs that are necessary to restore the economy. Many

of them will not be admitted or able to continue their education given the proposed cuts to two-year colleges. A recent study clearly documents that every dollar spent in our two-year colleges comes back to benefit the state many times over. Is this crazy or what?

Do we really want to close our state parks, lock down our state prisons, and continue to let our infrastructure deteriorate while adding significantly to the ranks of the unemployed?

Did we know what we were doing when we said we wouldn't pay a penny or two tax on soda pop and candy? Really, did that stop you from buying these items? I don't like paying taxes anymore than the next person, but I am more than willing to make some sacrifices to make my state a better place to live in. We continue to live in one of the most affluent areas in the entire world. I think we can be more generous in what we share with others.

I have always held to the teaching that you judge the character of a people on the basis of how they treat the least amongst them. People, we can do better.

OK. I am stepping down from my box now and hopefully I won't resort to ranting for at least another year.

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



Kirby Unti
COLUMNIST



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4-H is where learning beco

RENTON MAGAZINE / SARAH ZUGSCHWERT

Right, 4-H Cedar River Rascals member Meghan Snider explains about how to show a cat to members at their bi-monthly meetings. Members are required to have a cat.

If you thought 4-H was only farm animals and fairs, think again.

Think motor bikes, environmental stewardship, and aerospace, robotics and family life.

Think wilderness adventures and challenge courses. Think multicultural summer camp.

A wide range of learning, leadership, and life skills awaits young people between the ages of 10 and 18. Subjects available through 4-H include: agriculture, arts, citizenship, family life, health, human relations, leadership, life skills, outdoor education, personal development, physical education, science, social studies, and vocational education. For more information, contact your local 4-H office.

In Renton, at a Cedar River Rascals meeting, think cats!

"I like being around cats 'cause they're really fuzzy. They are just fun to be around," explains Rascals member Cami Price, 11, of Maple Valley. "I've learned a lot of breeds 'cause my cat is a calico, and then I have a blue cat—it doesn't mean it's really blue," she giggles. "It means it's grey. Then I have a tabby, a silver tabby."

Despite her affection for her feline friends, her real love is the lesser known piece of Cedar River Rascals' current club repertoire.

"I like the arts and crafts the most," Cami admits, who recently completed a glass etching project. "I made a 4-H clover and at the top it says 'the lucky clover,'" she proudly explains.

4-H, standing for head, heart, hands and health, is a youth development program that has built leadership, citizenship and life skills in America's youth since 1918. It is run through each state's land grant university extension offices, which bring the university's best research to its citizens—in this case, to adult volunteers who will facilitate 4-H's project-based, experiential learning model (in three words: do, reflect, apply) for youth development.

Basically, it makes learning a whole lot of fun.

All about youth

There are organized clubs with ongoing projects like the aforementioned motor bikes, environmental stewardship or cats (all King County clubs), but there are also lesser known programs with one-time or short-term opportunities like a

ropes course or 4-H Rite of Passage program. In it, older youth can mark their entrance into adulthood through a three-day trip alone in the wilderness. Always, though, the project is youth-chosen and youth-driven.

For the Cedar River Rascals, the youth-chosen project has been everything from horses to rabbits and now, to cats and crafts. When long-time club leader Nancy Stewart started the Rascals after graduating from 4-H herself, she purposely chose an ambiguous name to accommodate club members' changing interests. The idea has worked for 42 years.

During meetings, members vote on which cat or craft activities to complete next. Recently, that included co-hosting a cat show at the Maple Valley Grange. At all times, they try to focus on the 4-H pillar of community service, which is 15-year-old Meghan Snider's special interest, beginning in elementary school.

"I felt like I was doing a really great thing, and I just kept wanting to do more and more."

The eight-year Rascals veteran has mastered cat showing, and now has a vision for marrying cats, crafts and community service in practical, ongoing ways. "(a)nd I want future members to do the same." One idea she's proposing is crafting cat toys for pet shelters and cat shows, selling some, and donating the proceeds to a cat-related cause.

Rich in diversity

The beauty of 4-H is that with faculty training and oversight, almost any youth interest—or even need—can turn into a project for learning. In 2002, for example, 4-H extension faculty

members recognized that King County's population was increasingly diverse. In response, they developed a multicultural curriculum that provided researched-based cultural competency training to individuals and organizations working with youth.

Diversity program coordinator Sonia Morales, Ph.D., also developed the children's curriculum "My World Rich in Diversity" that partner organizations can use. In Renton, the program has been used for a three-week long summer camp during the past few years. Last January, the 4-H faculty added another specialization to its clubs and multicultural opportunities: wellness and adventure education programs. All programs follow the same pattern of teaching volunteers, then releasing them into service to youth.

In her long service, club leader Stewart has seen her share of her "cat kids" transform in 4-H.

She recalls one 11-year-old who needed a warm, accepting second family of sorts. The mother remembered participating in 4-H as a child and took her daughter to the Rascals' meeting. During the daughter's first public presentation (a 4-H skill), she was so terrified that she raced to the restroom to throw up, chuckles Stewart, remembering.

Not anymore, though. By the end of her seven years in the Rascals, she had become talkative and confident. She completed a degree in anthropology at Central Washington University, and is currently in Australia pursuing a master's degree in the same subject. For her thesis work, she chose 4-H.

"She is as outgoing as can be," says Stewart meaningfully. "(and) she says it's 4-H that did it for her."

SARAH ZUGSCHWERT

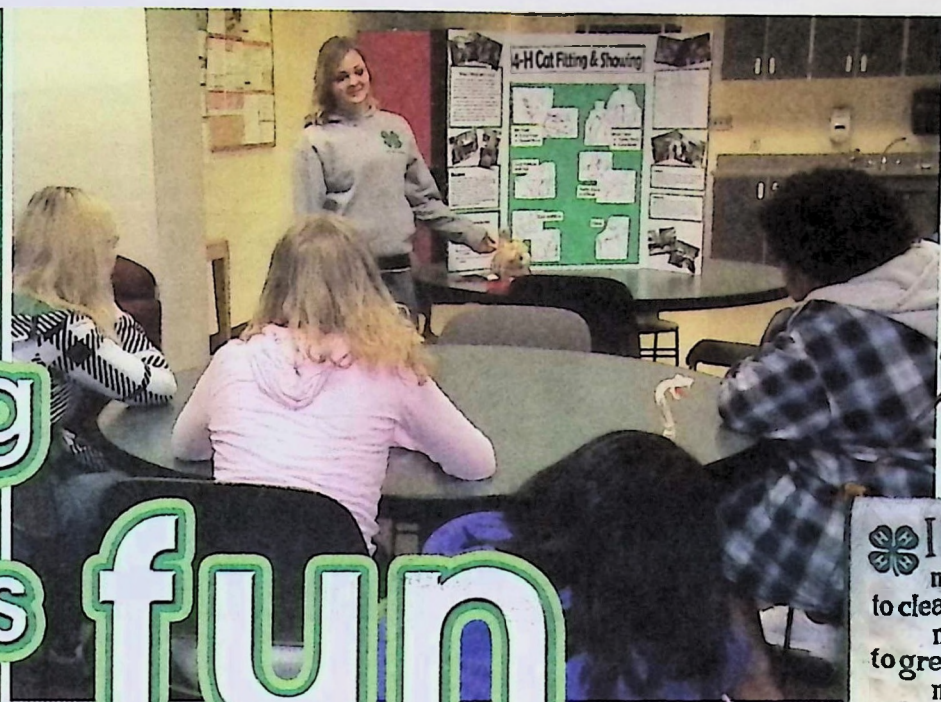
Rascals member gives a presentation to her fellow club members at a meeting. All 4-H members give one presentation each year.

Learning comes fun

Leadership and skills between 8 and 18 years old are two of the many things 4-H offers. Photo right of King County 4-H.

was growing In-culcultural program ncy work-

th. ID. h



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 my **HEART**
 to greater loyalty.
 my **HANDS**
 to larger service, and
 my **HEALTH**
 to better living, for
 my club,
 my community,
 and my country.

An Opportunity

Echo Glen Children's Center in Snoqualmie,

(a half hour drive from Renton), is looking for volunteers who are willing to partner with 4-H to provide creative arts education to its students, ages 14-21. Due to budget cuts, the center cannot offer creative arts like dance,

theater, painting, or

music. Volunteers 21

years or older can help

by teaching a two-hour

evening creative arts class

once-a-week for six weeks.

For more information,

contact 4-H wellness

and adventure education

coordinator Nancy Baskett,

206-205-3152 or nancy.

baskett@kingcounty.gov.

Finding a club

For information about joining the Cedar River Rascals, contact group leader Nancy Stewart, nancygs@msn.com, or view the club Web site at www.cedarriverrascals.org.

All 4-H clubs are open to boys and girls from kindergarten through senior year in high school and are non-discriminatory.

For club information or to start a new club, information on specific programs, multicultural program training or adventure education training, visit www.king.wsu.edu and click "4-H," or call or e-mail the 4-H extension office:

4-H Club Program Questions:

Nancy Baskett - 206-205-3152

nancy.baskett@kingcounty.gov

Diversity Programs:

Sonia Morales - 206-205-3133

sonia.morales@kingcounty.gov

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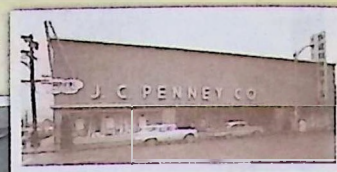
EARLY DAYS OF RENTON



PHOTOS COURTESY
OF THE RENTON
HISTORY MUSEUM

Top, J. C. Penney
Co., 1962

Left, skaters
with trophies at
Rollerland, 1947.



WHAT!? NO MALLING? HOW APPALLING!

BY DAVID SUFFIA

Once upon a time, in the middle of the previous century, there were no shopping malls in or around Renton, as primitive as that no doubt sounds to younger residents.

If we needed to visit a department store, there was a JCPenney in downtown Renton, on South Third Street between Williams and Burnett Avenues. It had a main floor and a second-floor mezzanine. When you paid at the check-out downstairs, you paid cash, because no one used credit cards in those dark ages. The clerk put your money in a little tin-can-like container attached to a small mechanical trolley and pulled a cord. That sent the can and the money zipping up to a cashier on the mezzanine. Your change came back the same way.

I'd beg my mother not to give them exact change, so they'd have to send her money upstairs. I thought that trolley was about as cool as kids today feel about the latest smart phone.

Downtown Renton was radically different 60 years ago. There was an old-fashioned hardware store, shoe stores, men's and women's clothing stores, an Italian delicatessen, and a couple of bakeries, all long-gone. Downtown Renton also had three movie theaters, really big time for a small town before the days of multiplexes.

There were the Roxy, the Renton

and the Rainier. Kids could see a Saturday matinee at the Rainier for a dime featuring Gene Autry, Roy Rogers and Buck Rogers.

"They'd show serials, with a new episode every week so you'd have to keep coming back every Saturday," Jerry Irwin, a long-time local, recalls. "I especially liked the Captain Midnight serials."

The Rainier has long since been torn down. The Roxy still stands, today as a religious ministry. The Renton is now the home of the Renton Civic Theater with the same little seats it had so many years ago.

When I was a kid, I'd get a new pair of shoes every fall for school. The downtown Buster Brown shoe store had a special machine to make sure they fit properly. When a kid tried on new shoes, the salesman would have him stick his feet into a slot at the bottom of the machine. It was an X-ray machine, and when the salesman pressed a button, you could look through a viewing port and see all the bones in your toes. I wonder how much radiation we kids absorbed from that machine.

One of the cooler places just outside the downtown, near today's McLendon Hardware, was the Rollerland roller skating rink. Rachel Pederson, another long-time resident, remembers it had a big revolving disco ball that threw colored lights everywhere, to the accompaniment of a piano player.

Kids would glide and slip and dance on roller skates and have a great time, before the age of cell phones, computers and electronic games.

What you need to know when medicating a pet

BY DR. KATHY CONNELL, DVM

When your pet is ill and needs medication, talk to your veterinarian so you understand the treatment and your options.

You can obtain your pet's medication directly from your veterinarian. If the clinic's pharmacy has that particular drug in stock, you can get it there and avoid having to get it from another pharmacy. Veterinarians and technicians can answer questions and provide proper instructions for the medication's handling, storage and use. Most clinics will show you how to medicate your pet effectively and safely.

Ask if your pet should receive a brand name or generic product. While medications have to meet standards for quality, purity and strength, there could be different manufacturing processes or ingredients for brand name versus generic formulations that could result in varying effectiveness. Your veterinarian may have had experience with which works better for your pet's condition.

Your veterinarian can provide a prescription for you to fill through a local or online pharmacy. Some veterinarians may charge a fee for their services and the responsibility they bear for writing a prescription on their license. Ask your veterinarian about any fees if you decide to get a prescription filled elsewhere.

Canadian drugs are not approved for use in the United States, so it is illegal to get medications shipped from Canada for you or your pets.

Medications may be cheaper



PHOTO COURTESY OF HENRY MOORE, JR. BCU/WSU

No matter how small the pet, correct medication dosages begin with taking the animal's weight.

through an online pharmacy. Online pharmacies are able to buy larger volumes, taking advantage of bulk pricing or discounts. There will be a markup on any medication to allow for overhead costs and losses when medications expire.

Pet owners should be cautious about purchasing medications through online pharmacies. There have been increasing reports of problems with online pet drugs, including ineffective medications, improper or incorrect labeling and incorrect shipping methods. The American Veterinary Medicine Association (AVMA) also has received complaints from veterinarians reporting that clients received prescriptions from internet pharmacies that they never authorized. If you decide to buy medications online, look for the Veterinary-Verified Internet Pharmacy Practice Sites or Vet-VIPPS seal. This seal signifies that the pharmacy is in compliance with federal and state guidelines.

Whether for humans or animals, all medications must be handled, stored and shipped properly. To do otherwise could result in a product that is damaged or no longer effective.

Tempted to use your medications for your pet? Don't do it! Many human medications are not safe for pets. Something as innocuous as Tylenol or Advil when given to pets can result in severe complications and even death. Consult with your veterinarian before you give any medication to your pet. If you notice any problem or reaction to a medication, contact your veterinarian immediately.

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

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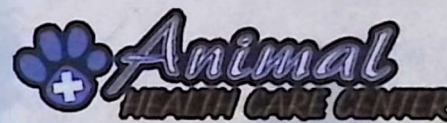
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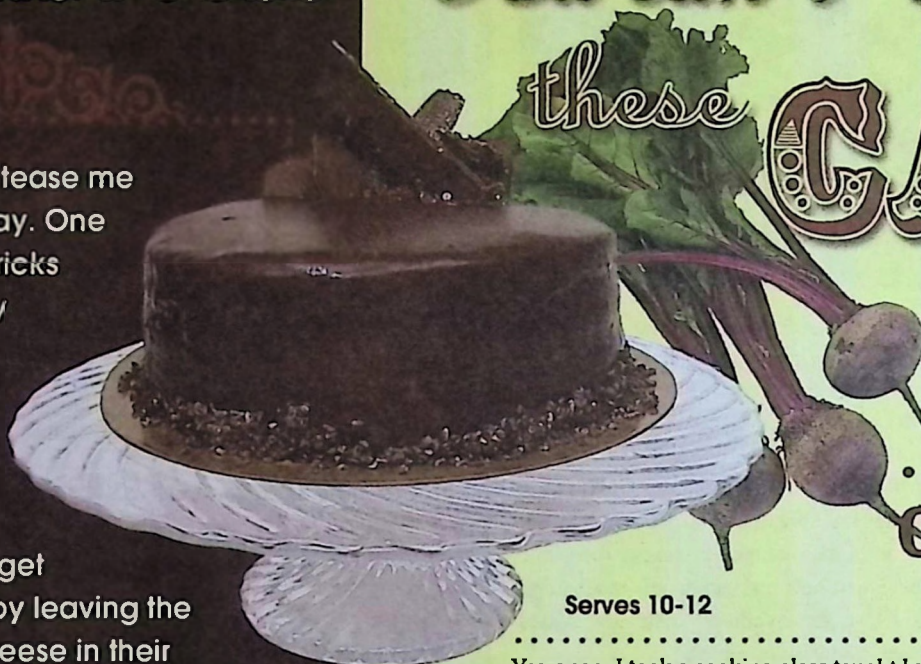
My sons used to tease me on April Fools' Day. One of their favorite tricks was to put a very realistic rubber snake in the microwave. It always caused their mother to scream. I would get even with them by leaving the plastic on the cheese in their sandwiches.

Here are some cake recipes that contain ingredients that would fool most of us. Although the ingredients are unexpected, they add some fun as well as flavor to these unique cakes. Other surprising ingredients in cake recipes that I have read and made include sauerkraut, mayonnaise, tomato soup, potatoes and the ubiquitous zucchini.



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.



You can't 'beet' these CAKE Recipes

CHOCOLATE Beet Cake

Serves 10-12

Years ago, I took a cooking class taught by Julia Child. One of my claims to fame is using the ladies room with Julia. This is a recipe for the chocolate cake that one of the other instructors made for Julia's lunch. The surprise ingredient here is beets!

you will need

3 ounces unsweetened chocolate, chopped
1 can (8¼ ounces) julienne beets
1 stick butter, room temperature
2½ cups firmly packed brown sugar
3 eggs
2 teaspoons vanilla
2 cups flour
2 teaspoons baking soda
½ teaspoon salt
½ cup buttermilk or sour milk

directions

Melt chocolate in a double boiler or microwave. Preheat oven to 350, grease and flour two 9-inch cake pans.

Using an electric mixer, combine butter, brown sugar, eggs, vanilla and buttermilk until fluffy, scraping down sides to mix well. Drain liquid from beets into butter mixture, add chocolate and mix. Chop beets into quarter-inch pieces and set aside. In a bowl, combine flour, soda and salt. Add to mixer and beat for two minutes. Scrape down batter and add beets. Mix for one minute longer. Mixture will be thin and you will see pieces of beets.

Divide evenly into prepared pans. Bake for 30 to 35 minutes, or until toothpick inserted in the center comes out clean. Do not over-bake. Cool on wire rack.

FUDGE FROSTING

2 cups whipping cream
1 pound semi sweet chocolate chips
2 teaspoons vanilla

directions

Heat cream in a medium saucepan until just starting to boil. Remove from heat and stir in chocolate and vanilla. Stir until smooth. Place in a glass bowl and refrigerate. Stir mixture every 15 minutes until mixture is as thick as fudge. This will take about 1 hour.

Fill and frost cake. May be held at room temperature uncovered overnight or refrigerated up to two days.

SWEET POTATO CAKE

Serves 12-16

you will need

1 can (16 ounce)
sweet potatoes in
heavy syrup
1 package spice
cake
3 eggs
1/3 cup salad oil
1 teaspoon
pumpkin pie spice

directions

Grease and flour two 9- inch cake pans. Turn oven to 350. Mash sweet potatoes and juice in mixer bowl with potato masher. Add remaining ingredients and using an electric mixer, beat for 1 minute. Scrape down sides with a rubber spatula and continue beating for 3 minutes. Pour into prepared pans, dividing evenly. Bake for 28 minutes, check for doneness, using a wooden toothpick inserted in the center. Pick should come out clean. Let cool. Frost with Orange Cream Cheese Frosting or Coconut Pecan Frosting. Store covered in the refrigerator.

ORANGE CREAM CHEESE FROSTING

1 package (8 ounces) cream cheese at room temperature	temperature 3 cups powdered sugar Juice and zest of one orange	Combine ingredients using the steel blade of a food processor or an electric mixer.
1 stick butter, at room		

COCONUT PECAN FROSTING

1 package (8 ounces) cream cheese at room temperature	1 teaspoon vanilla
1 stick butter, at room temperature	1 cup flaked coconut
2 1/2 cups powdered sugar	1/2 cup chopped pecans

Combine cream cheese, butter, powdered sugar and vanilla using the steel blade of a food processor or an electric mixer. When smooth, add coconut and pecans.

MAPLE PARSNIP CAKE

Serves 8

This cake is good unfrosted, or you can use half a recipe of the Orange Cream Cheese or Coconut Pecan Frosting.

you will need

2 cups finely ground almonds	cinnamon	melted	2 cups shredded peeled parsnips (about 4 large)
3/4 cup flour	1/4 teaspoon salt	2 eggs	
1 teaspoon soda	1 cup maple syrup	3 teaspoons freshly grated ginger	1/2 cup toasted pecans
2 teaspoons	1 stick butter,		

directions

Preheat oven to 350, butter and flour a 9 inch cake pan. Whisk the almonds, flour, soda, cinnamon and salt together in a large bowl. Using a food processor, shred the parsnips and ginger. Using an electric mixer, combine the maple syrup, butter and eggs. Beat at medium speed until well combined, about 1 minute, scraping down the sides as needed. Add the dry ingredients and combine well. Stir in the parsnips and ginger by hand. Pour into prepared pan and scatter pecans on top. Bake for 45 to 55 minutes, or until a toothpick inserted into the center comes out clean. Cool on a wire rack. Can frost or serve with maple flavored whipped cream.

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renton history



PHOTO COURTESY OF THE RENTON HISTORY MUSEUM

The official opening of the Bronson Way Bridge, January 1940.

Bridging the way to growth

BY ELIZABETH P. STEWART

The Cedar River is a defining characteristic of Renton, and yet how many times have we driven over the city's bridges without really seeing them? In 1940 the city built new bridges over the Cedar at Bronson and Houser ways. Before the advent of superhighways like I-405, these bridges represented vital connections between the city and the rest of the region.

As Renton started to grow its way out of the Depression in the late 1930s, Mayor O. N. Cochran and other astute city officials saw the federal Works Progress Administration (WPA) as a source of funding for much-needed improvements. City officials desperately wanted to create Second and Third Avenues as useful thoroughfares through Renton to points north and south. WPA funds would allow Renton to connect Second to Rainier Avenue (and thus Seattle) and to extend Third over the river for a quick route to Issaquah. Renton pledged \$9,130 for these improvements, which leveraged \$25,111 from the federal government.

Also needed at Bronson Way was a wider, stronger bridge than the one that had been built after the flood of 1911. State and city officials agreed to recycle the 103-foot-long steel

Bronson Way Bridge to create the new extension of Third Avenue. The bridge was hauled in pieces overland three blocks up the river to the new road section, named "Houser Way" in honor of long-time city attorney Paul W. Houser, "in recognition of the many years of public-spirited service rendered to the City of Renton."

"Without the benefit of a golden spike or any other ceremony," reported the Renton News Record, "the old bridge of concrete and steel will slip into the city's history."

Construction began on the replacement Bronson Way Bridge in June 1939 after the state Highway Department awarded a contract to David Nygren for almost \$86,000. Business was interrupted for many, including Clarke Bros. Ford dealership, but they looked forward to the increased business that a new four-lane bridge would bring. The Bronson Way project was completed in January 1940, after eight months of work. The 1914 steel bridge was replaced by a modern structure with the elegant art deco lights we see today. Merchants and residents came out in force to celebrate another city improvement, just in time for the explosion of growth that World War II would bring to Renton.

For more photos of the Bronson Way Bridge, see the Renton History Museum's Facebook page.

Elizabeth P. Stewart is the director of the Renton History Museum, info@rentonhistory.org, 425-255-2330.

did you know that...

Grady Way was named for Mathias Grady? A miner, timberman, and farmer, Grady's cabin was located at Main Avenue and what is now Grady Way, and he donated a strip of his land to complete the road.

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The problem with pollen

BY ELAINE ANDERSON

Most of us look forward to spring. Those who suffer from hay fever, however, greet the season with mixed emotions. Hay fever is an allergy to pollen, and in early spring we have plenty of pollen, because we have lots and lots of trees.

When gardeners think of pollen, they envision busy bees moving through the garden seeking nectar and transporting pollen from flower to flower. Can't you just feel the warmth of the sun, smell the sweet scent of blossoms, and hear the quiet buzzing of bees at work? How could anything so idyllic be the cause of so much misery? Well, it's not.

Flower pollen isn't the culprit when it comes to allergies. The troublemakers are trees. Most of our cultivated flowering plants are entomophilous, which means pollinated by insects. Trees are anemophilous plants whose prodigious amounts of pollen ride long

distances on currents of air. Airborne pollen has been known to spread as far as 400 miles from its source. All this wafting through the air ensures that many of these microscopic grains of pollen will encounter people who are allergic to them. Their immune systems react by releasing chemicals, such as histamine, which cause sneezing, nasal congestion, and watering eyes. To add insult to injury, just about the time tree pollination ends, grass and weed pollination season begins. These plants are also anemophilous.

Where is all this pollen going, and, why is there so much of it?

Plants have their own kind of sex, but like our kind, sperm must find its way to an ovary. Plants' sperm is contained in pollen. Some wind pollinated trees, such as all the pines, have male cones at the top and female cones toward the bottom. Others have male and female flowers on separate trees. It's easy to see how insects transfer pollen from flower to flower, but how do wind pollinated trees accomplish this? By producing millions and millions of grains of pollen, so



Pine trees push out prodigious amounts of pollen, resulting in hay fever for many people.

many that the odds favor the wind carrying at least some of them to where they need to be. Pines produce so much pollen that it looks like a golden stream against the sky.

What about the pollen that doesn't find its way to an ovary? Well, we know that some of it ends up in human noses.

Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by WSU and the Master Gardener Foundation of King County, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about pollination and other gardening topics, call the Master Gardener Phone Clinic at 206-543-0943.

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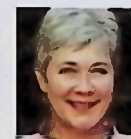
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