

RENTON Magazine

Volume 4 / No 6 June 2009

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Farmers Market

page 10

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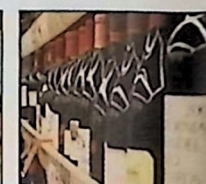
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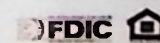
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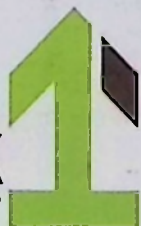
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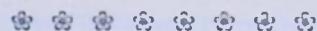


publisher's note

Now that spring has sprung, events are starting to flower around town.

June 2 marks the grand re-opening of the Renton Farmers Market. Each Tuesday afternoon until Sept. 16, the Piazza is the place to be to greet friends and neighbors, grab a quick bite or pick out fresh produce or flowers to enjoy at home.

Farmers markets are growing in popularity across the region, both to support local farmers and because consumers want to know more about their food.



It won't be long and children will be enjoying their summer vacations. While most children can't wait until the last day of the school

year, it usually isn't long until parents hear, "I'm so bored!" What to do about that?

Fortunately for Renton residents, there is a wide range of modestly priced activities. There is much more to summer than hanging out inside the house and playing video games or texting friends. There are parks to explore, skills to learn, good books to read.

Don't just go to a park – make it an adventure. Be pirates for the afternoon. Search for



Diana Kramer
PUBLISHER

dragons! You don't have to wait for a holiday to decorate some hardboiled eggs & hide them for fun. Treasures are where you find them.

Watch airplanes come and go from the Renton airport. (Those pilots have paid a Lot of money just to entertain you.) A little imagination and you can spend hours with a stick that transforms from a rocket, to a wand, a sword.

One activity to consider is helping elderly neighbors. It doesn't have to be a big project. But a bit of time helping with lawns, weeding or a little paint here or there can be a bigger help than you might anticipate. Being part of a neighborhood or a community is something you learn.

And, I hope, some time for children to be children – free from schedules and structured activities.

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President & Publisher | Diana Kramer
diana@pugetsoundpublishing.com

VP & GM | James Bavendam
james@pugetsoundpublishing.com

Executive Editor | David Suffia
david@pugetsoundpublishing.com

Reporter | Andrew Fickes
andrew@pugetsoundpublishing.com

Advertising | Clyde McDade
clyde@pugetsoundpublishing.com

Graphic Designer | Kerri Ladines

Columnists | Elaine Anderson
| Charlie Powell
| Elizabeth Stewart
| Dr. Bob Thompson
| Kirby Unti

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cover:

The Renton Farmers Market returns to the Piazza on Tuesdays, June 2 through Sept. 15 from 3p.m. to 7p.m. The market will feature more than 50 vendors, entertainment, and chef demonstrations. Photo by Gary Palmer.

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

Renton Farmers Market

june 2 - september 15

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

Tuesdays, 3-7 p.m.

The Piazza
South Third Street

Admission: Free

rentonfarmersmarket.com
425-430-7214



june 3

Trial By Fork

Historian Tames Alan brings to life the Victorian era, when a formal dinner setting easily became a trial by fork. Alan will explain the mysteries of a formal 12-course Victorian dinner from the menu and place setting to what dishes were served with each course. Also covered will be suitable conversation topics.

Wednesday, 7:30 p.m.

Renton History Museum
235 Mill Ave. S.

425-255-2330

Admission: Free



june 10

Renton History Museum Benefit Dinner

The Renton Historical Society will hold its second annual benefit dinner and silent auction to raise money and awareness for its programs. Tickets must be pre-purchased.

Wednesday, 5-8 p.m.

Renton Senior Activity Center
211 Burnett Ave. N.

425-255-2330

Admission: \$40 per person



june 18

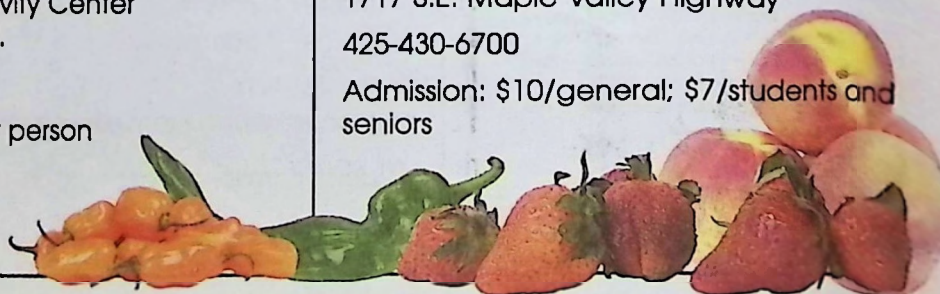
Renton City Concert Band

Directed by Michael Simpson, this 60-piece band will perform a range of classic and contemporary music at Carco Theatre.

Thursday, 7:30 p.m.

Carco Theatre
1717 S.E. Maple Valley Highway
425-430-6700

Admission: \$10/general; \$7/students and seniors



upcoming events

The All Night Strut

This musical is a celebration of 1930s and '40s music and dance. This production leads audiences through the Depression, World War II, and the post-war boom. The evening will include standards from jazz, blues, and bebop, and features songwriters such as Hoagy Carmichael, Frank Loesser, Duke Ellington, Johnny Mercer, Cab Calloway, and the Gershwins. This production is appreciated by swing fans, young and old.



JUNE 12-27

Thursdays, 7:30 p.m.; Fridays and
Saturdays, 8 p.m.; Sundays, 2 p.m.

Renton Civic Theater

507 S. Third St.

425-226-5529

Admission: \$22/adults;

\$17/students and seniors

JUNE 20-SEPTEMBER 7

Aquatic Center Opening Day

Renton's Henry Moses Aquatic Center will open to the public for the summer. Trained lifeguards are on duty during all activities. Leisure swims frequently reach capacity on hot days.

Saturday; leisure swim:
noon to 3:30 p.m. and 4-7:30 p.m.

Henry Moses Aquatic Center
1719 S.E. Maple Valley Highway

425-430-6780

Admission: Under 1 year is free

TENNIS FEST KICK-OFF

This program is for ages 5 and up. Participants can start off their tennis season with a free session during which pros will teach basic fundamentals of the game. This event will include fun drills, games, and hitting for prizes. Pros will advise participants on the appropriate tennis program for youth and adults.

Monday, 4-5:30 p.m. 425-235-9495

McKnight Middle School (Aces Tennis)

1200 Edmonds Ave. N.E. Admission: Free

JUNE 22

JUNE 21

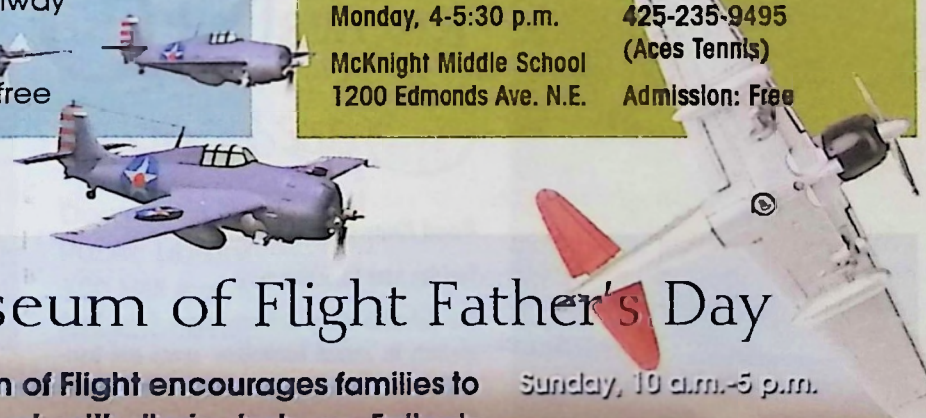
Museum of Flight Father's Day

Museum of Flight encourages families to come out with their dads on Father's Day, when dads get in free thanks to sponsor Bartell Drugs. Dads can pick up a free admission coupon to Museum of Flight at a Bartell Drugstore. The museum has a variety of special family activities planned.

Sunday, 10 a.m.-5 p.m.

Museum of Flight
9404 East Marginal Way S.

Admission: Dads get in free;
children 5-17, \$7.50;
seniors, \$13; adults, \$14;
\$10/active military



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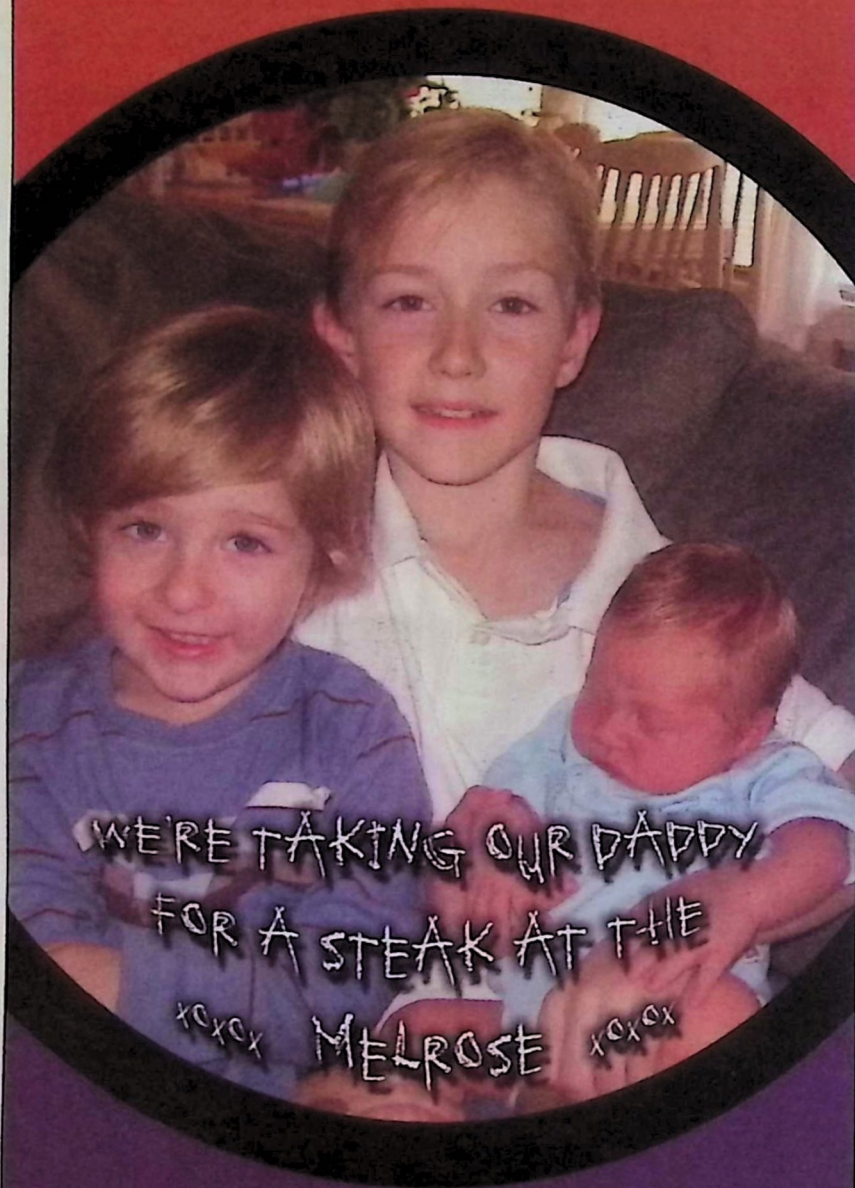
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Downtown Renton

calendar of events

CHARITY EVENTS



Dine to help the homeless

Monday, June 8, 11 a.m.-9 p.m. (Armondo's); after
5 p.m. (Melrose Grill)

Way Back Inn and H.O.M.E./A.R.I.S.E. have joined
to raise money for their respective non-profit
groups. A percentage of the proceeds raised that
day will benefit Way Back Inn's efforts, a 90-day
transitional housing program for families with
children, and H.O.M.E./A.R.I.S.E., an emergency
men's shelter designed to help homeless men of
south King County move from the streets into per-
manent housing.

Armondo's Café Italiano
310 Wells Ave. S.

Melrose Grill
819 Houser Way S.

425-432-6766

400 S. 2nd St.

425-255-5974 ext. 6

Cost: Suggested donation of \$125

DANCE PERFORMANCE



Irish, Live

Wednesday, June 24, 7 p.m.

Momentum Music and Dance Academy in Burien
presents a set of live Irish music, singing, and orig-
inal Irish dance choreography featuring its Irish
dancers.

IKEA Performing Arts Center
400 S. 2nd St.

206-242-1239

Admission: \$12/adults; \$8/seniors and students;
\$4/registered Momentum student; \$2 extra at the
door

NEED KNOWS NO Season

Need Knows No Season

Tuesday, June 30, 5:30 p.m.

The Salvation Army Renton Rotary Food Bank
presents its annual fundraising event and ban-
quet dinner. The catered reception is complimen-
tary, with a suggested donation of \$125. Those
interested in attending may call Capt. Terry
Masango and an invitation will be sent. In addi-
tion to the reception, there will be a 7 p.m. screen-
ing of a feature film, starring John Leguizamo
called "Where God Left His Shoes." It depicts a
gritty reality of the impacts of homelessness.
Renton Mayor Denis Law will be the master of cer-
emonies for the event.

IKEA Performing Arts Center

ONE ACT THEATER



Adaptation

Sunday, June 21-Monday, June 29

Renton Civic Theater presents one of Broadway's
all time successes. This play is presented as a con-
test played like Parcheesi, in which the contestant
advances or is sent back through the seven ages
of man. A picture of man from birth until death is
created, with all its madness, familiarity, and non-
sense. Alan Wilkie directs.

Renton Civic Theater

507 S. Third St.

425-226-5529

Admission: \$22/adults; \$17/students and seniors

www.rentoncivictheater.org
(check for show times)

SCHOOL CONCERTS

Dimmitt Middle School Band Concert

Wednesday, June 3, 7 p.m.

IKEA Performing Arts Center
400 S. 2nd St.

425-204-2846

Admission: Free

RHS Spring Orchestra and Band Concert

Thursday, June 4, 7:30 p.m.

IKEA Performing Arts Center
400 S. 2nd St.

425-204-3463

Admission: Free

West Hill Vertical Orchestra Concert

Tuesday, June 9, 7 p.m.

This concert will feature students from grades five through 12, from Bryn Mawr, Campbell, and Lakeridge elementary schools, as well as Dimmitt Middle School and Renton High School.

IKEA Performing Arts Center
400 S. 2nd St. / 425-204-3463

Admission: Free

SENIOR EVENTS

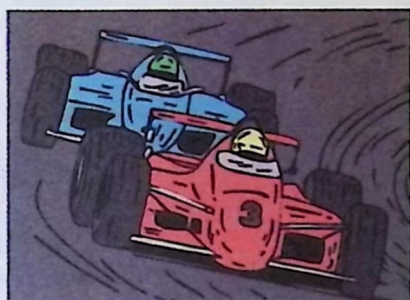
Renton Senior Activity Center
211 Burnett Ave. N.
425-430-6633

Leisure Estates Chorale

Wednesday, June 17, 10:30-11:30 a.m.

The Leisure Estates Chorale will perform songs from the 1930s and 1940s, part of the pre-lunch entertainment. This group has performed in and around Renton and has garnered rave reviews.

Admission: Free

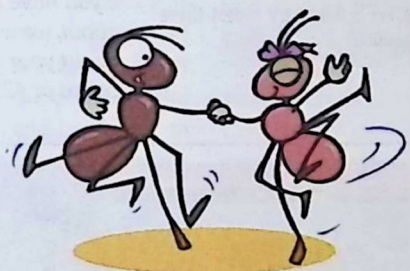


Father's Day Auto Racing Luncheon

Friday, June 19, 10:30 a.m. (lunch at 11:30 a.m.)

Fathers are invited to participate in remote control car races before lunch. Lunch tickets can be purchased at the nutrition center before the luncheon.

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



June's Jitterbug Dance

Friday, June 19, 2:45-4:30 p.m.

Here's a chance for everyone to do the jitterbug. The Joani Noel Duo will perform. Tickets are sold at the door. Appetizers will be served.

Admission: \$4

TEEN LIBRARY EVENTS

Downtown Renton
Public Library
100 Mill Ave. S.
425-430-6610



Family Drop-In Craft Days

Tuesday, June 30, 2-3:30 p.m.

This drop-in program is for ages 6 and up. Parents are invited to bring their kids for an afternoon of crafts and snacks.

Admission: Free



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calendar of events



Teen Game Days

Thursday, June 25, 3-4:30 p.m.

This summer teens can stop by the library to play Dance Dance Revolution, Guitar Hero 2, board games and bingo; sing karaoke; eat snacks, and have fun.

Admission: Free



FREE PROGRAMMING

Free Tours at Renton History Museum

Third Saturday of the month, 11 a.m.

Tours at the Renton History Museum are appropriate for elementary students through adults. No reservation is necessary, unless there are more than five people in the group.

Cost: Free

Summer Fest 2009

June 23 to Aug. 14

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

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

425-430-6700

Kennydale Park, 2428 Aberdeen Ave. N.E.

Kiwanis Park, 815 Union Ave. N.E.

Philip Arnold Park, 720 Jones Ave. S.

Teasdale Park, 601 S. 23rd St.

Tiffany Park, 1902 Lake Youngs Way S.E.

Admission: Free

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.



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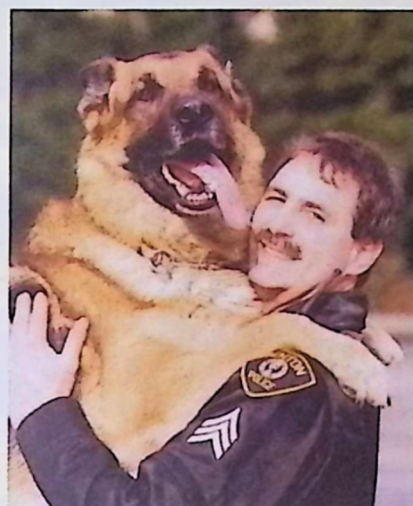
A dear friend of mine, who is a doc out at Valley Medical Center, was sharing with me how he had met the most inspirational patient. He was pretty confident that I knew him from my work as a police chaplain. When he said the name Mark Day, my response was, "Everybody knows Mark. He has to be the best known police officer in Renton."

Mark is the most gregarious, outgoing, people-loving person you could ever meet. Mark abounds with life and laughter and is always keenly interested in other people. I can just hear his voice filled with energy, "Kirby, how are you? How is the church going? How is your family?"

Mark has loved every single day he has put his uniform on, because Mark loves the Renton community and he sees as his sole purpose in life, to serve others.

Mark has not had an easy go of late. Fellow officer Don Gustine summed it up like this, "Mark is the poster-boy for the power of faith, positive thinking, and work ethic, which I am confident has carried the day through these many years and many illnesses. Among others, he has survived bouts with cancer, kidney failure, and salmonella that would surely have killed a lesser man."

"Speaking of that, he has died more than once, and modern medicine (and God) returned him to us. He is without question the toughest man I know. His wife, Marcia calls him her Miracle Man; how can you disagree? I am honored to call him my friend and honored to serve with him here at the Renton Police



Department."

Mark is such a champion of life that he hardly allows himself time to heal. It is not unheard of that Mark will get out of the hospital and head right to the police department to show up for roll call. He was a great athlete in his younger days, and he brings that same team spirit to work. He is devoted to the Renton Police Department.

Mark was on top of the world when he was a canine officer. He and Buck were a duo that you didn't want to come up against. Buck took on the same characteristics of his handler Mark. He loved to work, he loved to sniff out bad guys and catch them. He could knock down a fully-grown man when wagging his tail with joy.

The only time I have ever seen Mark down was when he lost his best friend, Buck. I can assure you that not a day goes by that Mark isn't conversing with his canine pal.

I wasn't surprised when my friend said he met the most inspirational person. He was blown away by Mark's attitude about life in spite of the reality that death continues to stand on Mark's front porch.

Renton, Mark Day is another one of the great blessings in our community and I thank God for him.

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



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STORY AND PHOTOS BY CELESTE GRACEY

Little Bites of Heaven



Renton Farmer's Market opens this month

Clockwise, Annie Boyington of Trevani Truffles hand dips her chocolates at a commercial kitchen in Renton. Boyington is one of the many Renton Farmers Market vendors preparing for the June 2 opening. Thick bars of specially imported chocolates wait their turn to be melted in a double boiler. Cheryl Faull of Cheryl's Jams and Jellies poses by her blackberry bushes. As a vendor of the Renton Farmers Market, she adheres to the value of using only locally grown ingredients. Annie Boyington of Trevani Truffles sprinkles curry powder on her specialty chocolate truffles.

The Renton Farmers Market,
open from June 2 ~ Sept. 15
every Tuesday from 3-7 p.m.,
is located at the Piazza at
3rd Street and
Burnett Avenue South.

In a Renton kitchen, little bites of heaven cool on parchment paper.

Then piece by piece Annie Boyington of Trevani Truffles marks her chocolates with curry powder. This twist on a traditional favorite is one of many recipes she plans to use at this year's Renton Farmers Market.

While devoted shoppers awaited the market's June 2 opening, local bakers,

farmers and cooks were preparing.

At a house on Renton Hill, Cheryl Faull examined rows of blooming blackberry bushes that hang from wired trellises.

"I grew up in the woods, picking berries and that's just a big part of my Northwest heritage," she said.

Everything about Faull's jams and jellies is local, even the wild huckleberries purchased from nearby Indians.



"The intent was for people to have a place where they could get fresh, local organic foods ... and to help support local farmers," said Stefeny Anderson, market coordinator.

The market's food vendors also make it a good place to get a bite to eat.

"I get a total thrill when people eat a truffle and make all those yum sounds in front of me," Boyington said.

Market planners don't expect to change much this year. They're sticking to their policy of farmers and foods only.

"We've found that sometimes crafters can kill a market," said organizer Linda Middlebrooks. "You don't go to the market every week to buy a necklace, but you do go to one to buy vegetables and

flowers."

This year the market plans to host its first beef and lamb vendor, Anderson said. About 50 vendors had registered by early May.

"It will be less at the beginning of the season, simply because they're waiting for the berries and cherries to bloom," Anderson said.

With demonstrations from local chefs, weekly music performances and activities for children, market organizers are trying to keep the market a local gathering place.

"I love the atmosphere of the Renton Market. It is so festive. It's clean with the lawn and cement. It's a gathering place for the community," Fauli said.

Health Topics

Coming with migraines

When I get migraines, the longer I wait to take the medication, the harder it is to get rid of pain. Why is that?

Migraine starts as an electrical phenomenon affecting brain cells. This activates pain sensitive structures within meninges (fibrous tissue surrounding the brain), including arteries and small pain fibers. The specialized pathway then activates certain areas within the brainstem dealing with pain transmission. The brainstem sends signals back to meninges to further irritate the pain sensitive structure, which leads into inflammatory response. The longer this activation lasts, the more inflammation molecules are released, and the brainstem activity may become autonomous. Therefore, the longer you wait, the harder it will be to suppress the pain. As a general rule, migraine is best treated within the first hour when you know that your pain is a migraine.

For more information about migraines, please call 425.656.5566



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Medical Director of the Headache Clinic

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sailing

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Get on board for sailing lessons

BY SARAH ZUGSCHWERDT

*i*f you've ever been jealous of those fortunate few skimming over sparkling-diamond water on a sizzling summer day but thought it was out of reach for you — think again.

Living in Renton makes you a prime candidate for sailor status. You can start at the Renton Sailing Club on the shores of Lake Washington at Gene Coulon Memorial Beach Park canoe launch. One "cyber signup" can land you and your family in an introductory or refresher sailing classes. The classes are offered on a rotating basis in either four or eight sessions throughout the summer to children ages "9 to 99." Intermediate and advanced instruction is also available on an individual basis.

Be prepared to get hooked. Once you've got the sailing bug, membership in the club is the next step, allowing use of club boats during the sailing year, voting privileges and a social community. Dock master Key Donn estimates that the club has around 50 to 60 families. The modest \$100 membership fee (not required for classes) is family-based, allowing children to join their parents in learn-



RENTON MAGAZINE / SARAH ZUGSCHWERDT

The Williams family keeps adding sailors to the crew. Here Miles, 5 and Drew, 3, get ready to board one of the fleet's dinghies with help from dad, Roger.

ing and sailing the sound.

If you're looking for sailing camps for youngsters, Seattle's Sail Sand Point (about five miles north of the University of Washington on the western shore of Lake Washington) is the place to go. Late June through August will see over 60 summer camp programs for children ages 6-17, including girls-only camps, racing camps, and "Mom and Me" for moms (or dads) and their 5- to 8-year-old child. Though Sail Sand Point also offers adult sailing, kids seem to be their specialty. Director Morgan Collins explains: "Twelve years ago a group of sailors got together and said, 'We need sailing for kids in Seattle. There wasn't anything. There was just the yacht clubs.'"

Most camps are a week long, though some run throughout the course of the summer, and are designed to build confidence alongside technical skills.

The young child's membership also reflects this mission.

"For a kid, it's a dollar for the year. She could sail every day for that dollar," says Collins. "We do ask that the child pay it, not the adult, so it should come out of their allowance. It's just because that way, they take ownership of what they're doing."

While a parent must be present when the young child takes the boat out, "she could be on it by herself," says Collins, "or, she could put her friend on or she could take her parents. She's in charge of the boat; she has to show that she can sail that boat."

Collins has often seen a child struggling in other areas gain confidence with this kind of independent experience on the water.

Like the Renton Sailing Club, Sail Sand Point also offers general membership with open sailing privileges at an accessible price, about one-third the price of the yacht clubs that surround them. Scholarships are also available.

Online Resources

For Renton Sailing Club Information, visit www.rentonsailing.org. To sign up for classes, go to <http://rentonwa.gov>, click on "Recreation" and follow the CyberSignup link.

For Information about Sail Sand Point, visit www.sailsandpoint.org or call (206) 525-8782

Summer

promises a bounty
of fun for kids

BY DANA E. NEUTS

Lazy days of summer? Not for Renton kids, who will have ample opportunity to stay busy with safe and fun activities.

"Summer programs are a part of growing up," says recreation manager Kris Stimpson of the Renton Community Center (RCC). "It is a special time for kids to be able to participate in different activities and get a taste of what they might be interested in – arts, music, sports or whatever."

Staff at the community center (1715 SE Maple Valley Hwy.) started planning the summer schedule in February.

"Figuring out what programs to offer and where to hold them is a big puzzle," particularly with budget cuts, says Stimpson, but she enjoys the challenge.

One of RCC's most popular summer activities is swimming at the Henry Moses Aquatic Center next to the community center. The pool, which Stimpson calls their "pride and joy," opens June 20 and is open through Labor Day. Stimpson says cloudy days and the Fourth of July are the best times to enjoy the heated pool, because it isn't as crowded. For those heading to the pool on hot days, Stimpson recommends they come early; the pool fills up quickly.

Always a summer-time favorite, day camps in Renton abound. Among this year's offerings are Itty Bitty Day Camp (ages 3 to 5), Kidz



COURTESY OF RENTON COMMUNITY CENTER

Renton offers a variety of day camps for kids including Preschool Adventure Camp, iCamp, Wicked Camp and more. See the City's "What's Happening" guide for details: <http://renton-wa.gov> and follow the links under "Living."

Kaleidoscope and Camp Sum-R-Craze (ages 6 to 11) and Renton Teen Camp (ages 11 to 15). For those wanting to try something new, RCC offers specialty camps like Preschool Adventure Camp, Kindergarten Camp, Summer Art Jam, Cartooniversity and iCamp. One of RCC's new programs this year is a summer skating camp for children ages 6 and up. Held at Castle Ice, the camp includes instruction, skate rental, snacks, crafts, movies and more.

The Renton Youth Symphony Orchestra will offer a summer music camp at Carco Theater for youth ages 12 to 21. Taught by conductor Alexi Girsch, this one-week August program features string, bass, woodwind and percussion instruments and will host a performance on the last day.

Another new program offered this summer in Renton is a rowing class. Sponsored by Renton Rowing, kids 14 and up can take rowing lessons on the Cedar River. Other local sports include cheer camp, dancing, T-ball, tennis, soccer, basketball and more.

The Bettinger family of Renton has its kids' activities planned for the summer already. Fern, age 8, will participate in a one-week Girl Scout Camp at River Ranch, visit local parks and swim. Guthrie, age 5, will attend Bright Horizons Day Care, dance and swim. The family's other favorite summer activities include trips to the Fairwood library, Kidd Valley and Coulon Park.

"We love that Renton has so much to offer our kids during the summer," Michele Bettinger says. "My daughter loves the Henry Moses pool and has had a great time taking swimming lessons there, and both my kids are anxious for the summer sessions at the Rainier Ballet Academy in the Renton Highlands."

For more information
about summer activities
and programs in Renton,
visit:

Boy Scouts of America,
Chief Seattle Council
www.seattlebsa.org

Girl Scouts of Western Washington
www.girlscoutswa.org

Rainier Ballet Academy
www.rainierballet.com

Renton Community Center,
Parks and Recreation
and Youth Sports
www.rentonwa.gov

and follow the links under "Living"

Needs-based scholarships are available.

Renton Rowing
www.rentonrowing.org

UW Summer Youth Programs
www.summeryouth.washington.edu/syp/

BY CHRISTIE KATONA

What better way to celebrate Dad than some great recipes for the barbecue? All of these delicious ideas must be done in advance, making them ideal for entertaining a group. Add a big green salad and ice cream sundaes for dessert and you're all set. Let's just hope for some sunny weather!

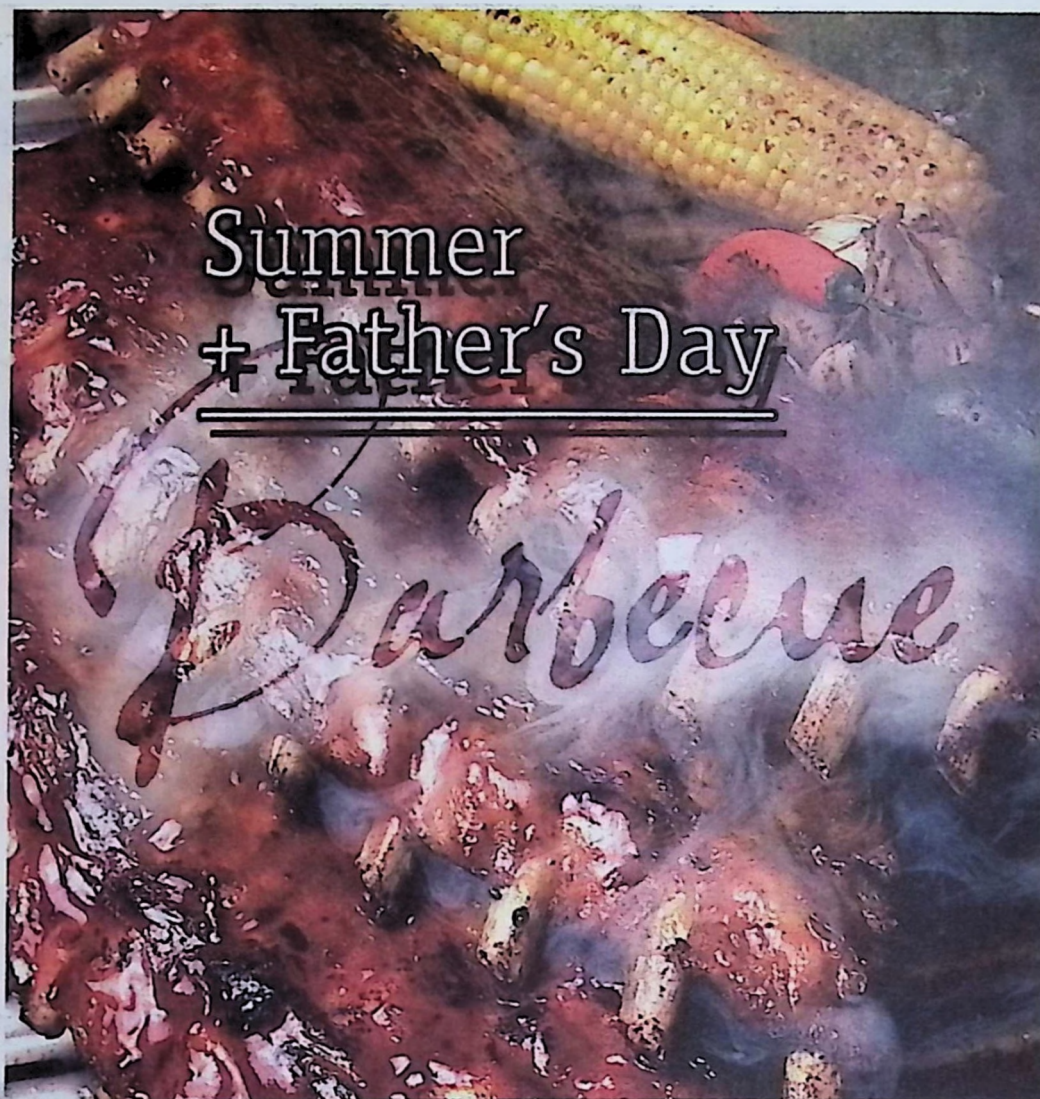
This Father's Day is rather poignant for me, as it is the first time in my life I no longer have my father with me. But I certainly celebrate the fact that I had such a wonderful person in my life for so many years. He loved to barbecue and eat well, and I'm sure he cooked literally tons of delicious meat over the fire in his lifetime.

So fire up the "Barbie" and enjoy your day and your dad - give him an extra hug from me.



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.



Baked Apricot Spareribs

Serves 6

I like to use country style or baby back spareribs for this recipe.

you will need

- 6 to 8 pounds
spareribs
- 1 tsp. garlic salt
- 1/2 cup cider vinegar

directions

Place spareribs in a large roasting pan and cover with water, add salt and cider vinegar. Bring to a slow boil over medium heat and cook, covered, for about 1 hour at a gentle simmer. This tenderizes the meat. Drain and pat dry with paper towels. This can be done ahead.

Apricot Sauce

you will need

- 1 cup pureed apricots,
can use canned
- 1/3 cup catsup
- 1/3 cup cider vinegar
- 1/2 cup brown sugar
- 2 tbs. soy sauce
- 1 clove garlic, minced
- 2 tsp. ground ginger
- 1 tsp. salt
- 1/2 tsp. ground pepper

directions

Using the steel knife of a food processor, combine the sauce ingredients. Place the cooked ribs in a shallow baking pan. Pour sauce over the ribs. Bake at 325 for 1 to 1 1/2 hours, basting with the sauce every 20 minutes, until heavily glazed and ribs are tender.



Teriyaki Flank Steak

Serves 6

This is the recipe we have been using in my family for years. It's a true winner and delicious on the barbecue, broiler or grill.

you will need

- 1 1/2 pounds flank steak
- 1/2 cup brown sugar
- 1/2 cup soy sauce
- 1 large clove garlic, minced
- 1 – two inch piece fresh ginger, peeled and finely grated

directions

Cut the steak into 1 1/2 inch wide strips across the grain of the meat. Place the strips in a shallow glass casserole pan.

Combine the marinade ingredients and pour over the meat, stir to coat well. Refrigerate for three hours or up to overnight. Cook using desired method until medium rare, turning once, about six minutes.



Cheesy Noodle Bake

Serves 6

This recipe is easily doubled. You can make it in the morning, chill and bake it later.

you will need

- 6 oz. egg noodles, cooked and drained
- 1 cup low fat cottage cheese
- 1 cup light sour cream
- 1/3 cup sliced green onions
- 2 cloves garlic, minced
- 1 tsp. Worcestershire sauce
- Dash of Tabasco
- 1/4 cup shredded Parmesan cheese
- 2 tbs. chopped fresh parsley
- 1/2 tsp. salt
- 1/4 tsp. freshly ground pepper
- 1 cup shredded sharp cheddar

directions

In a large mixing bowl, combine all ingredients except cheddar cheese. Spray a 2 1/2 quart casserole with nonstick cooking spray. Pour noodle mixture into casserole and sprinkle with the cheddar. May be refrigerated at this point. To bake, heat oven to 350 and bake for 30 minutes, until hot and bubbly.

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pet care

Here's what it takes to be cat-friendly

BY DR. KATHLEEN CONNELL

The CATalyst Council has released its 2009 list of top 10 cat-friendly cities.

The council (www.catalyst-council.org) represents segments of the veterinary community, academia, nonprofits, industry and animal welfare organizations. The group was formed to raise the stature of America's No. 1 companion, cats.

Seattle is included on a cat's top 10 list of cities along with Tampa, Phoenix, San Francisco, Portland (Ore.), Denver, Boston, San Diego, Atlanta and Minneapolis.

The CATalyst Council rated cities on the love and care cats receive after reviewing the top 25 standard metropolitan areas for cat ownership per capita, level of veterinary care, microchipping and cat-friendly local ordinances.

Dogs are no longer man's best friend. The 2007 U.S. Pet Ownership and Demographics Sourcebook, published by the American Veterinary Medical Association, shows that the old adage is no longer true. American households own 72 million dogs, but 81.7 million cats.

Other data show a decline in veterinary visits for cats. The AVMA found an 11 percent decline in veterinary cat visits from 2001-06. A 2006 survey by the Society of Animal Welfare Administrators also shows more cats than dogs are surrendered to animal shelters.

More needs to be done to assure cats have good healthcare throughout their lives. CATalyst points out the need to provide cats with the best veterinary health care possible.



PHOTO COURTESY OF JOSH BROWN

Shasta enjoys the sun on her porch.

Cat owners know cats can hide their symptoms, making it even more important for cat owners to see their veterinarian regularly to discover preventable illnesses in time.

CATalyst joined forces with the American Association of Feline Practitioners and the American Animal Hospital Association to present its educational campaign, "It's All About the Cat." This outreach campaign educates the public on the status and specific health care needs of cats.

"It's All About the Cat" has a collection of feline life-stage wellness guidelines available for veterinary professionals, too. The Winn Feline Foundation has a guideline adaptation so that owners and other cat lovers can have access to the same information.

Cats are affectionate and playful and can form strong social bonds with you. But don't make the decision to own a cat hastily. Cats can live 15 or more years.

Deciding to bring a cat into your life means understanding the costs. Routine veterinary care includes annual vaccinations, boosters, fecal exams, an annual physical and having your cat spayed or neutered. Preventive and routine health care are always less expensive than emergency care. Cat costs also include food, litter and litter pans and any other items you might purchase.

An easy way to experience what it's like to "try before you buy" is to spend some time with friends who have cats. Once you've given it careful thought, you and a cat might be just the right fit.

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

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around the garden



A plethora of poppies

BY ELAINE ANDERSON

*I*f I weren't so fond of poppies, I would consider them weeds. I prefer to think of them as exuberant, as foot-loose and fancy-free. I don't grumble (much) as I go through the garden removing seedlings that have gone astray. They are easily plucked. Without constant vigilance, these plants would grow into a field to rival that of the Wicked Witch of the West.

My poppies are *Papaver orientale*, while the flowers used to ensnare Dorothy and her traveling companions were *P. somniferum*, the opium poppy. This native of the Middle East and southern Europe is well known for its narcotic properties. Laudanum, a tincture of opium in alcohol or wine, was used medicinally for centuries. It was, according to 17th century astrologist-physician Nicholas Culpeper, a "gentle narcotic, easing pain and causing sleep ... " An overdose, however, could lead to "convulsive starting, cold sweats and frequently death."

It is illegal to grow *P. somniferum* in the United States. However, the seeds may be bought and sold, and the flower is so lovely that it continues to be grown in many gardens, no doubt in back yards. Your parking strip is probably not the place to show it off!

In Flanders fields the poppies blow ...

The poppy has also been associated with death in battle, perhaps because its red flowers appeared when the bloody field in Flanders was

plowed after the Battle of Waterloo. *P. rhoeas* is also known as the Flanders Field poppy.

My *P. orientale* are the traditional orange variety. And what a bright, intense orange it is! If bright orange doesn't suit, seek out one of the pastel shades. The foliage is lush, with highly divided leaves and a subdued blue-green color that allows the blossoms to glow.

It took just a couple of plants put into the ground two summers ago to turn into a small grove. They return year after year and ask for no attention other than my admiration. Given their modest need for food and water, they are a plant any gardener can grow in good conscience. Remember, though, they do a great impersonation of weeds, and you will need to curb their wanderlust!

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



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renton history

Know what you grow

BY ELIZABETH P. STEWART

World War II required a united effort among Americans that had not been seen before or since, even on the home front. As more men were drafted, farm production declined, at the same time that troops required more processed food. One of the ways Americans were called upon to help out was to grow their own food in "victory gardens." In 1943 the Renton Chronicle and the Renton Shopper joined the war effort by organizing a competition to stimulate would-be gardeners.

Many Renton citizens were already familiar with growing their own food to make ends meet, or because they could not get their favorite produce in the local stores. Mayor George Beanblossom reported that where he grew up in southern Indiana, "you had to raise your share of the beans or you didn't get any beans."

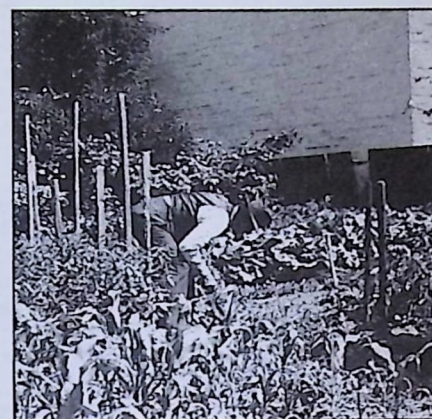
After Mayor Beanblossom, the other 29 contestants included several Tondas (Eugenia, Mario, and Eugenia), Charles Mattioda, Sam Pellegrino, Lizzie Ovist, Charles E. Nystrom, George Pasco, and Joseph Yurgolich, among others. Each predicted his or her garden would raise anywhere from 37 to 3,000 pounds of fruits and vegetables; Pellegrino bragged he intended to raise tons of food, not pounds.

The Boy Scouts, Boeing Co., and the men of the 778th M. P. Battalion, Company D, also developed green thumbs for the war effort.

did you know that...

...the first telephone was installed in Renton in 1899? It was a good thing, too, because a few days later residents used it to call for help when a spark from the railroad set a city block of houses on fire.

...Agnes Edwards became City Treasurer in June 1923 and served until June 1927, when she was elected City Clerk. She served in that office until 1946. She was the first woman city official.



COURTESY OF RENTON HISTORY MUSEUM
George W. Custer works in his garden at 118 Wells Street, 1943.

Although the most popular vegetables were tomatoes, beans, and onions, Renton's recent immigrants grew produce more familiar in their home countries. The Chronicle editor gently teased those growing odd fruits and vegetables, then described to readers what these unusual foods were.

Back in Macedonia George Pasco had grown what he called "Giant Macedonians," or Greek cucumbers, and he was just now having luck with them in Renton. Pasco also grew the only eggplants in town.

Renaldo Romiti boasted about his extra large Italian zucchini, and the Chronicle explained that these are "not something you play on—like a piccolo or flute." Italian immigrants brought the zucchini to the U.S. in the 1920s. It first took root in California, so in the 1940s it may still have been a foreign vegetable to some Renton residents. Julius Jacobucci told the Chronicle that "if you give him enough of these zucchinis ... he'll get through the winter all right."

Victory gardens helped ease wartime food shortages, but in Renton they also provided a reason for many to return to foods they had enjoyed in their home countries. By introducing friends and neighbors to zucchini or pumpkin blossoms or eggplant, these victory gardeners made all our dinner tables more interesting.

For more Renton food stories, visit the Renton History Museum's exhibit *Sustaining A City*. Elizabeth P. Stewart is the Director of the Renton History Museum, info@rentonhistory.org, 425-255-2330.

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Small restaurant has large appeal with Indian and kosher fare

BY DANA E. NEUTS

Pabla Indian Cuisine has created an unusual niche for itself, serving kosher, vegetarian food to diners who come from as far as Portland to the Canadian border. Diane Blitzer of Portland has been dining and holding family celebrations at Pabla's since 2003. She loves the Indian cuisine so much that she asked the restaurant to cater her daughter's wedding.

"People ask why I am going to the trouble and expense to bring food from Pabla when there is a kosher caterer in Portland," Blitzer says. "I tell them the food is delicious and something different."

In addition, Blitzer says she is impressed that the

restaurant not only observes Indian dietary rules but kosher laws as well.

"I believe that Pabla deserves recognition for taking the trouble to create and maintain kosher kitchens for Jewish customers – as well as everyone else – to enjoy their fine cuisine," Blitzer explains.

When owner Hamek Pabla, 48, opened Pabla Indian Cuisine in 1998, he originally served only vegetarian food. As word spread, Pabla expanded his offerings to include kosher cuisine and a small sweet shop and grocery store adjacent to the restaurant. These additions, Pabla says, helped grow business by catering to local patrons, including nearby Jewish communities.

Although it creates extra work, providing kosher meals is important to Pabla and his customers. The restaurant must be certified annually by Va'ad HaRabanim of Seattle, and

is also inspected daily by local rabbis. When he is not able to get kosher ingredients such as cheese for his dishes, Pabla makes the ingredients himself—a skill he learned in India, where his dad owned a sweet shop.

Moving to California in 1990, Pabla worked at several restaurants before coming to Seattle in 1995, when he purchased a more traditional Indian restaurant. In 1998, Pabla sold the business and bought the Renton restaurant to offer vegetarian food instead of meat dishes. In 2005, he opened a second kosher, vegetarian restaurant in Issaquah, which he co-owns with brother Pira.

When not greeting customers at the Renton restaurant, Pabla can be found in the kitchen, training his chef, overseeing kosher requirements or making sweets. He loves the variety.

"Every day I have a new experience," Pabla says.

Restaurant manager Joy Somanna, 38, says their customers' favorite dishes include vegetable pakoras (deep-fried, vegetable stuffed fritters), navratan korma (fresh vegetables cooked with cream, raisins, nuts and Indian spices), saag paneer (spinach cooked with homemade cheese, broccoli and ground spices), eggplant bhartha (baked, mashed eggplant served with herbs and spices), and nan (bread) for dipping in chutney.

David and JoAnne Greene, who eat only kosher, come from Seward Park to visit Pabla several times a month for business lunches, dinners and birthdays.

"There are very few kosher restaurants in Seattle, so we are very excited to come here," David Greene said. "It's very different cuisine."

If you want a taste . . . Open seven days a week, Pabla Indian Cuisine, 365 Renton Center Way S.W., offers a \$10 lunch buffet from 11 a.m. to 3 p.m., featuring entrees, rice, appetizers, salads, chutneys and dessert. Dinner (5-10 p.m.) guests can choose from dozens of items on the restaurant's menu. Despite a 10 to 15 percent slowdown in business over the last year, the restaurant seats about 100 guests each day. More information is at www.pablaicuisine.com.



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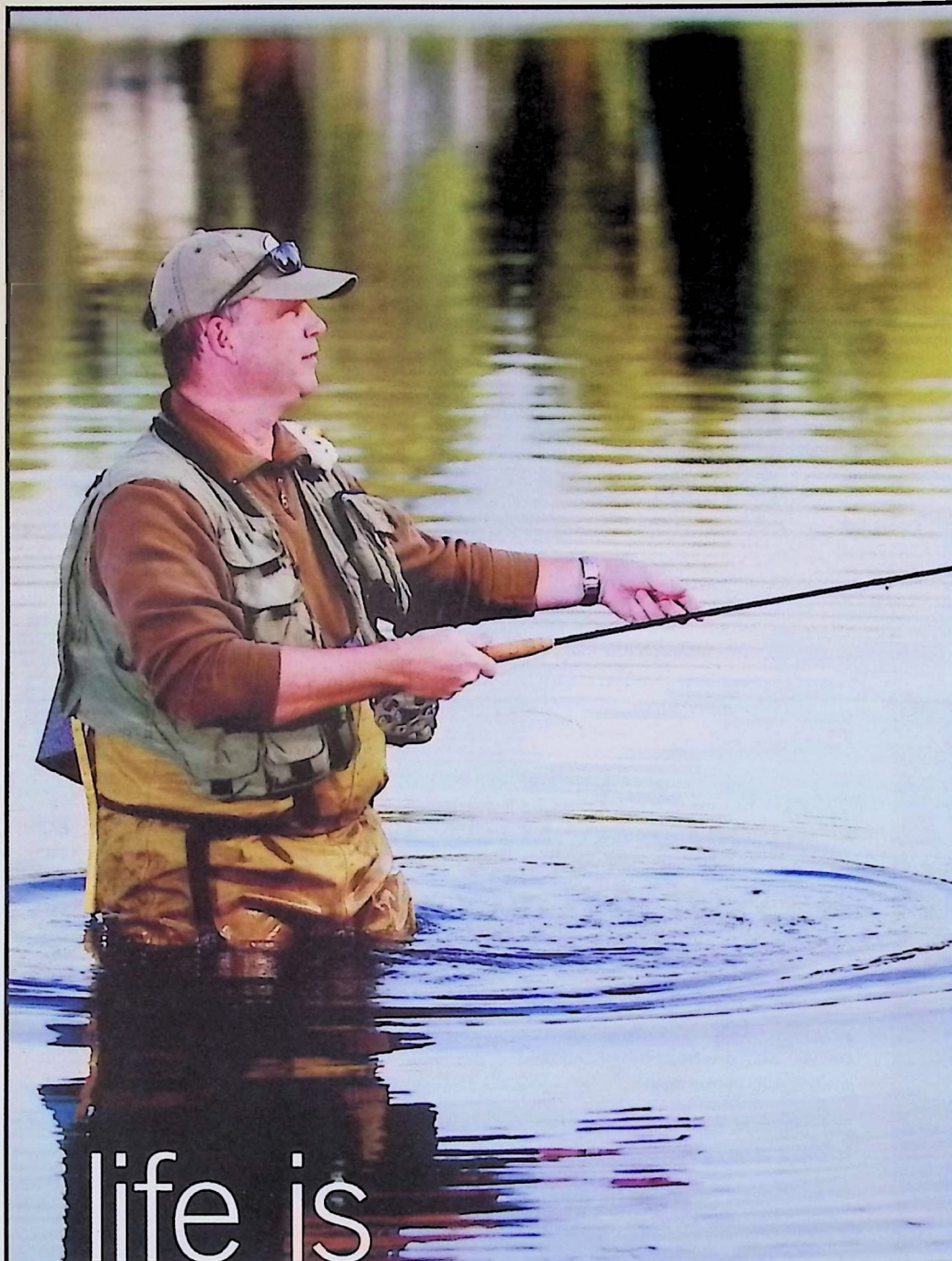
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Dan is one of the nearly 15 million Americans who experience back pain during their lifetime. But Dan's pain became chronic and started preventing him from doing the activities he loved—even fly fishing.

He turned to the specialists at the Spine Center at Valley Medical Center where he learned he was a perfect candidate for artificial disc replacement.

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

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

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

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

Remarkable things happen here.